

# Boys Town Social Skills

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There are 16 basic Boys Town Social Skills that are taught, demonstrated, and expected of students at Bryant. Each morning the "Skill of the Week" is announced over the intercom. Students are taught the steps of each social skill and expected to demonstrate them with their peer relations and adult interactions. Below are the 16 Boys Town Social Skills...

1. Introducing Yourself
2. Following Instructions
3. Accepting a Criticism
4. Accepting "No"
5. Greeting Others
6. Getting the Teacher's Attention
7. Asking For What You Want
8. Disagreeing
9. Giving a Criticism
10. Saying "No"
11. Saying You're Sorry
12. Talking With Others
13. Giving Compliments
14. Accepting Compliments
15. Offering to Help
16. Reporting to the Teacher

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## 1. Introducing yourself

- a. Look at the person and smile.
- b. Use a pleasant voice.
- c. Offer a greeting like "Hi, my name is ...."
- d. Shake the person's hand.
- e. When you leave, say "It was nice to meet you."

## 2. Following Instructions

- a. Look at the person.
- b. Say "Okay."
- c. Do what you've been asked right away.
- d. Check back to make sure you've done it correctly.

## 3. Accepting Criticism or Consequence

- a. Look at the person.
- b. Say "Okay."
- c. Don't argue.

## 4. Accepting "no" for an answer

- a. Look at the person.
- b. Say "Okay."
- c. Stay calm.
- d. If you disagree, ask later.

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## 5. Greeting others

- a. Look at the person.
- b. Use a pleasant voice.
- c. Say "Hi" or "Hello."

## 6. Getting the teacher's attention

- a. Look at the teacher.
- b. Raise your hand. Stay calm.
- c. Wait until the teacher says your name.
- d. Ask your question.

## 7. Asking for what you want (Making a request)

- a. Look at the person.
- b. Use a pleasant voice.
- c. Say "please" and explain exactly what you are asking for.
- d. If the answer is "yes" — say "thank you."
- e. If the answer is "no" — say "okay" and accept "no" for an answer.

## 8. Disagreeing Appropriately

- a. Look at the person.
- b. Use a pleasant voice.
- c. Say "I understand how you feel."
- d. Tell why you feel differently.

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- e. Give a reason.
- f. Listen to the other person.

## 9. Giving Criticism (Correcting someone)

- a. Look at the person.
- b. Stay calm; use a pleasant voice.
- c. Say something positive first.
- d. Describe exactly what you are correcting or criticizing.
- e. Tell why that is a problem.
- f. Listen to the person. Be polite.

## 10. Resisting peer pressure (Saying "NO")

- a. Look at the person.
- b. Use a calm voice.
- c. Say clearly that you do not want to participate (Say "no").
- d. Suggest something else to do.
- e. If necessary, continue to say "no" and walk away.

## 11. Saying "I'm sorry."

- a. Look at the person.
- b. Use a sincere voice.
- c. Say "I am sorry for..."
- d. Don't make excuses.

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- e. Say "Next time I will...instead."
- f. Say "Thanks for listening. Do you accept my apology?"

## 12. Talking with others

- a. Look at the person.
- b. Use a pleasant voice.
- c. Ask questions.
- d. Don't interrupt.

## 13. Giving Compliments

- a. Look at the person.
- b. Smile.
- c. Speak clearly, with an excited voice.
- d. Tell the person exactly what you like.

## 14. Accepting Compliments

- a. Look at the person.
- b. Use a pleasant voice.
- c. Say "Thank you."
- d. Don't look away, mumble, or deny the compliment.
- e. Don't disagree with the compliment.

## 15. Volunteering (Offering to help)

- a. Look at the person.

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- b. Use a pleasant, excited voice.
  - c. Ask if you can help. Describe exactly what you want to help with.
  - d. Thank the person.
  - e. Check back when you've finished.
16. Reporting other youths' behavior
- a. Look at the teacher or adult.
  - b. Use a calm voice. Ask to talk to the adult privately.
  - c. Describe the inappropriate behavior you are reporting.
  - d. Explain why you are making the report.
  - e. Answer any questions the adult has.
  - f. Thank the adult for listening.