

SOCIAL INTERACTION GUIDE: MIDDLE SCHOOL

Starting a Conversation

- Use a "Soft Opening" (e.g., "Hey, I like your shirt.")
- Ask an open-ended question about the current environment.
- Listen for 3 seconds before responding.
- Look for a shared interest (hobbies, classes, games).

Active Listening

- Maintain comfortable eye contact (3-5 seconds).
- Nod occasionally to show understanding.
- Ask follow-up questions: "What happened next?"
- Avoid interrupting until they take a breath.

Non-Verbal Cues

- Keep an open posture (arms uncrossed).
- Respect "Personal Space" (one arm's length).
- Match the volume of the room.
- Check facial expressions of others for comfort.

Exiting a Conversation

- Wait for a natural pause in the dialogue.
- Provide a reason: "I need to head to my next class."
- End with a positive: "It was good talking to you."
- Give a small wave or a nod as you leave.