

Jonas' Story

Jonas is in your class and identifies as gay. He is attracted to other males. He tries to hide his sexual orientation from others in the school and in the community because he does not feel safe.

Although you are not close friends with Jonas, you have known him since kindergarten, and he has been participating in the cadet / JCR program for the past year.

During one of your health classes, the teacher gives an overview of the various sexual orientations. A couple of the participants start to make comments: "Jonas is one of those freaks—he likes guys," and, "Hey, Jonas, you had better keep your distance from us. We do not like your kind."

As these comments are shared, others begin to laugh, while Jonas sits with his head down at his desk and looks scared.

At break, you see Jonas at his locker. A bunch of students walk by and start making homophobic comments and throwing things at him.

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

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