



PEERS SOCIAL SKILLS

Reduce social anxiety. Make and keep friends

16 week

**Face to Face
Social skills
course
role playing**

Mondays

12yo -15yo 4pm-5.30pm
16yo plus 6pm -7.30pm

**For teens
and
young adults**



Contact: 07 5564 1460 /0431 584 093

www.gctherapyhub.com.au

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Rachel Fanning Psychology rooms

SUITE 4, 12 CLASSIC WAY, BURLEIGH WATERS



What is PEERS®?

PEERS® stands for Program for the Education and Enrichment of Relational Skills.

The PEERS® program is an internationally acclaimed, evidence-based social skills group program for adolescents and young adults with social challenges.

Originally developed by Dr Elizabeth Laugeson at the University of California (UCLA) PEERS®, the programme has a strong evidence-base for use with adolescents and young adults with ASD, but is also highly appropriate for those with ADHD, anxiety, depression, learning difficulties, those who may be twice exceptional or gifted and talented or indeed anyone experiencing social challenges.

The program assists motivated teens and young adults with social challenges who are interested in learning ways to help them make and keep friends.

Explicitly teaching how to navigate common social challenges allows the formation of more positive relationships.

Teens/Young Adults learn how to ...

- **Develop & maintain friendships**
- **Improve conversational skills**
- **Choose appropriate friends & find common interests**
- **Appropriately use electronic forms of communication**
- **Appropriately use humour & assess humour feedback**
- **Start, enter & exit conversations between peers**
- **Organise successful get-togethers with friends**
- **Be a good sport when playing games and/or sports with friends**
- **Handle arguments & disagreements with friends**
- **Handle rejection, teasing, bullying, rumours/gossip & cyberbullying**
- **Change an unwanted reputation**

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16 week program

1st Session

1. Intro and Trading Information
2. Two Way Conversations
3. Electronic Communication
4. Choosing Appropriate Friends
5. Setting and understanding boundaries.
6. Appropriate Use of Humour
7. Starting and Joining Conversations
8. Exiting Conversations

School holiday break.

2nd Session

1. Good Sportsmanship
2. Get Togethers
3. Handling Arguments
4. Changing Reputations
5. Handling Teasing and Embarrassing Feedback
6. Handling Physical Bullying Cyber Bullying
7. Minimising Rumours and Gossip
8. Post Test and Graduation Party



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