

Darren's Story

Darren is sitting in his room, trying to concentrate on his homework. His hunger pangs are so bad that he is having a hard time getting anything done. His younger brother and sister keep knocking on his door, complaining they are hungry. He walks to the kitchen and goes through the cupboards, hoping to find something. No luck. The cupboards and the fridge are empty. This is the third day in a row that they have not had any lunch or dinner.

Darren's parents have not been home for two days. He is worried about his siblings and what is going to happen to them.

Darren has missed two days of school, so you ask him to come over for dinner. He seems anxious and looks really stressed. He eats two helpings of dinner, and he asks your mom if he can take some food home for his brother and sister.

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

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