

# Sadiki's Story

Sadiki is a new immigrant to Canada. She is learning the language and the customs. At school, she is in a group with three other students working on a science project. She is excited to get to know the others in her group, and she asks what she needs to do. Tabitha announces that Sadiki is not welcome in their group because she speaks funny and dresses weird. Tabitha says she should go back to her own country. Sadiki feels hurt and humiliated.

You see Sadiki at a cadet / JCR training activity that evening. She is quiet and withdrawn.

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

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