

# Nicole's Story

Nicole's mom constantly tells her that she is too fat and that she needs to lose weight. Nicole's friends say that her mom is wrong and that Nicole should not listen to her. But Nicole still does.

Nicole is experiencing an eating disorder now because she feels guilty for eating.

You are worried about Nicole. She is getting thinner and thinner, and she has dark circles under her eyes. One day, you hear her throwing up in the bathroom at school. Your other friend tells you she does that every day after lunch.

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

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