

Matt's Story

Matt, a Grade 12 student, and Julia, a Grade 11 student, have been going out with each other for a year. Everything started out great in the relationship, and Matt loved spending time with Julia.

About six months ago, things started to change. Julia started to get jealous. She wanted to know what Matt was doing every waking minute. She did not like him hanging out with his friends or playing hockey. She wanted him to spend all his time with her.

Matt started feeling really stressed. Last week, Julia saw him talking to another girl, and she freaked out. She slapped him across the face and would not stop yelling. Matt tried to end the relationship, but Julia started crying and apologized. Julia said she was sorry and that she only gets jealous because she loves Matt so much.

Matt is in your corps / squadron / patrol. He shows up after having missed the last two training activities. You are excited to see him, as you have not been able to hang out in a while, since he is always with his girlfriend. He does not even say hi to you. He looks really stressed, and he has a bruise on his cheek. Another cadet / JCR starts teasing Matt about the bruise. Matt loses his temper and starts yelling.

Using the *Look, Listen, Link, Live*® model, answer the following questions:

- STEP 1: LOOK. What are the signs that Matt needs help?
- STEP 2: LISTEN. How would you approach Matt to talk to him? What would you say?
- STEP 3: LINK. Where would you link Matt for support or help?
- STEP 4: LIVE. How would you take care of yourself, and what suggestions would you have for Matt?