



MONDAY




All play
learn

FREAK
OUT

MONDAY MORNING.

So tired.

*Should not have
Netflix binged
last night.*

A two-panel comic strip. The top panel shows a girl with brown hair and glasses looking thoughtful. A thought bubble above her says, "Wonder if I have enough loose change today For a slushie?". The bottom panel shows the same girl smiling and waving her hand. A thought bubble below her says, "Oh there's Maddie...". The background is a dark purple with a halftone pattern and several question marks. The bottom left corner has a teal polka-dot pattern.

Wonder if I have
enough loose change
today For a slushie?

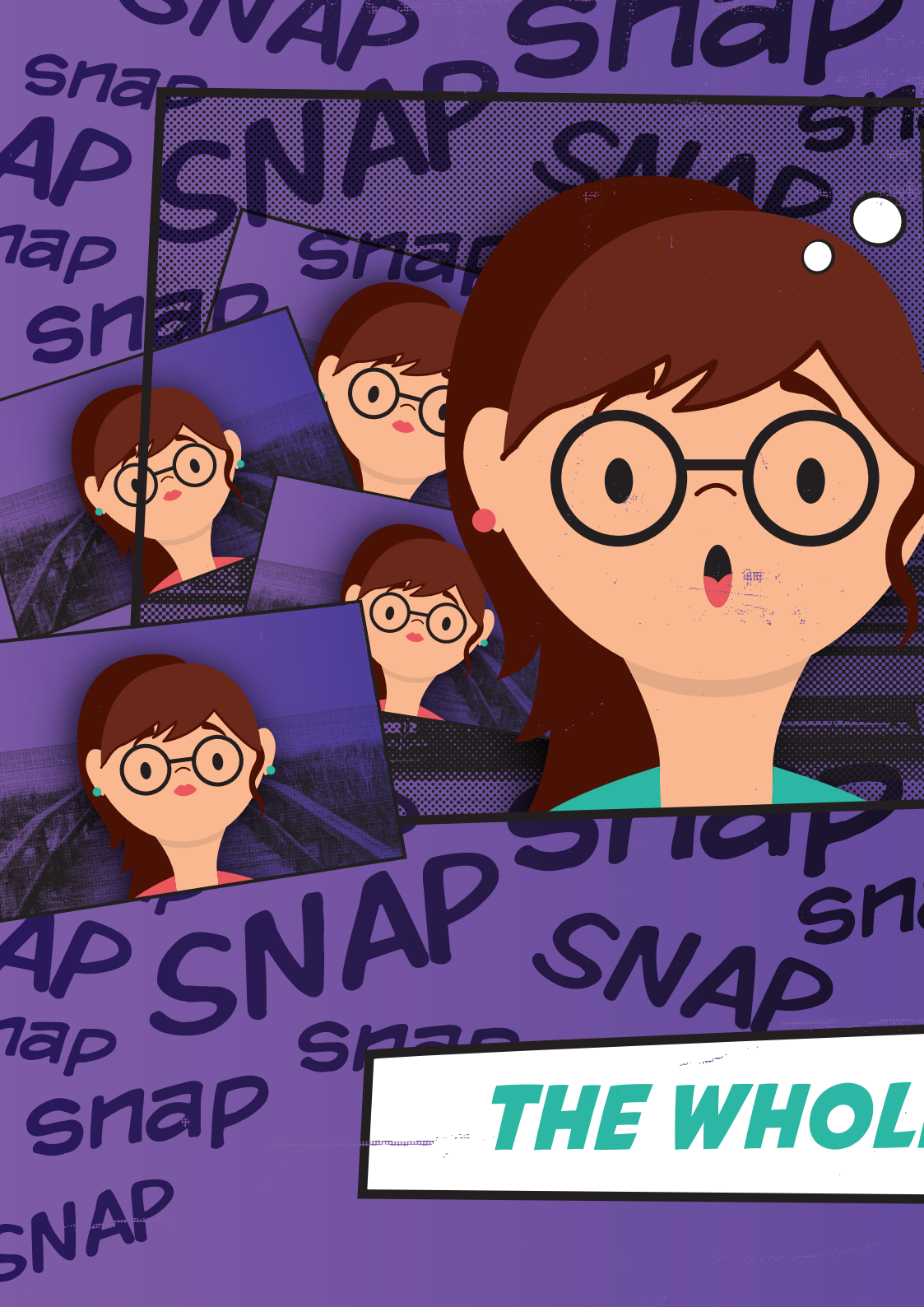
Oh there's
Maddie...



EEK. What's up with her?

She's clearly not happy with me. Wonder what I have done?





Maybe I posted too many selfies on social media on the weekend. Yep, that's it. Gotta be that.

Maybe there's a limit on selfies that I didn't know about.

And there are like... 30 other students following me.

They've prob been messaging each other all weekend about me.

In fact, they've messaged the whole school.

THE WHOLE SCHOOL KNOWS!

AND ITS GONE VIRAL...

No-one at school will ever talk to me again.

They'll all laugh in the corridors.



I didn't finish my maths homework because I needed help with a few questions, but my teacher will now think I didn't finish it because I was on social media all weekend.

The principal will probably hear about it, and give a big lecture at school about people who spend too much time on social media.

THE DAILY POST

THE GIRL WHO POSTED TOO MANY SELFIES
What was she thinking?

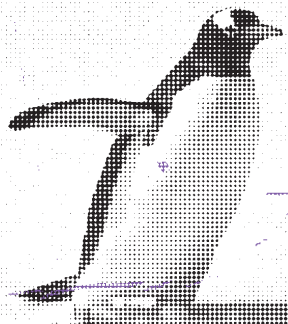




*It will probably be on the news,
and news cameras will be
stationed outside my house.*

*My whole family will have
to go live in Antarctica,*

*or the middle of the Australian
desert or something.*



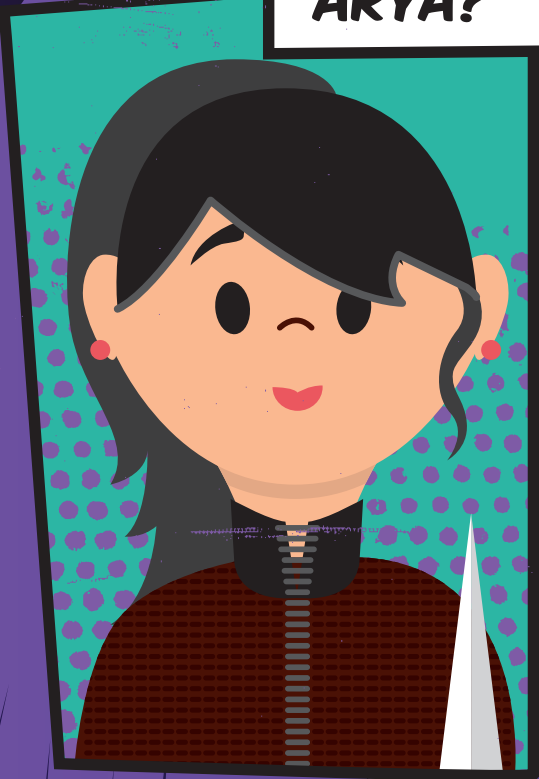
Or I could assume a new identity.
Get plastic surgery, wear a wig,
and start over with a new
name somewhere.

I wonder what
identity I could take.

WONDER WOMAN?



ARYA?



THE HULK?



I feel so sick, and my heart is pounding and I can't cope.

I need to text my mum and get her to pick me up.

I can't breathe. I think I'm going to pass out or vomit or something.



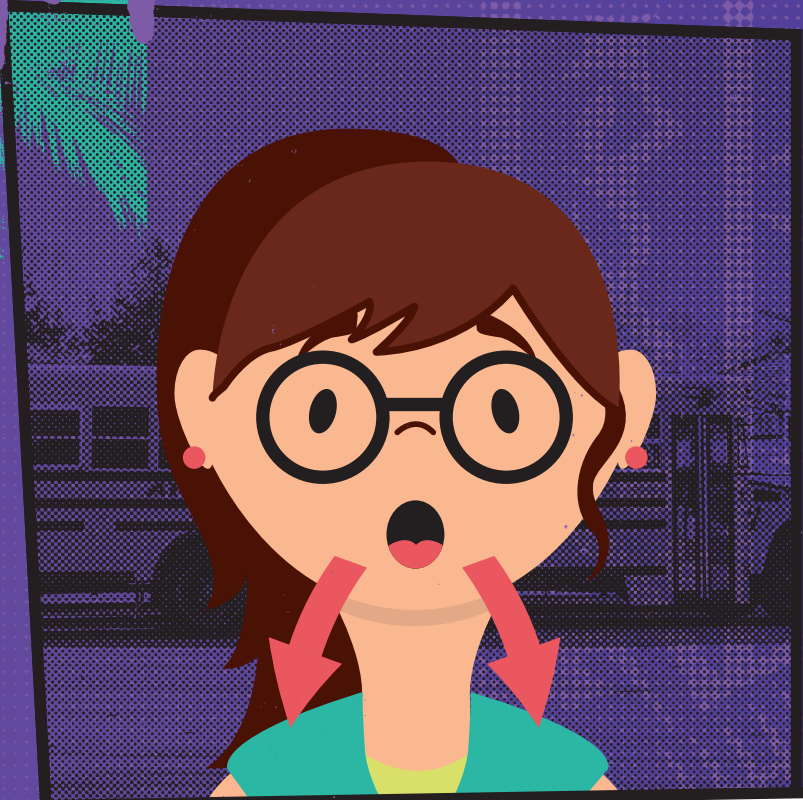
Ok. Must do the slow breathing my psych taught me before I give myself a heart attack!!



In through the nose

For slow count of 3,

hold...



*now out gently through
the mouth For 5 counts...*

*do this at least **5** times.*



I'll text my sister and see what she thinks.

She is a good judge of these things and I know she has my back

1 of my friends is ignoring me & I don't know what 2 do.
Do U think 5 selfies was 2 many??



Nah, don't stress it – sometimes in high school someone will be nice one day and then not the next. IT'S NOT YOU




Hang on, I'm not thinking rationally. Let's look at the evidence. My friends post way more selfies than me. I can't be sure that how she is acting is anything personal, so I'm not going to assume that.

I have other friends, I can hang with them today.

TUESDAY MORNING.

So tired.

*Should not have
Netflix binged
last night.*

A comic book panel with a purple background. The top half features a girl with brown hair and round glasses, looking thoughtful. A thought bubble above her contains the text. The bottom half shows the same girl smiling. A speech bubble and a text box are positioned between the two panels. The background is decorated with question marks and a polka-dot pattern.

Wonder if I have
enough loose change
today for a slushie?

*Oh weird... Maddie's waving and
making her way over here like
nothing happened yesterday.*

AWKS?!



About this story:

Anxiety can be worsened by cognitive distortions, including catastrophisation (thinking the worst case scenario in a particular situation) and personalisation (thinking everything that happens is somehow about ourselves).

High school is a time in which friendships can change rapidly. This can be difficult for all teenagers to navigate, and especially so for teenagers with anxiety.

This Comic/Story explores these themes, and provides supportive strategies for teenagers as they navigate the challenges of high school friendships.

This story highlights three evidence-based strategies for managing anxiety at school: (i) using deep/relaxation breathing techniques; (ii) seeking support from a trusted person; and (iii) challenging cognitive distortions.

AllPlay: Making the world fit for all kids

AllPlay is about creating inclusive environments for children wherever they learn, play, dance and engage in the community.

Our team of researchers brings together the research evidence that sits behind our toolkits and programs to ensure that the strategies we deliver are as effective as they can be.

We work with those committed to creating inclusive communities including coaches, sporting clubs, dance schools, teachers and educators, parents and healthcare practitioners.



Our philosophy:
Change the world, not the child.

For more stories and information on making education accessible for everyone
please visit: allplaylearn.org.au



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Education
and Training