**Title**

Make Social Cues Work for You

**Time**

Pre-session preparation for learners:  5 minutes

Session: 30 minutes

**Materials Checklist**

Make Social Cues Work for You Handout

Pen/Pencil

**Objectives**

Learn about the two types of Social Cues:

Problem Cues

Helpful Cues

**Learners will be able to:**

Define a Social Cue

List types of Problem Cues

List types of Social Cues

Change Problem Cues and add Helpful Cues

**Exercises and Activities to Complete Before and During the Session**

List types of Problem Cues

List types of Helpful Cues

Describe a Social Cue they think is a problem

Make a positive action plan

**Pre-session Preparation**

**Read (5 minutes)**

Make Social Cues Work for You

**During the session**

**Present/Review (15 minutes)**

Tell Participants: What other people say or do affects your eating and activity. There are two types of Social Cues: Problem Social Cues that affect your eating and activity negatively and Helpful Social Cues that affect your eating and activity in a positive way. \*See Discussion #1 and #2 below.

Guide Participants through ‘To Change Problem Social Cues’. Tell them, if they can, to stay away from the cue, change the cue, and practice responding in a more healthy way. \*See Discussion #3 below.

Guide Participants through ‘To Add Helpful Social Cues’ examples. \*See Discussion #4 below.

Guide Participants through ‘Who Could Provide Support for You?’. Ask Participants, who could provide support for them? Ask Participants, what could that person do to help them be more active? \*See Discussion #5 below.

Guide Participants through ‘Social Cues are Powerful at Social Events’: Social events upset our routine, challenge us with unique social cues, and may involve habits that have developed over many years and so can be very powerful. \*See Discussion #6 below.

Ask Participants to consider a Social Cue that is a problem for them personally. \*See Discussion #7 below.

Ask Participants to consider a positive Social Cue that they would like to add to their life. \*See Discussion #8 below.

**Discuss (15 minutes)**

1. Read the types of Problem Social Cues and guide Participants in listing examples.
2. Read the types of Helpful Social Cues and guide Participants in listing examples.

Remind Participants: When you respond to a social cue in the same way, you build a habit. The other person has *also* learned a habit. This makes social cues even harder to change.

1. Discuss the examples under ‘To Chang Problem Social Cues’.

Remind Participants to remember, it takes time to change habits.

1. Encourage Participants to list other examples of Helpful Social Cues.
2. Guide Participants through listing who could help them with each example of ‘Ways to be more active’.
3. Tell Participants, in order to handle social events, problem solve. Guide the Participants through brainstorming their options.
4. Ask the Participants to pick one idea from this session for changing that social cue. Guide the Participants through making a positive action plan by adding: When?, I will do this first…, Roadblocks that might come up, I will handle them by…, I will do this to make my success more likely…, and How can we help you?

Remind Participants to choose one that is likely to work and that they can do.

1. Ask the Participants to pick one idea from this session for adding that social cue. Guide Participants through making a positive action plan by adding: When?, I will do this first…, Roadblocks that might come up, I will handle them by…, I will do this to make my success more likely…, and How can we help you?