Read it two ways

Read or display the matching story scene before using this sheet. Use a made-up example.

A message can sound different depending on what you saw, what you know and how your day has gone.

Try two readings

Read Milo’s message again. Imagine you saw him miss the cue. Now imagine you spent lunch fixing the door and only heard it fall. What could the same message sound like in each situation?

Find one thing to check

A friend posts “That went well” after a group presentation. Write two possible meanings, then choose something you could ask to find out what they meant.

A line you could use

“I couldn’t tell how you meant that. Were you talking about the timing or the set?”

Give yourself a moment

Read or display the matching story scene before using this sheet. Use a made-up example.

Leila starts writing a reply before choosing what she wants to send. You can take your time too.

Draft first

Imagine a group chat message makes you feel embarrassed. Write a first reaction for yourself. Then write a question you could send if you wanted to know more. You can keep both drafts private.

Choose how to talk

Would you ask in a private message, wait to speak in person or ask someone you trust to sit nearby? Think about what would help you feel ready.

A line you could use

“Can I ask you about your message later? I’d rather talk about it in person.”

Listen and make a repair

Read or display the matching story scene before using this sheet. Use a made-up example.

A useful apology names what happened and gives the other person a chance to say what would help.

Check you understood

Someone says your reply made them feel brushed off. Try saying back what you heard in your own words. Give them a chance to correct you before you explain what you meant.

Say what you'll do

Make up a situation where a joke hurt someone's feelings. Practise saying what you're sorry for, then offer one specific thing you could do. The other person can ask for time or say what they'd prefer.

A line you could use

"I'm sorry I said it was just a joke when you asked. Would it help if I cleared it up with the group?"

Think before you share

Read or display the matching story scene before using this sheet. Use a made-up example.

Milo explains his own message in the group chat and keeps Leila’s private words between them.

Keep the right details private

Write a short group-chat correction about something you said. Include what you meant and what you want to put right. Leave out anyone else’s private messages.

Ask before posting a photo

You want to share a picture of a project. Try asking who is happy to be in the photo. If someone wants to stay out of it, change the framing or choose a picture of the project on its own.

A line you could use

“Are you happy to be in the photo, or shall I just take one of the project?”

Choose one idea to try with someone you trust. You can speak, write, draw, point, use your usual AAC or pass. You can use made-up situations and keep your own experiences private.