Social Skills Resources for Adolescents

**Websites:**
Social Thinking: [www.socialthinking.com](http://www.socialthinking.com)
Michelle Garcia Winner’s workshops, books, and products around cognitive, social, and emotional development.

“Social Skill Builder’s series of innovative software programs use interactive videos to teach key social thinking, language and behavior that are critical to everyday living.”

“Model Me Kids® videos demonstrate social skills by modeling peer behavior at school, on a playdate, at a birthday party, on the playground, at a library, at the dentist, restaurant, and more. Real children model and narrate each skill. DVDs for ages 2-17.”

**Books/Manuals for Parents/Teachers:**

*Skillstreaming the Adolescent: New Strategies and Perspectives for Teaching Prosocial Skills* by Arnold P. Goldstein and Ellen McGinnis
Description from Amazon: “This book is for use with middle and high school students. It shows how to teach 50 prosocial skills such as expressing feelings, apologizing, setting a goal, starting a conversation, and responding to failure. Skills are divided into six areas: Beginning Social Skills, Advanced Social Skills, Dealing with Feelings, Alternatives to Aggression, Dealing with Stress, and Planning Skills.” [Accompanying Skill Cards and Student Manual are also available]

*Social Competence Intervention Program (SCIP): A Drama-Based Intervention for Youth on the Autism Spectrum (Book and CD)* by Dr. Laura A. Guli, Dr. Alison D. Wilkinson, & Dr. Margaret Semrud-Clikeman
Description from Amazon: “SCIP is a 16-session, drama-based intervention for youth ages 8-14 on the autism spectrum. The authors blend current research from neuropsychology and information from the field of creative drama to help students accurately perceive and respond to nonverbal aspects of social interactions, such as facial expressions, body language, and tone of voice. Students are asked to participate in process dramas and take on roles that explore various outcomes. During role plays, students learn to divide complex social interactions into sequential parts, discuss the emotions involved, and act out a variety of possible responses. They also learn practical skills for dealing with teasing and understanding complex social cues.”

*Social Skills for Teenagers with Developmental and Autism Spectrum Disorders: The Peers Treatment Manual* by Elizabeth A. Laugeson and Fred Frankel
Description from Amazon: “This book is essential reading for any clinician or researcher working with teens with autism spectrum disorders. This parent-assisted intervention for teens is based on a comprehensive, evidence-based, 14-week program at UCLA’s Semel Institute for Neuroscience and Human Behavior, the manualization of the popular UCLA PEERS Program, and the success of the Children’s Friendship Training (Routledge, 2002) manual for children. After reviewing techniques designed to help parents and therapists tailor the manual to the needs of the teens with whom they are working, the text moves on to the individual treatment sessions and strategies for tackling issues such as developing conversational skills, choosing friends, using humor, get-togethers, teasing, bullying, gossiping, and handling disagreements. Each session chapter includes handouts, homework assignments, descriptions of what to expect (and how to handle challenges in delivering the intervention), and customized tips for both parents and therapists.”

Social Skills Training for Children and Adolescents with Asperger Syndrome and Social-Communications Problems by Jed Baker
Description from Amazon: “In this book, the author translates years of experience working with students with Asperger Syndrome and social-communication difficulties. The essence of this resource: 70 of the skills that most commonly cause difficulty for individuals with autism spectrum disorders and social-communication problems. Each skill is presented with a reproducible skill handout, as well as activity sheets listing ways teachers and parents can demonstrate, practice and reinforce the skill in the classroom and at home.”

Social Skills Activities for Secondary Students with Special Needs by Darlene Mannix
Description from Amazon: “The updated new edition of this valuable resource offers an exciting collection of 200 ready-to-use worksheets to help adolescents build the social skills they need to interact effectively with others and learn how to apply these skills to various real-life settings, situations, and problems. The book provides 20 complete teaching units focusing on 20 basic social skills, such as being a good listener, "reading" other people, and using common sense.”

A Spectrum of Relationships: A Guide to Understanding Social Connections for Teens and Adults with Autism and Asperger’s Syndrome by C. S. Wyatte
Description from Amazon: “A Spectrum of Relationships explores the social connections teens and adults with autism spectrum disorders (ASDs) form with other people in their lives. The author, C. S. Wyatt, reflects on his own experiences as a diagnosed high-functioning autistic individual navigating the complex and sometimes frustrating social situations of daily life. From early classroom experiences to dating and marriage, this book discusses relationships with family, friends, classmates, coworkers, and lovers.”

Books for Teens/Young Adults:
The Social Skills Picture Book for High School and Beyond by Jed Baker
Description from Amazon: “In 2001, Dr. Baker wrote The Social Skills Picture Book, designed for young children with social communication challenges. Now, in response to the deluge of requests from parents with children in their teens, here is Dr. Baker’s long-awaited book, specifically geared toward older students. The Social Skills Picture Book for High School and Beyond offers a visual learning format. Photos of actual students engaging in a wide variety of social situations show, rather than tell, the right (and wrong) ways to interact in different circumstances. They visually illustrate the positive and negative consequences of both ways of interacting. The book also offers instructions for students & families to create their own social skills booklets. The social skills address real-life situations that are important to teens, such as: making new friends, asking someone out on a date, doing difficult schoolwork, interviewing for a job, and much, much more!”

The Social Success Workbook for Teens: Skill-Building Activities for Teens with Nonverbal Learning Disorder, Asperger’s Disorder, and Other Social-Skill Problems by Barbara Cooper MPS & Nancy Widdows MS
Description from Amazon: “Making friends is a skill like any other—there are rules to follow, ways to measure your progress, and reasons why some people are better at it than others. Although it may seem like this skill comes naturally to those who don’t have Asperger’s disorder, nonverbal learning disorder (NLD), or other problems relating to others, the reality is that even the most popular people must constantly hone their abilities in order to make new friends and keep the friends they already have. This workbook includes forty activities you can do to recognize and use your unique strengths, understand the unspoken rules behind how people relate to each other, and improve your social skills.

After completing the activities in this workbook, you will discover that you can get along with others and build friendships despite the challenges you face. All you need is the confidence to be yourself while still keeping the feelings of others in mind.”

Description from Amazon: “A comprehensive resource for students on the autism spectrum preparing for life after high school, best-selling author/counselor Dr. Jed Baker offers “life skills training” on subjects such as non-verbal cues, body language, dealing with anger, frustration and anxiety, as well as building and maintaining friendships, roommates, and intimate relationships. He focuses on conversational and employment skills, ways to balance work/school with family demands, and problematic areas such as finances, emergencies and transportation matters. The assessment tools he provides for parents and the analysis of the laws that provide accommodations to adults with disabilities are critical for success in life after high school.”
Take Control of Asperger’s Syndrome: The Official Strategy Guide for Teens With Asperger’s Syndrome and Nonverbal Learning Disorders by Janet Price & Jennifer Engel Fisher
Description from Amazon: “A unique handbook for kids and teens on living successful lives with these disorders by taking control of their strengths to overcome their weaknesses. Drawing on their experiences as parents and teachers of kids with Asperger’s syndrome (AS) and Nonverbal Learning Disorders (NLD), the authors provide tips on understanding the disorders, living with the symptoms, succeeding in school, completing homework, talking to others about strengths and needs, making friends and socializing, and using technology to connect with other kids with these disorders.”

Social Skills for Teenagers and Adults with Asperger Syndrome: A Practical Guide to Day-to-day Life by Nancy J. Patrick
Description from Amazon: “This resource provides practical strategies for helping teenagers and adults with Asperger Syndrome to navigate social skills, friendships and relationships at home and in the community. The author offers advice and useful strategies for tackling day-to-day problems such as visits to the dentist or the doctor, searching for a job, sorting out personal finances, going on vacation, and dealing with public transport, as well as more intimate topics such as dating and acquiring and maintaining friendships. The chapters are structured around real-life scenarios and the challenges they present, followed by step-by-step solutions and suggestions. A final section provides a set of practical self-help tools, which encourage the reader to note down answers to the questions posed and record personal reflections. This accessible guide will be essential reading for teenagers and adults with Asperger Syndrome and their families, teachers, therapists, counsellors, carers, social and health work professionals.”

Social Fortune or Social Fate by Michelle Garcia Winner & Pam Crooke
Description from Amazon: “New! Social Fortune or Social Fate: A Social Thinking Graphic Novel Map for Social Quest Seekers By Michelle Garcia Winner and Pam Crooke Utilizing the graphic novel with anime illustrations concept to capture the attention of teens, we have developed this book to teach the core concepts related to Michelle Garcia Winner’s Social Behavior Mapping (SBM). SBM’s teach how our own behaviors, expected and unexpected, impact how others feel about us, ultimately treat us which then affects how we feel about ourselves. The core of the book consists of 10 social scenarios, each one scenario is played out through the lens of Social Fortune or Social Fate by demonstrating visually how a situation can change quickly based on how someone reacts within it. Every scenario begins with a mini-story told through a four pictured comic strip which then leads the protagonist to a decision making point. If the decision made leads to others feeling good and ultimately the character feeling good about him or herself, this will be represented as "social fortune." However, if the protagonist makes a decision that traps him/her and peers/adults in an uncomfortable or frustrating situation, this leads to "social fate." The social fortune and social fate decisions are depicted through unique four-pictured comic strips.”
Socially Curious and Curiously Social by Michelle Garcia Winner & Pam Crooke

Description from Amazon: “Written for teens and young adults to read themselves about how the social mind is expected to work in order to effectively relate to others at school, at work, in the community and even at home. Since there is relatively little information on how to talk about social information, this book redefines what it means to "be social" and it is likely not what you were thinking! This book is a "get real" discussion about what really goes on inside the mind of people as we share space together. There are many practical strategies to help the reader figure out what type of impression they are making on others and what things they could work on to be more successful. Who doesn't think they could improve in these skills? From discussing the "ins and outs" of what it means to be a "Social Thinker" and use "related social skills," to figuring out texting, dating, the many different levels of friendship and the many and varied emotions we experience as we relate to others, the authors describe the "real world" of being with other people. This includes figuring out how to sometimes just "fake it" better! The authors are not trying to get every reader to find a group to hang out with; instead they are providing information to help each person find their place and be appreciated by others at whatever level they feel comfortable with. Parents, teachers and counselors may also find this book an interesting read as it provides some "ah ha!" moments that encourage a deeper discussion with their older kids about the social world. While we all work on improving our communication skills, few of us know how to talk about the social mind and how to cope in our very social world of the classroom, hanging out, holding a job, chatting on the internet, etc.”