

MONDAY

all  
play  
learn

FREAK  
OUT






**MONDAY MORNING.**

*So tired.*

*Should not have  
Netflix binged  
last night.*





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

A comic panel featuring a girl with brown hair and round glasses. She has a worried expression. The background is a dark purple halftone pattern with several large, dark blue question marks floating around. Three small white circles lead from her head to the speech bubble.



Oh there's  
Maddie...

A comic panel featuring the same girl, now smiling and waving her right hand. The background is a dark purple halftone pattern. Three small white circles lead from her head to the speech bubble.

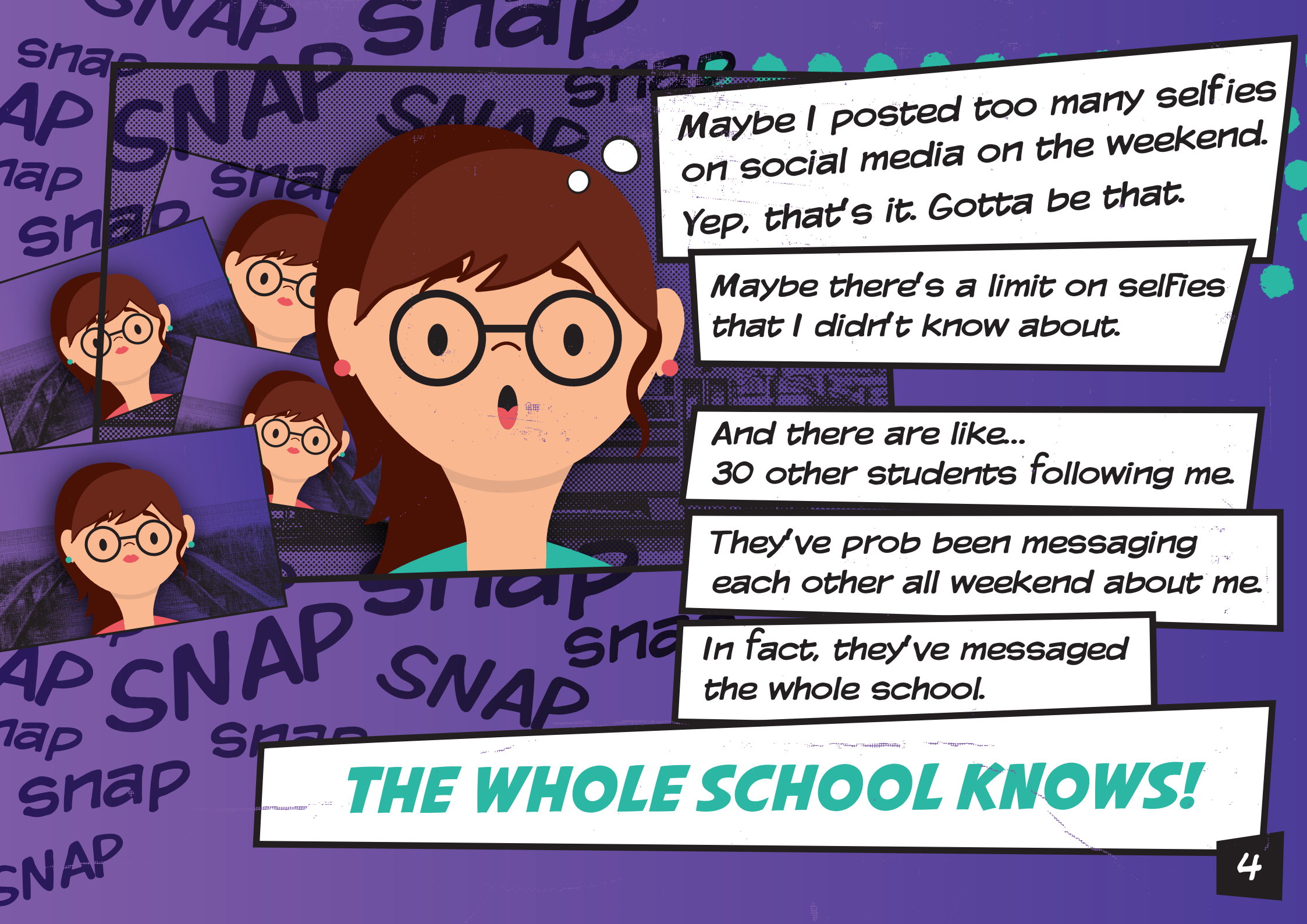




EEK. What's up with her?

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.

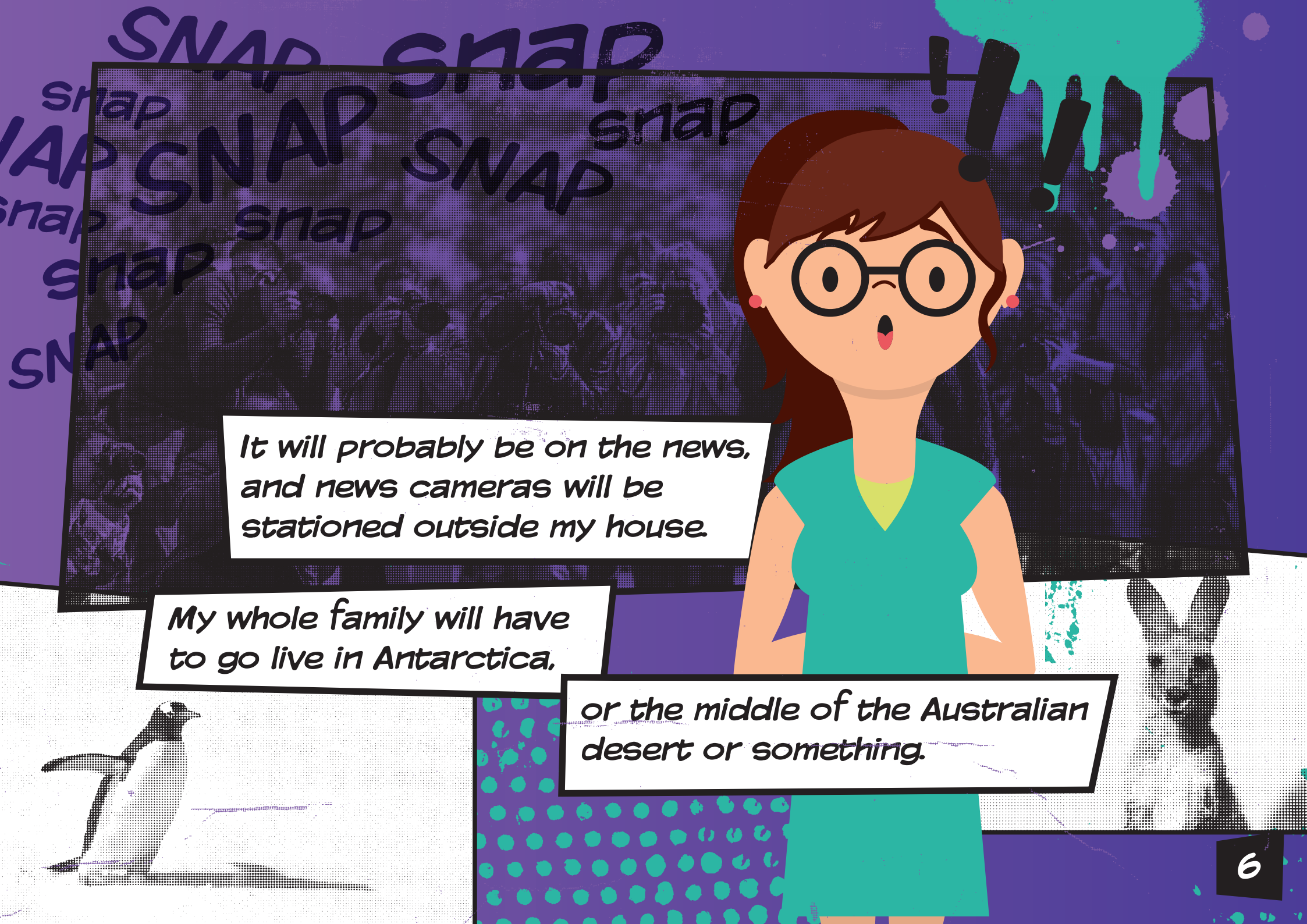
I didn't finish my maths homework because I needed help with a few questions, but my teacher will now think I didn't finish it because I was on social media all weekend.

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?



A comic book style illustration. A girl with brown hair and glasses, wearing a teal shirt, looks surprised with her mouth open. Three large black exclamation marks float above her head. The background is a collage of purple and black panels. One panel shows the word 'SNAP' repeated in various sizes. Another panel shows a crowd of people. A third panel shows a penguin. A fourth panel shows a kangaroo. The bottom right corner has a black box with the number 6.

*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.*



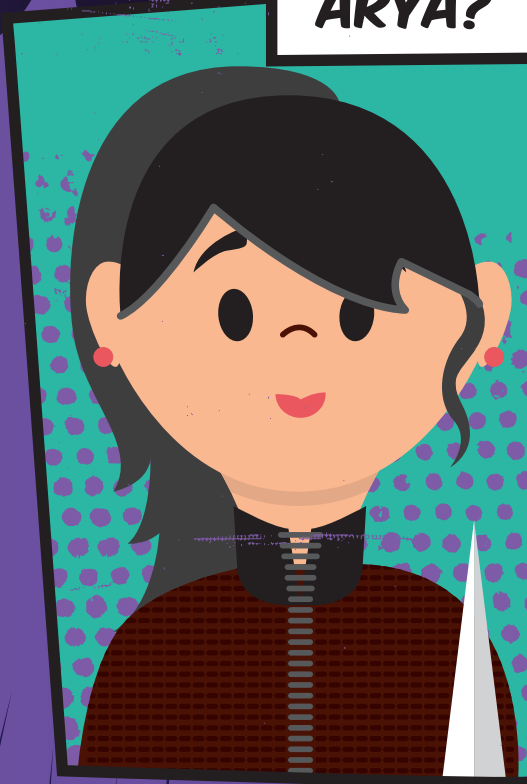
Or I could assume a new identity.  
Get plastic surgery, wear a wig,  
and start over with a new  
name somewhere.

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.*





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](http://allplaylearn.org.au)



Copyright 2019. Deakin University

Except as permitted under your local Copyright Act, no part of this material may be reproduced by any process, electronic or otherwise, without the specific written permission of Deakin University.

For permission to reproduce this material please contact: [copyright@deakin.edu.au](mailto:copyright@deakin.edu.au).

AllPlay Learn was supported by the Victorian Government.



Education  
and Training