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.

Step 2. Tell the person exactly what it was 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 about what activities or hobbies they enjoy doing.

Step 3. Tell the person about what activities or hobbies you enjoy doing.

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 to your suggestion, choose a day and time to get together. Be willing to compromise.

   b) If the person indicates that they are not interested in going out on 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 them that you need to leave.