

REACHOUT

REACHOUT is a group of social skills that can help us to appear more confident and relaxed when in social situations with others.

REASSURE

If people are acting strangely around you, you could try to reassure them. Try saying something like "It's a birthmark, I was born with it".

ENERGY, ENTHUSIASM AND EFFORT

Use these to show positive body language. Try to ask people interesting questions, start conversations, speak with confidence and remember to smile.

ASSERTIVE

Let others know how you are feeling and what you need from them. This might include standing up for yourself if someone is being rude. Remember to stay calm and not act aggressively.

CONFIDENT

Be confident even in difficult situations. This can be really tricky, see *Fear Ladders* for help with overcoming worries and fears with confidence.

HUMOUR

Joking helps to put others at ease. Try to be light-hearted, make a joke and see the funny side of things. This will help to make others more comfortable and help you to stay positive.

OVER THERE

Think of ways to distract others from focusing on how you look. Try starting a conversation about something else, it could be about school, films or TV, hobbies. Start by asking a question.

UNDERSTAND

It can be frustrating but try to remind yourself that others might not know how to deal with the situation and (most of the time) are not trying to be unkind.

TRY AGAIN

Don't give up and don't let bad experiences stop you from trying again. See *Catch it, Check it, Change it* for help with anxious thoughts.