

## Raise your child's social intelligence!

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### ABC's of Social Skills



Did you know there are over 100 social skills? Social skills are the skills that help us have relationships with other people- our friends, classmates, neighbors, family, and co-workers! Everybody we interact with in our life! Social skills include being able to join a group, knowing how to say no, suggest an activity, being able to have a conversation, ask for help, deal with conflict, deal with rejection, set boundaries, introducing yourself and listening! Everyone can benefit from understanding how to navigate the world of relationships.

**Social skill is the polish that moves us smoothly through life.**

Why should we learn and practice good social skills? For the same reason we learn how to swim: to lose our fear of water, to protect ourselves from drowning and eventually to relax and have fun in the water. Social skills help us feel comfortable in the waters of society, protect us from drowning in dangerous social situations and eventually help us relax and have fun in many types of social circles.

Like swimming, we first learn the correct form of the skills and then we practice it until it comes naturally. Social anxiety (feeling panicked, uncomfortable and out of place in social situations) is a recognized psychological disorder that can affect schoolwork, career choices, friendships and self-esteem. Often it is triggered by fears of doing something wrong in public, of making a social mistake. Understanding social skills and rehearsing them in a group situation can prevent an innocent ignorance of proper skills from snowballing into true social anxiety.

Children need the respected adults in their lives to model good social skills, since they are unlikely to learn these skills from peers, magazines, computers or television. Expect good manners and respectful interactions from your children as you show them the same courtesies.

Enroll your child in the ABCs of Social Skills at the Franklin Athletic Club next week and help your child gain social intelligence. Sign up at [www.franklinclub.com](http://www.franklinclub.com)

### ABCs of Social Skills

Kids will learn about 25 different Social Skills. Social Skills are the skills kids need to develop and manage relationships in life. Learning Social Skills like Dealing with being Left Out, Accepting No, Saying No, Negotiation, Compromise, Taking Turns, Beginning a Conversation, Joining a group, Handling Conflict and Dealing with Group Pressure can help any child be successful in relationships whether it's with peers, friends, family, teachers or later in life- Work!

July 13-17 Girls 6-9, 10-14 yrs Franklin Athletic Club Full Day/Half Day

July 13-17 Boys 6-9, 10-14 yrs Franklin Athletic Club Full Day/Half Day

Aug 17-21 Girls & Boys 6-9, Girls & Boys 10-14 yrs

Novi Life Time Fitness 9-4

Aug 24-29 Girls 6-9 yrs 1:00-4:00

American Allstars Gymnastics Academy

## Calling all Middle School Girls!



### **Fashion-Spa Week & Dealing with the Fashion Bully**

Girls will learn about fashion, skin care, hair, and appropriately dressing their age while still being able to express themselves. Girls will learn to stand up to the Fashion Bully, deal with peer and societal pressure to "look" a certain way and be critical thinkers about the media. At the end of camp, the girls will show you what they have learned in a Fashion Show that family and friends are invited to.

July 13-17 Middle School girls  
Jewish Community Center, West Bloomfield 9:00-4:00

Additional camps:

July 20-24 Girls 1<sup>st</sup>-3<sup>rd</sup>  
Academy of the Sacred Heart, Bloomfield Hills 9:00-12:00

July 20-24 Girls 7-9 yrs Grosse Pointe War Memorial 1:00-4:00

Aug 31-Sept 4 Girls 6-9, 10-14 yrs Novi Lifetime Fitness 9:00-4:00

## Calling Boys 10-13 yrs old!



### **Pizza, Pool, and Boy-Talk**

Join Boys Empowered at the pool for a fun, casual evening with Drew Yanke to talk about life as a boy. We know that most boys keep everything inside. We know that most boys often have a hard time sharing their feelings because the culture tells them in many ways to "be a man", "toughen up".

We know that boys need safe places to talk and that boys often open up when they are doing activities.

Recently I heard a high school boy talk about his struggles with drugs and alcohol. His freshman year in high school, one of his friends committed suicide. He talked about stuffing his feelings inside and numbing his pain with drugs and hitting rock bottom. Fortunately for him he found a way out after a couple of years.

We need to offer boys places where they can talk about their feelings, their problems, and their needs. If you know of a boy between the ages of 10 and 13 please pass this information on. To sign up please email [Kimber@boysempowered.com](mailto:Kimber@boysempowered.com).

Date: Thursday, July 23

Time: 4:00-7:00 pm

Ages: 10-13 yrs \$30 per person

Location: Franklin Athletic Club, 29350 Northwestern Hwy, Southfield, MI 48034

## Meet the Bully-Proof Coach



Kimber Bishop-Yanke is doing one-on-one coaching with kids and parents on how to deal with bullying and relational aggression. Spend the summer building confidence and learning strategies! Go back to school with confidence. Confidence is your child's best protection from bullying. Email [kimber@girlsempowered.com](mailto:kimber@girlsempowered.com) to schedule an appointment now. Give your child the tools they need to handle these situations or find out if you as a parent need to step in.

### Other notes...



Two for one:

Buy one "Don't Pop My Bubble" booklet at <http://www.girlsempowered.com/store.htm> and receive two!

or buy any t-shirt or backpack and receive the Pop My Bubble Booklet

<http://www.girlsempowered.com/store.htm>

Sign up on our Facebook Page at  
Girls Empowered

or

Stop the Meanness, Spread the Kindness