# Spotlight On: Social Skills
# Choosing Skills to Target

The Multi-Media Social Skills Projects for Adolescents and Adults teaches skills that are relevant for teens and adults, such as how to effectively use humor and sarcasm, as well as job-related skills like anxiety management. When choosing social skills to target, it's important to focus on skills that are relevant and meaningful to the individual. It's also important to consider life circumstances, goals, and skills needed to reach these goals.

## Possible Skills to Target

- Reading non-verbal communication.
- Starting and maintaining conversations.
- Finding and maintaining friendships.
- Dealing with conflict.

## How to Teach Skills at Home

### Consider Short- and Long-Term Goals

Do they want to ask for a raise at work? Do they hope to find a romantic partner?

What social skills are needed to reach those goals: Assertiveness, active listening, speech fluency, etc.

### Learn About Identified Skills and Goals

Watch real-life examples and “how to videos.”

Do they want to ask for a raise at work? Do they hope to find a romantic partner?

### Get Practice Using Skills

Participate in a social skills or other social/support group.

Join a Toastmasters group.


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