

# Chris' Story

Chris really likes Sam. They have been hanging out and having lots of fun. This is Chris' first relationship, and they feel nervous and excited.

Their relationship has been progressing fast, and Chris is starting to feel a bit uncomfortable with the amount of pressure that Sam is putting on them to do more sexually. Chris does not know how to communicate their feelings about this. Chris is afraid the relationship could end if they say something.

One day they are hanging out, and they end up kissing and touching each other. Chris is into it at first, and then they freeze up and start to push Sam away. But Sam continues to kiss and touch Chris, and holds them down.

You see Chris at a cadet / JCR training activity that night. Chris seems quiet and withdrawn. They are not participating in any of the activities, and they leave early.

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

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