

# Adolescents Social Skills Group



**AGE 10-13**

**Adolescent Social Skills Group is a social skills intervention for adolescents with social challenges. During each group session, teens are taught important social and communication skills and are given the opportunity to practice these skills in session during socialization activities.**

## Your teen will learn how to:

- Find common interests by trading information
- Use appropriate conversational skills
- Enter and exit conversations between peers
- Appropriately use humor
- Be a good sport
- Choose appropriate friends
- Use social media appropriately
- Be a good host during get-togethers
- Handle arguments and disagreements
- Handle rejections, teasing, and bullying
- Handle rumors and gossip

## Appropriate for teens with...

- Autism Spectrum Disorder/Asperger
  - ADHD
  - Anxiety
  - Social and communication challenges
  - Other social and behavioral disorders
- ... who are motivated to make and keep friends.

*We reserve the right to cancel the group if there are less than 3 students.  
According to our cancellation policy, there will be no refund or make up classes for missed sessions.*

**Instructor:** Registered Clinical Psychologist

**Medium of Instruction:** English

**Group size:** 3-5

**Number of sessions:** 12

**Date&Time:** Fri 4:30-5:30pm (Proposed starting date: 10 Feb 2023)

**Fee:** \$780/session of 60 minutes



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# 青年社交技能小組



10-13 歲

青年社交技能小組專為想改善社交技能的青年而設。每一節小組都會教導青年重要的社交及溝通技巧，並於小組的互動學習中練習及實踐當中的知識。

## 小組課程包括:

- 與他人交換訊息和資訊以尋找共同話題
- 運用恰當的對話技巧
- 如何加入並退出與朋友之間的對話
- 適當地運用幽默感
- 如何成爲一個有風度、親切的朋友
- 如何挑選合適的朋友
- 適當地運用社交平台
- 學會招待朋友
- 如何處理爭論及他人的相反意見
- 如何處理被排斥、捉弄或欺凌
- 如何處理謠言和八卦

## 適合以下青年...

- 自閉症譜系障礙 / 亞氏保加症
  - 專注力不足 / 過度活躍症
  - 焦慮症
  - 有社交和溝通困難
  - 有其他社交或行爲障礙
- ... 並有興趣認識朋友和建立友誼

如果參加者不足3人，我們保留取消此小組的權利。因應我們的課程安排，缺席將不獲退款或補課。

導師: 註冊臨床心理學家

授課語言: 英語

小組人數: 3-5

節數: 12

日子及時間: 逢星期五 4:30-5:30pm (預計開始日期為2月10日)

費用: 每節 \$780 (60分鐘)



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