

Practice Your Social Skills

Step 1: Pick a social skill to practice. Think of a social skill you would benefit from working on. Look back at the skills we described earlier in the **Social Skills section** of Module 8 and pick one to start with.

Body Language:

- Making eye contact
- Using appropriate facial expressions

Assertiveness Skills:

- Asking for help
- Standing up for yourself
- Saying no
- Dealing with teasing and bullying

Friendship Skills:

- Offering help or giving to others
- Invitations
- Asking to join in
- Giving compliments
- Showing empathy

Conversation Skills:

- Starting conversations
- Holding conversations
- Topics of conversation

Step 2: Find a time and place to practice: Figure out when and where you would like to test out this skill with you friends or peers.

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Step 3: Will you earn points or motivation boosters: If you feel really anxious or unmotivated, it may be helpful for you to earn points or a motivation booster for practicing your skill.

Step 4: Rehearse with your parent: Before you test out your skill in real social situation, **role-play the skill with your parent.** Play the part of your friend or peer first, while your parent plays the role of you. Then, switch roles and play yourself.

Step 5: Test out your skill: Now it's time to test out your skill in a **real social situation.** This situation could involve a friend, a peer, or more than one person depending on which skill you are practicing.

Step 6: Reflect on the interaction: After testing out your skill, reflect on how it went and update your parent.