

13-18 YEAR OLD SOCIAL SKILLS

Friendship

13-18 year olds are becoming more interested in friend groups:

- Attend groups with similar interest (library groups, sports, etc.)
- Explore new hobbies together
- Volunteer in the community

Public Speaking

13-18 year olds may need to speak in public:

- Start small by having your child perform a song or skit for family
- Encourage your child to perform plays, songs, or skits with their friends
- Have opportunities for performance like theater groups or volunteering

Conflicts

13-18 year olds are learning how to solve conflicts:

- Reassure your child that they can come to you for help
- Teach your child "I" statements ("I feel sad when ___")
- Read books about resolving conflicts with friends and others

Peer Pressure

13-18 year olds may be concerned with fitting in:

- Spend time together at home as a family
- Allow your child to explore safe self-expression with clothes and art
- Journaling and meditating may be helpful

Interviews

13-18 year olds should learn about work and interviews:

- Explain professional communication
- Show an example of an interview
- Let your child interview you then interview your child for a pretend job

