

TIPS FOR TEENS

SOCIAL SKILLS



Using the correct social skills can help you learn how to build relationships with others.

TIP 1: EYE CONTACT

When dealing with others, appropriate eye contact (looking people in their eyes) is important. This makes you look more confident and lets other people know that you are listening to them.

TIP 2: PROXIMITY

Standing too close or too far away from people when you are talking may make others feel uneasy. It is usually best to stand at arm's length when you are talking with someone.

TIP 3: INTERRUPTING

It is important to say excuse me, when you need to talk with someone who is in the middle of an activity. Also, make sure you have a good reason for interrupting a conversation. Finally, try to determine if it is something that needs to be taken care of right away.

TIP 4: REQUESTING SOMETHING

If you need something, ask for it; don't demand it. Just because you want something does not mean you are entitled to it. For example, if you want your parents to drive you to a friend's house or to buy you something new, ask them politely.

TIP 5: UNDERSTANDING THE WORD "NO"

It is sometimes hard to accept the word "no." Unfortunately, at times, adults (parents, teachers, or coaches) do have to say "no" to requests. It is important to keep in mind that they have the authority to make decisions for teens. Remember to stay calm when you hear "no," and acknowledge that you understand and respect the other person's responses.

TIP 6: AGREEING AND DISAGREEING

You will not always have the same opinion as everyone else, so it is important to understand other people's opinions before you make judgments. Also, when you tell others how you feel, try—especially when you disagree—to use a friendly tone of voice.

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