

Social skills

Plan a Social Moment My Way

Adults and teens 13+ | 10 to 15 minutes

Social participation can look different for different people. Choose an interaction you actually want, such as asking about a shared interest or joining part of an activity. You do not have to use eye contact, hide harmless movement, or stay longer than you want to make the attempt count.

Choose a meaningful interaction, a preferred way to communicate, and a way to pause if needed.

Clarify the situation

Find out who will be there, what the activity involves, and how long you want to stay. You can ask direct questions rather than guessing unwritten rules. Consider sensory access, transport, and whether the setting is welcoming.

Choose an opening and exit

Prepare a sentence, message, gesture, or communication-device option. For example: Is there room for one more person? The other person can decline. Plan a simple exit or break request and decide what you want to learn from the attempt.

1. What social interaction do I choose, and why does it matter to me?**2. What information or access support would make it easier?****3. How could I begin in my preferred communication style?****4. How will I pause or leave, and what will I notice afterward?****Clinical use and adaptation**

Avoid compliance, masking, forced eye contact, and normative judgments about sociability. Assess bullying, discrimination, and actual access barriers. Individualize for communication needs and culture. Success is the person's meaningful participation and agency, not a prescribed social performance.