



# PEERS<sup>®</sup> for Teens

PEERS<sup>®</sup> for Adolescents is a 16-week evidence-based social skills intervention for motivated teens in high school who are interested in learning new ways of making and keeping friends. This internationally acclaimed program, used in over 35 countries, was originally developed at UCLA by Dr. Elizabeth Laugeson. During each group session, teens are taught important social skills and are given the opportunity to practice these skills in session during socialisation activities. Parents attend separate sessions at the same time and are taught how to assist their teens in making and keeping friends by helping to expand their teen's social network and providing feedback through coaching during weekly socialisation homework assignments. PEERS<sup>®</sup> may be appropriate for teens with Autism Spectrum Disorder, ADHD, anxiety, depression or other social and behavioural disorders. Parent participation is required.



## Teens will learn how to:

- Use appropriate conversational skills
- Use humour appropriately
- Use electronic communication
- Enter & exit conversations
- Be a good host during get-togethers
- Be a good sport
- Handle arguments and disagreements
- Change a bad reputation
- Handle rumours and gossip
- Handle rejection, teasing and bullying



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## Step 1: Register

Check your email for the link for the registration form.

## Step 2: Pay your invoice

You will be invoiced the total amount \$4850 of the course. It is expected that you attend all sessions. Missed sessions cannot be 'made up' and will be forfeited.

## Step 3: Book your initial 1:1 parent and teen meetings

These meetings will be either face to face or online depending upon availability. Each meeting will take approximately 25 minutes.

### Semester One 2024 Dates



Teen meetings every Friday

4:30pm - 6:00pm

Feb 9, 16, 23,

Mar 1, 8, 15, 22

Break for Term One School Holidays

Apr 19, 26

May 3, 10, 17, 24, 31

June 7, 14

Parent/social coach

meetings will be the following

Saturday at 4:30pm.