



# WORKSHEET

## CASE STUDIES FOR THE SCRIPTS

### Activity 2

#### Case study 1:

It is 2 am and you're scrolling through your Instagram feed. You notice that your friend Shanah, who you haven't seen in a long time, is posting songs with dark lyrics and a series of sketches with death themes. Shanah has been going through very difficult times in her relationship and she was frequently abused by her partner. You have a feeling that Shanah is depressed and going through very dark times.

Using the Y-CARE principles reach out to Shanah and try to help her out.

#### Case study 2:

Ian and Mohammed are best friends. Ian has a feeling that Mohammed is exploring his sexual identity, dating both girls and boys. Ian has noticed that Mohammed has been failing his school subjects and is missing school occasionally. He also hasn't shown up to basketball practice in the past few weeks and appears quite withdrawn and distracted. It is like he feels ashamed of himself. Ian knows Mohammed's family and even though they are kind of traditional, they love Mohammed very much.

Write a script about Ian offering Mohammed support.

#### Case study 3:

Mandy started expressing their gender identity differently through their style, clothes, mannerisms and general behaviour. Three weeks ago, Mandy's parents threw out a bunch of Mandy's favourite outfits that they consider to be the "wrong gender" for Mandy to wear. Charlie has noticed that Mandy's behaviour has changed during the last couple of weeks. Mandy seems angry most of the time while at other times they look depressed, withdrawn, disoriented and lost in thought. A few days ago, Charlie noticed some cut marks on Mandy's inner arms. He is worried about Mandy.

On Friday, Charlie meets Mandy at a friend's party and Mandy is drinking a lot. Charlie wants to leave the party and suggests that he takes Mandy home. Mandy however insists on driving. While Charlie mentions it might not be safe, Mandy says, "no one would really miss me if I were gone."

Write a script about how Charlie can respond to Mandy.