

# **Social Skills**

## **FRIENDSHIP AND DATING SKILLS**

Expressing Positive Feelings

Giving Compliments

Accepting Compliments

Finding Common Interests

Asking Someone for a Date

Ending a Date

Expressing Affection

Refusing Unwanted Sexual Advances

Requesting That Your Partner Use a Condom

Refusing Pressure to Engage in High-Risk Sexual Behavior

# **Social Skills**

## **Expressing Positive Feelings**

- Step 1.** Look at the person and SMILE!
- Step 2.** Tell the person specifically what they did that pleased you.
- Step 3.** Tell the person how it made you feel.

# **Social Skills**

## **Giving Compliments**

- Step 1.** Look at the person
- Step 2.** Use a positive, sincere tone
- Step 3.** Be specific about what it is that you like.

# **Social Skills**

## **Accepting Compliments**

**Step 1.** Look at the person.

**Step 2.** Thank the person.

**Step 3.** Acknowledge the compliment by:

- a. Saying how it made you feel *or*
- b. Stating your feeling about the item that was complimented

# Social Skills

## Finding Common Interests

- Step 1.** Introduce yourself or greet the person you want to talk with.
- Step 2.** Ask the person what activities or hobbies they enjoy.
- Step 3.** Tell the person about what activities or hobbies you enjoy.
- Step 4.** Try to find a common interest.

# Social Skills

## Asking Someone for a Date

- Step 1.** Choose an appropriate person to ask.
- Step 2.** Suggest an activity to do together.
- Step 3.** Listen to the person's response and do one of the following:
  - a) If the person responds positively, choose a day and time
  - b) If the person is not interested in a date, thank the person for being honest with you.

# Social Skills

## Ending a Date

- Step 1.** Thank the person for spending time with you.
- Step 2.** If you enjoyed the date, tell the person that you would like to get together again.
- Step 3.** Say “Good-bye.”

# **Social Skills**

## **Expressing Affection**

- Step 1.** Choose a person whom you are fond of.
- Step 2.** Pick a time and place where you can be with the person in private.
- Step 3.** Express affection using a warm and caring voice tone and/or by offering a warm physical gesture.
- Step 4.** Tell the person why you feel this way.



# **Social Skills**

## **Refusing Unwanted Sexual Advances**

- Step 1.** Using a firm voice, tell the person that you are not interested in having sex.
- Step 2.** Depending on your relationship with that person, explain why you feel that way.
- Step 3.** If the person does not listen and continues to pressure you, leave the situation.

# **Social Skills**

## **Requesting That Your Partner Use a Condom**

- Step 1.** Choose a time and place where you and your partner can talk in private.
- Step 2.** Tell your partner that you would like him to wear a condom.
- Step 3.** Explain your reasons for making the request.
- Step 4.** If he refuses, tell him that you will not engage in any sexual activity with him until he uses one.

# **Social Skills**

## **Refusing Pressure to Engage in High-Risk Sexual Behavior**

- Step 1.** Tell your partner that you will not engage in the high-risk sexual activity.
- Step 2.** Explain your reason for refusing to do so.
- Step 3.** If you still want to engage in sex, suggest a different sexual activity that is safer.
- Step 4.** If the person continues to pressure you, tell him or her that you need to leave.