



PEERS®

青少年社交技能课程

专为青少年设计的校园社交支持计划

» 这是一项为期**16周**、基于循证科学依据研发的**校本社交技能学习小组**，目标是帮助青少年发展并维系高质量的友谊。

» 青少年每周需参加60分钟的小组课程，学习并练习在现实生活中具有生态效度的社交技巧；同时，家长每周会通过电子邮件收到相关讲义和辅导策略，学习如何帮助孩子在校外生活中持续使用这些社交技巧发展友谊。

» 每次小组课程均包括社交技巧本身的讲授，知道「是什么」和「为什么」、通过角色扮演示范及行为演练知道「如何做」，同时在社交活动中熟悉并运用。

小组成员会学习以下技能:

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|------------|----------------|
| ✓ 介绍与交换信息 | ✓ 组织朋友聚会 |
| ✓ 双向对话原则 | ✓ 处理争论 |
| ✓ 网络世界中的交往 | ✓ 改变声誉 |
| ✓ 选择合适的朋友 | ✓ 应对戏弄与令人尴尬的反馈 |
| ✓ 恰当使用幽默 | ✓ 应对肢体霸凌 |
| ✓ 开启与加入对话 | ✓ 应对网络霸凌 |
| ✓ 退出对话 | ✓ 减少谣言与流言 |
| ✓ 良好的体育精神 | ✓ 最终复习、后测评估与结业 |

获取更多信息:

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 **Ellie Z**
Children & Teens
Therapeutic Services





PEERS® FOR ADOLESCENTS

A SCHOOL-BASED SOCIAL SKILLS PROGRAM FOR TEENS



This program is a 16-week evidence-based, school-based social skills program designed to help teenagers make and keep quality friendships.



Teens attend weekly 60-minute group sessions to learn and practise real-life social skills, while parents receive weekly handouts and coaching notes via email to learn effective social coaching strategies.



Each session includes didactic instruction, role-play demonstrations, behavioral rehearsal, and social activities.

PARTICIPANTS WILL LEARN ABOUT:

- ✓ Introduction and Trading Information
- ✓ Two Way Conversations
- ✓ Electronic Communication
- ✓ Choosing Appropriate Friends
- ✓ Appropriate Use of Humor
- ✓ Starting and Joining Conversations
- ✓ Exiting Conversations
- ✓ Good Sportsmanship
- ✓ Get Together
- ✓ Handling Arguments
- ✓ Changing Reputations
- ✓ Handling Teasing and Embarrassing Feedback
- ✓ Handling Physical Bullying
- ✓ Handling Cyber Bullying
- ✓ Minimizing Rumors and Gossip
- ✓ Final Review, Post Test Assessment, and Graduation

MORE INFO

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