**Introduction to PEERS and Conversations Skills Handout**

What to Expect:

1. To learn how to make and keep friends.
2. To learn how to make suitable friends.
3. To learn how to develop close friendships.
4. To learn independence in social relationships
5. You will need to attend regularly and come on time.
6. You will need to do your “Real Life Practice Tasks” each week.

What Not to Expect:

1. This is not a support group or a group about psychological disorders.
2. This is not a “friendship-matching” group.
3. We are not treating your problems; we are focusing on making friends.

**Lesson 1: Trading Information**

Characteristics of Good Friendships Types of Friendships

* Sharing of Common Interests - Acquaintances
* Kindness and Caring -Casual Friends
* Support -Regular Friends
* Mutual Understanding -Best Friends
* Commitment and Loyalty
* Honesty and Trust
* Equality
* Ability to Self-Disclose
* Conflict Resolution

Rules for Trading information:

1. Ask the other person about himself or herself (example: his interests or hobbies).
2. Answer your own question (After the person finishes, share something related about yourself).
3. Find common interests.
   * Identify things you can talk about.
   * Identify activities you can do together.
   * Find out what he or she does not like to do- so you can avoid doing these things

4. Ask Follow-up questions (Ask more questions about the topic to look for more common interests.

Rules to Maintain the Conversation:

* Share the Conversation
* Give the Person a Chance to Ask You a Question or Make a Comment
* Don’t be a Conversation Hog (one-way conversation)
* Don’t Get Too Personal at First
* Don’t be Argumentative
* Don’t Police
* Use Good Eye Contact
* Use Good Volume Control