



Social skills
workgroup:
What say, who
to tell, and who
can help

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Activity #1

- (1) Write down one thing you wish your friends knew about your illness.
- (2) If there are any mean kids at your school, write down one thing you wish the mean kids knew about your illness.
 - Save your answers for later!

Making friends

- **Making friends is important!**
- **We make friends in lots of ways:**
 - **Inviting kids to do fun things**
 - **Asking kids to play**
 - **Doing dance, baseball, swimming, piano classes**
- **What are some other ways you have made friends?**

¹DSM-5

²Angold et al., 1999

³Kessler et al., 2005

But sometimes...

- Making friends can be hard because...
 - Other kids might not understand
 - Some kids might be bullies
- Bullying can be...
 - Hitting, kicking, pushing
 - Taking your stuff
 - Saying mean things
 - Not inviting you on purpose

Activity #2 – Group discussion

- (1) Has there ever been a time when you've been bullied?
If so, what happened?
- (2) How did you feel when the bully did that?
- (3) What did the other kids in your class do when the bully did that?

What can I do when I am bullied?

- Ignore it!
- Ask your friends to help
- Tell a teacher your trust
- Tell your parents
- Ask the teacher to have a sign when you are being bullied
- Don't try to fight back!

Activity #3 – Group discussion

(1) Have you ever tried any of the tips we just talked about?

(2) What is something a teacher has done to help you with bullying?

(3) What is something your parent has done to help you with bullying?

Activity #4 - Worksheet

- Let's answer the worksheet questions together.
- Write down your answers so you can show your parents later.

What about my illness?

- Sometimes, people might wonder about your illness
- People wonder for lots of reasons:
 - They care about you
 - They want to know more
 - They want to know if they can help you
 - They think it is more polite to ask you instead of just looking
 - Maybe they aren't really thinking about how it could hurt your feelings

What to do

- You don't have to tell anything you don't want to tell
- Talk to your parents about how much you want other people to know
- If you do want people to know:
 - Who do you want to know?
 - How much do you want people to know?
 - Do you want them to ask if they have questions?
- If you don't want people to know:
 - Think of a good answer you can use over and over again

Activity #2 – Group talk

- (1) What good things could happen if people knew about your illness? What bad things could happen?
- (2) How do you feel when people ask you questions?
- (3) Has anyone ever just looked at you or stared at you instead of asking you? If so, what did that feel like and what did you wish you could say to them?
- (4) Who do you want to know about your illness and why?

More group talk

- (1) Do you want kids at your school to have all the details or just a little information?
- (2) Do you want kids to ask if they have questions, or do you want to just tell them once and then ask them not to talk about it?
- (3) When you or your parent told people in the past, what did they do?
- (4) Would you rather someone come talk to your class without you there or would you rather tell people yourself?

Back to your worksheet

- Answer the next set of questions so you can show your parents later.



Pull out your first activity from the beginning of today

- What did you write down?
 - One thing you wish your friends knew
 - One thing you wish mean kids knew

Let's practice

- Imagine someone is asking you about your illness. This is a person you trust and you want to tell them about your illness. How would you explain it?
- Now imagine someone is asking about your illness but you don't want them to know. What could you say? Examples:
 - I don't like talking about that.
 - Thanks for asking, but I only talk to my doctors about that.
 - Thanks for asking, but I only talk about that when I want to.
 - Thanks for asking, but I don't want you to bring it up unless I do first.

Back to your worksheet

- Write down what you want to say when kids ask about your illness and you don't want them to know.

Pair up

- Person 1: Ask about the other person's illness.
- Person 2: Practice your answers
 - First, practice what you would say if you wanted them to know.
 - Second, practice what you would say if you did not want to tell them.

What was that like?

- Do you think you could do that in real life?
- Was it easier or harder than you thought?
- Do you think you want to practice using the same answers so it is easier?

Friends

- Sometimes friends do nice things and sometimes they accidentally hurt your feelings.
- Has your friend ever said or done something really nice about your illness, like stand up for you or tell you they don't care about your illness?
- Has your friend ever accidentally hurt your feelings about your illness without meaning to?
- How do you want your friends to act about your illness?

Back to your worksheet

- Check the boxes about what you want your friends to do. Dr. Faith will read them out loud to help.

Review

- You get to decide what you tell people and who tells them
- You can practice what to say
- Sometimes kids don't hurt your feelings on purpose. Try to think of other reasons they might have said that.
- Your friends and family can help you when you are feeling sad or worried.

Last activity

- What was the most helpful part about today?
- Is there anything else you wish we talked about?