

Social Skills Group for Teens

UCLA PEERS Program

PEERS (Program for the Education and Enrichment of Relational Skills) is a 14-week evidence-based social skills intervention for **motivated teens** in middle and high school who are interested in learning ways to help them make and keep friends. During each group session teens are taught important social skills and are given the opportunity to practice these skills in session during socialization activities. Parents attend separate sessions at the same time and are taught how to assist their teens in making and keeping friends by helping to expand their teen's social network and providing feedback through coaching during weekly socialization homework assignments. **Enrollment is limited. Parent participation is required.**



Your Teen Will Learn

- ◆ How to use appropriate conversational skills
- ◆ How to find common interests by trading information
- ◆ How to appropriately use humor
- ◆ How to enter and exit conversations between peers
- ◆ How to handle rejection, teasing, and bullying
- ◆ How to handle rumors and gossip
- ◆ How to be a good host during get-togethers
- ◆ How to make phone calls to friends
- ◆ How to choose appropriate friends
- ◆ How to be a good sport
- ◆ How to handle arguments and disagreements
- ◆ How to change a bad reputation

Enrollment and Group Information

PEERS may be appropriate for teens with:

- ◆ ADHD
- ◆ Asperger's Disorder
- ◆ Depression
- ◆ Other social and behavioral problems
- ◆ High Functioning Autism
- ◆ Pervasive Developmental Disorder
- ◆ Anxiety

PEERS meets on Wednesday evenings at UCLA, and features continuous enrollment for upcoming groups.

Teens are required to agree to attend the program voluntarily in order to be eligible.

Please contact us at **(310) 825-0142** for more information, or visit us on the web at www.semel.ucla.edu/socialskills