

## Social Skills Training Fact Sheet

### Brief Description

Social skills training (SST) involves group or individual instruction designed to teach learners to appropriately interact with typically developing peers. Most social skills meetings include instruction on basic concepts, role-playing or practice, and feedback to help learners acquire and practice communication, play, or social skills to promote positive interactions with peers.

### Qualifying Evidence

SST meets evidence-based criteria with 7 group design and 8 single case design studies.

### Ages

According to the evidence-based studies, this intervention has been effective for toddlers (0-2 years) to young adults (19-22 years) with ASD.

### Outcomes

SST can be used effectively to address social, communication, behavior, play, and cognitive skills.

### Research Studies Providing Evidence

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