

Relationships

Build healthy connections
online and offline



Choosing the right activity

What's getting in the way of healthy connection?

Expressing needs or
setting boundaries in
real-world relationships?

Feeling overwhelmed or
that things are too much
in online spaces?

Activity 1

Activity 2



Core Strategy

Recognising personal needs,
communicating openly, and
practising assertiveness
with peers and friends.



Core Strategy

Reflecting on online habits,
identifying emotional
triggers, and setting practical
boundaries with apps,
content, or interactions.

Activity 1

The Asking with Empathy comic in MOST is for a young person who needs to set a boundary, ask for support, or talk about something hurtful with someone important to them.

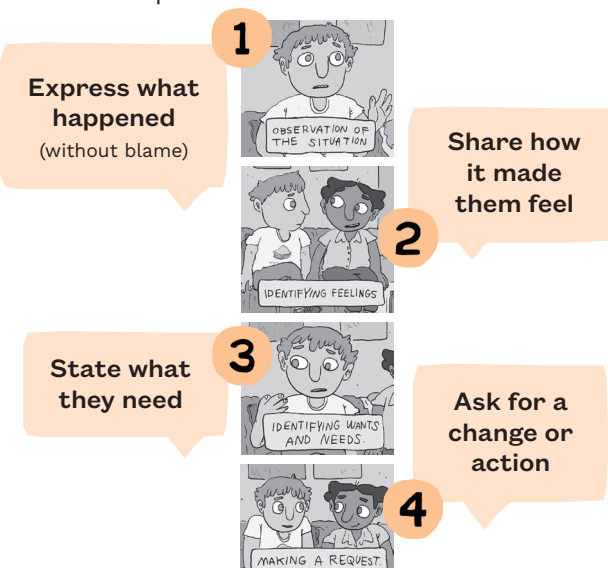
Using a comic story offers a low-threat entry point for discussion, helping to model helpful behaviours and link them to the young person's real-life challenges.

Action

Invite the young person to read through the comic and identify which part feels most relatable.

Use the comic's dialogue structure to guide a role-play or written reflection.

Support them to write their own version using the four steps:



Encourage calming strategies (e.g., box breathing) before practising aloud.

Reflect

"Did planning it out make the conversation feel more doable or less overwhelming?"



Find it on MOST: Asking with empathy

Where to find it



Click here for: **Under 15** | **15+** or

Click Explore in the navigation menu



Scroll to
'Clinician's Corner'

Click
'Asking with empathy'

Supporting prompts

"How can you share your needs without blaming?"
"What would you say if this was a friend's situation?"

Clinician tips

This activity can be used both in-session and in-between. It can help the young person reinforce skills in real-life settings to build confidence.

- Suggest the young person revisit the comic when preparing for a difficult conversation.
- Encourage journaling or scripting their own version using the comic's format.
- Use it as a check-in tool: "Did you get a chance to try it out? What worked or felt tricky?"

Common pitfall

Conversations lead to arguments

Try this instead: Use "I statements" to express feelings and needs clearly, without placing blame. Example: "I felt left out when plans changed. I'd like to be included next time."

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Activity 2

This activity is for a young person who feels that social media is affecting their mood, self-esteem, or is taking up more time and energy than they'd like.

What it is:



Navigating the Social Scene is a 2-minute clinician-led video designed to support young people in reflecting on their relationship with social media. It can be used in-session as a conversation starter or shared between sessions to reinforce digital self-care strategies.

How it helps:

The activity guides them to:

- Supports accessibility and self-paced learning
- Suitable for varied attention spans, learning speeds, and access needs (e.g. visual impairments or reading difficulties)
- Can be added to the young person's Toolkit for daily or in-the-moment practice



Find it on MOST:
Navigating the social scene

Where to find it

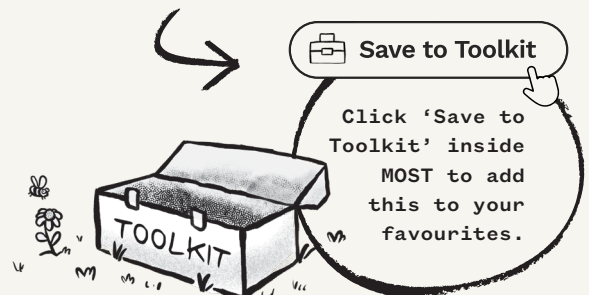
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Supporting prompts

"How do you usually feel after spending time on social media?"

"What's one thing you could change about your feed this week to make it feel more positive or balanced?"

Common pitfall

Scrolling increases stress or FOMO

Try this instead: Suggest a scroll audit, and mute or unfollow accounts that feel unhelpful, set app time limits, and curate content that supports wellbeing.

Ask, "Does this account make me feel better or worse after I see it?"



Clinician tips

Encourage noticing and tracking how it feels to set boundaries, communicate clearly or adjust digital habits.

Our MOST community provides a safe, supportive online space where young people can build authentic connections that foster wellbeing