



Teen Social Thinking Group Topics

Topics Often Discussed During Teen Social Thinking Groups:

- Dating
- Sexuality
- Friendship/Relationship/Intimacy Levels
- School Related Topics: homework/tests/projects/group projects/organization/study habits
- College
- Family Dynamics
- Seeking jobs
- Conflict Resolution
- Teenage Social Norms
- Emotion Regulation and Emotion Words
- Calming Strategies
- Understanding Autism and how it affects each individual differently
- individual strengths and challenges
- Independent Life Skills
- Hidden social rules of girls and boys ie. what each group find funny, dating rules, friendship between the genders, flirting, etc.
- Social Media Rules/Safety
- What is Cool at School
- Swearing/Word Choice
- Self-Advocacy and Self-Disclosure
- Part of our social group is learning about general life skills. This is an area that individuals with autism don't naturally reference and learn these skills and have to be taught directly. skill knowledge ie. different community living, prices, budgeting, jobs within the community, dating, tipping, paying for items, filling out applications, etc.

Sabra bases her content and strategies on Michelle Garcia Winner's curriculum [Think Social](#).