

Mia's Story

Mia spends a lot of time online. She is an aspiring musician, and she posts lots of YouTube videos. Mia has quite a following. She also has an open Instagram account and has over 1000 followers. Mia tries to connect with all her followers who relate to her music, and she often shares personal information and stories with them.

Mark finds Mia easily on Instagram and private messages her. Mark tells her she is talented and very beautiful. He also says that he can relate to some of the personal things she has posted online; he has had similar experiences. Mia feels an instant connection to Mark because he seems to really understand her.

They have been chatting for a few weeks when Mark asks Mia to use her webcam so he can see her in the nude. Mia thinks it is a joke, and she refuses. Mark is serious and persistent. He will not take no for an answer. Mia finally lets him see her half naked in underwear. The next day, Mia opens her email and finds links to several pornography sites and a nude photo of Mark. He also included a webcam screenshot of her in her underwear, which she did not know he had taken. She is shocked, and she feels very uncomfortable. Mia tries to talk to Mark, but he says she is overreacting and that everyone does this.

Mark starts asking for nude photos of Mia, and she keeps refusing. He threatens that if Mia will not send him the photos he wants, he will post the photo of her in her underwear for everyone at her school to see. Mia feels scared.

You are Mia's friend. Mia has been acting very strange lately. She is always on her phone, and when you ask who she is texting, she is very secretive. She looks stressed. One time, you pick up her phone. She grabs it from you and starts yelling at you. You wonder why she has not been posting any of her music videos. You try to hang out with her, but she always has an excuse as to why she is not available. You are worried about her.

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

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