

# Gabriel's Story

Gabriel has just moved with his family, and they are new to the community. He has not had a positive experience at school as a group of older boys has been making fun of him and throwing garbage in his locker. He has dreaded going to school every day and is afraid of the boys.

His parents suggested he join the cadet / JCR program to meet new people. His first meeting is tonight, and he feels excited. At the same time, he feels nervous and lacks confidence. During the break, all the cadets / JCRs gather together to chat, and Gabriel does not feel comfortable enough to join them. One of the cadets / JCRs, Lucas, notices Gabriel is alone and invites him to join the group.

You have made friends with Gabriel and see him the next day in the hallway at school, pulling garbage out of his locker.

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

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