

Peter's Story

Peter and his friends have just won their first game of a hockey tournament. The coach tells them to go home and get a good sleep since they must be up early. He wants them to be rested and ready for another win. Peter pulls a bottle out of his bag and says, "It is Friday night! Are you guys ready to party?"

The next morning, you find Peter passed out in his truck and covered in vomit. This is becoming a regular occurrence. You know his parents both drink excessively, and Peter hates being at home.

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

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