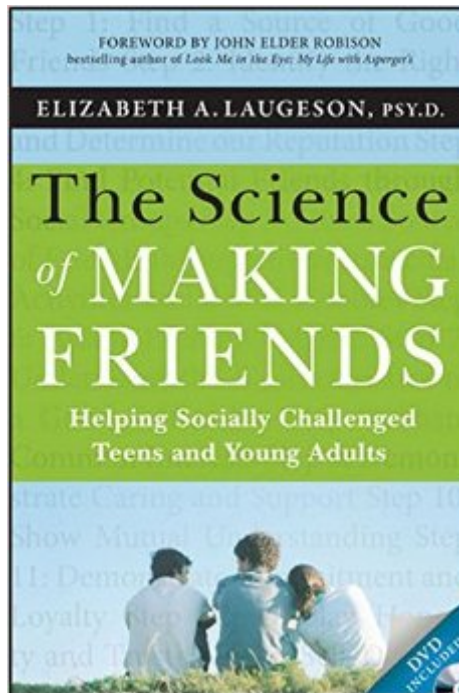


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# The Science Of Making Friends, (w/DVD): Helping Socially Challenged Teens And Young Adults



## Synopsis

The groundbreaking book that puts the focus on teens and young adults with social challenges This book offers parents a step-by-step guide to making and keeping friends for teens and young adults with social challenges—such as those diagnosed with autism spectrum disorder, ADHD, bipolar, or other conditions. With the book's concrete rules and steps of social etiquette, parents will be able to assist in improving conversational skills, expanding social opportunities, and developing strategies for handling peer rejection. Each chapter provides helpful overview information for parents; lessons with clear bulleted lists of key rules and steps; and expert advice on how to present the material to a teen or young adult. Throughout the book are role-playing exercises for practicing each skill, along with homework assignments to ensure the newly learned skills can be applied easily to a school, work, or other "real life" setting. The bonus DVD shows role-plays of skills covered, demonstrating the right and wrong way to enter conversations, schedule get-togethers, deal with conflict, and much more.

**PART ONE: GETTING READY** Ch. 1: Why Teach Social Skills to Teens and Young Adults? **PART TWO: THE SCIENCE OF DEVELOPING AND MAINTAINING FRIENDSHIPS** Ch. 2: Finding and Choosing Good Friends Ch. 3: Good Conversations: The Basics Ch. 4: Starting and Entering Conversations Ch. 5: Exiting Conversations Ch. 6: Managing Electronic Communication Ch. 7: Showing Good Sportsmanship Ch. 8: Enjoying Successful Get-Togethers **PART THREE: THE SCIENCE OF HANDLING PEER CONFLICT AND REJECTION: HELPFUL STRATEGIES** Ch. 9: Dealing With Arguments Ch. 10: Handling Verbal Teasing Ch. 11: Addressing Cyber Bullying Ch. 12: Minimizing Rumors and Gossip Ch. 13: Avoiding Physical Bullying Ch. 14: Changing a Bad Reputation Epilogue: Moving Forward

## Book Information

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## Customer Reviews

I work with teenagers with disabilities. I'm usually very skeptical whenever I pick up a book targeting teens and young adults with social challenges. I haven't found a lot out there that works so I had no real clue about this book other than the back of the book and a promise of a DVD with supplemental material. I got into the forward which impressed me, John Elder Robinson who wrote "Look Me in the Eye: My Life with Asperger's" strongly recommended the PEER method developed by UCLA. The entire book is a training guide for the PEER method. I have never heard of the PEER system so I went through the book to find out more about it. The book comes in three parts. Every chapter spends pages describing steps and warnings that people who do not have social challenges should teach to those that do have social challenges. None of this material is new to me, I work with my students with disabilities and we work on all these same skills endlessly. The second part of the chapter is directly aimed at someone learning social skills. Often, this is paired with a video found on the DVD or can be unlocked with a password from the publisher online. The book contains the dialogue used in the video. At the end of each section, the reader (the one with social challenges) is asked to reflect and try to see the view point of the other person. A conversation ideally happens. The third and final section of every chapter is a "Success Story", a case study of a family who had been able to go to the UCLA clinic and use the PEER program. A good highlight in this book is the introduction of online safety, an important fact of life these days.

I've searched for a book like this for a long time. Most are aimed specifically for teens with ADD, autism, or similar conditions. I totally understand the need for works focused on these topics and The Science of Making Friends covers these areas in depth. But the book also contains plenty of information which could be helpful to ALL socially-challenged teens. These include those who feel awkward or unpopular, are nervous in new situations, or simply haven't learned how to make and keep friends. This book met - and exceeded - my hopes. Based on both solid research and real-life scenarios and examples, there are step-by-step instructions to help teens learn how to control their anxieties and improve their social skills. Each section covers a specific area. The first section provides an overview of the research which supports the rest of the material in the book. From there, sections include information about how to form and maintain friendships (finding friends, starting conversations, discovering mutual interests). I particularly liked the part about coping with

conflict and rejection because - painful as it is - these are also realities that teens may face. They need coping strategies for those times and they'll find them here. I also appreciated the fact that the book was written with sections for parents and different ones for teens. They complement each other but have a slightly different tone. There are exercises included in each chapter for teens to help them practice their budding skills. The DVD included with the book is a special bonus, with examples of realistic situations. For those who learn best with visuals, this could be a significant help.

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