

# PEERS

(Program for the Enrichment and Education of Relational Skills)

PEERS is an evidence-based social skills program for secondary students. The instruction of this 16-week curriculum focuses on the skills related to making and keeping friends and managing peer conflict and rejection.

This Tier 2 intervention was developed at UCLA by Dr. Elizabeth Laugeson. It is intended to support teens in the school-based setting.

## Who should participate in PEERS?

- Secondary students with social and relational deficits
- Used to teach students to make and keep friends
- Designed for students with autism, ADHD, anxiety and others that may have these social needs

## What do you need to have a PEERS group?

- 2 Facilitators trained by Dr. Elizabeth Laugeson or that have participated in the DE-PBS Project PEERS workshop
- The ideal group size is 6-10 students; minimum of 4

## Curriculum topics include:

- Two-way conversations
- Entering and exiting conversations
- Choosing appropriate friends
- Using humor appropriately
- Having successful get-togethers
- Managing arguments with friends and handling teasing
- Handling bullying

## Logistical needs: *(must be considered prior to the school year)*

- Space for the group
- Implementation options: One 90-minute session weekly, two 45-minute sessions weekly, 30 minute sessions daily (this can be individualized)

