

# Social Skills Contract

I will demonstrate positive social skills by following the stipulations below.

1. I will smile and greet others when appropriate. I will also introduce myself if the situation dictates.
2. I will pay attention and maintain eye contact while engaged in conversations with others.
3. I will maintain appropriate social boundaries. This means that I will respect the personal space of others and will refrain from asking personal questions or talking about things that might make others uncomfortable.
4. I will show an interest in what others have to say by acknowledging what they have said (by nodding, by asking relevant questions, or by making short verbal acknowledgments).
5. I will speak assertively. This means finding a good balance between being too passive and being too aggressive or abrasive.
6. When confronted with a conflict, I will remain calm and negotiate rationally. I will do my part to come to a peaceful and fair solution.
7. I will be sensitive to the feelings of others. I will express concern and be supportive of others who might be experiencing difficulties in their lives. I will also share the excitement of others who might be experiencing something joyful (without becoming jealous).
8. I will avoid being a "me first" type of person. I will share, take turns, and be fair when it comes to situations which require cooperation.
9. I will be patient with others.
10. I will act my age.
11. \_\_\_\_\_

