

Ashley's Story

Ashley is 14 years old. Her parents are divorced, and her mom is never around. When her mom is around, she and Ashley constantly fight about her mom's drinking.

Ashley started hanging out with an older friend, Tara, who is 16 years old. Ashley really likes Tara because she treats her like an adult and pays attention to her. Tara asks Ashley to go to an outdoor party on Friday night, and Ashley agrees. She tells her mom that she is sleeping over at Tara's house.

Ashley has stolen a bottle of alcohol from her mom to drink with Tara. Tara's parents are out, so they meet up at Tara's house to get ready. Ashley takes the bottle out of her backpack and starts drinking it straight. Tara laughs and tells her to slow down, but Ashley keeps going. The bottle is almost empty by the time the girls leave the house for the party. This is Ashley's first experience with alcohol. She feels lightheaded, and she stumbles across the snow as they make their way to the party.

At the party, there are lots of people standing around a big bonfire, drinking and partying. Ashley gets separated from Tara when Tara goes off to talk to some friends. Ashley is handed a joint by someone, and she takes a few puffs. She starts to feel nauseous. She heads towards the woods where she throws up.

Tara comes looking for Ashley and finds her passed out in a snow bank. Tara cannot wake Ashley up, and when she tries to pick her up, she is too heavy to move. Tara leaves Ashley to sleep it off for a bit and goes back to the party.

Ashley ends up with alcohol poisoning and must get emergency care. Everyone is talking about it and making fun of Ashley at school. You ask Ashley how she is doing, and she does not want to talk about it. A few weeks later, you see Ashley at another party. She is extremely intoxicated and can barely stand up. She has a much older guy hanging onto her.

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

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