



Aspertheens

Who May Benefit From Aspertheens?

This program is aimed at teens with social difficulties and their parents.

Aspertheens runs weekly across two Terms, incorporating skills development followed by a social get-together to enable immediate transference of skills and the opportunity to socialize.

Why do social skills matter.....

Young adulthood encompasses many challenges, including school transition, finding employment, building a social network, increasing household tasks, and developing romantic relationships. All of these areas require a certain degree of mastery of social skills that many young adults with Autism are sadly lacking. Untreated, these social difficulties may lead to symptoms of depression, anxiety, social isolation and loneliness.

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Aspertheens

Teen Social Skills
Program
12-15 Year Olds

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Teen Social Skills Program 12-15 Year Olds

What's involved

Teens will meet every week for 6-weeks. The sessions will comprise a 90-minute Group Meeting with time and food to socialize. Parents will have a 20-30 minute Meeting with a facili whilst the Teens are socializing.

There will be a break for the School Holidays and arrangements will be made for the group to meet up for bowling.

Group meetings will resume the following Term for another 7 weeks which includes a graduation celebration.



What Can I Expect?

Teens will meet other teens with similar social difficulties looking to build skills necessary for making and maintaining friendships in the technology age.

The social skills Teens need are different from younger children so the content of this Group addresses issues important to this age group. Session content is dynamic and can be adjusted to the needs of the specific Teens in each Group.

The Aspertheens Program targets skills development rather than correction of social mistakes.

Teens will develop skills for starting/ending conversations, choosing friends, using humour, get-togethers, online safety, social media etiquette, phone etiquette, teasing, bullying, gossiping, handling disagreements, relationships, personal hygiene, first jobs and support after School finishes.

Aspertheens is an adaptation of the award winning 'Peers' Program from UCLA.