

Peter's Story

Peter is feeling upset and is sitting in his room. His parents have been arguing a lot. Peter is worried that his parents may break up. He really wants to talk to someone about it, but he feels embarrassed. He is scrolling through Instagram to distract himself, when suddenly he sees a post from a friend about Kids Help Phone. He clicks the link to the Kids Help Phone website and finds helpful information about conflict in families and the impact it can have on youth. Peter is relieved that he is not alone and that what he is feeling is normal. He decides to text the help line and talk to a counsellor.

Later that evening, Peter creates a post on social media about how great Kids Help Phone is and how it helped him through a rough time. You see the post, and you send Peter a thumbs up emoji. Minutes later, someone you know posts a hurtful meme using a photo of Peter that is making fun of him and saying he needs to see a counsellor to get help with his problems. The meme gets lots of “likes” and hurtful comments making fun of Peter.

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?