

# Good Social Skills

We need to learn how to

**1** Develop self-esteem

**2** Develop good values

**3** Use good manners

**4** Develop good people skills

**5** Communicate effectively with others

**6** Build and maintain friendships

**7** Work cooperatively in groups

**8** Manage and resolve conflict

**9** Make good choices in challenging situations

**10** Avoid anti-social behaviour