

Ripple Effects for Teens Topic List by Category (The Key icon) –

STRENGTHS

KNOWING WHO YOU ARE

learning style
smarts
feelings
temperament
emotional intelligence
what you love
body
sports & exercise type
values
character
creativity
self-esteem
family background
risk and protection
community history
resilience
goals
accepting yourself

COMMANDING RESPECT

behavior-confronting
beliefs-standing up for
complaints-making
control-taking
feelings-communicating
injustice-confronting
limits-setting
needs-stating
pressure-resisting
rights-exercising

IDENTIFYING WITH OTHERS

feelings-names for

feelings-mixed
feelings-changing
feelings-owning them
feelings-predicting
perspective taking
motives-understanding
care-showing it
paraphrasing
body language
questions-asking
solidarity-showing

CONNECTING WITH OTHERS

Communication Skills
introducing yourself
conversations
thanking someone
sympathy-expressing
compliments-giving
compliments-receiving
apologies
ignoring

Social Skills
authority-dealing with
community resources
conflict-resolving
counselors-using
citizenship
discussions-having
dissent-supporting
diversity-appreciating
groups-joining
getting help
helping others
mentors
sharing
space-making

support-getting

Social Values
courtesy
fairness
generosity
justice
kindness
loyalty
reliability
respect-showing
honesty
responsibility
trustworthiness

MANAGING FEELINGS

mindfulness
sensations-physical
triggers-inside
triggers-outside
relaxing
feelings-expressing
letting go
laughing
happiness-practicing

CONTROLLING IMPULSES

reactions-stopping
consequences-predicting

MAKING DECISIONS

problem-solving
problem-naming
brainstorming
alternatives-evaluating
solutions-trying

PROBLEMS

BEHAVIOR PROBLEMS

aggression
animals-hurting
blurting out
bragging
breaking rules
bullying
cheating-in school
conflict-with teacher
cursing
cutting class
defiance
disputes
driving drunk
dropping out
ethnic slurs
fighting
gossip
graffiti
hate crime perp
hitting
late
lying
mean
molester
obsessing
pushing
rape-offender
running away
sexual harasser
shoplifting
skipping school
sleepy
stalker
stealing
suspended
talking back
threats-to kill
vandalism
weapons

LEARNING ISSUES

attention
Attention Deficit Disorder
blurting out
cheating-in school

college
cutting class
dropping out
English language learner
failing
goals
grades
instructions-following
late
learning disability
learning style
school-hate it
school-unsafe
skipping school
sleepy
smarts
special ed
study habits
suspended
tests
threats-to kill

FEELINGS

anger
anxiety
crazy feelings
crying
depression
disappointment
discouraged
disrespected
embarrassment
envy
fear
frustration
grief
guilt
guilt-survivor
jealousy
loneliness
numbness
revenge
sadness
shame
suicidal
unworthy

HEALTH ISSUES

acne
addicted

Attention Deficit Disorder
AIDS
anorexia
anxiety
birth control
blind
body
body odor
bra
bulimia
condoms
cutting yourself
deaf
depression
diet
dieting
eating disorder
fingernails
glasses
habits-nervous
habits-quitting
HIV
hormones
masturbation
mental disability
mental illness
obesity
obsessing
panic attacks
period
physical disability
PMS
pregnant
PTSD
sexuality
sick-a lot
sleepy
STD
stuttering
substance abuse
suicidal
undressing
weight
wheelchair

HARD THINGS

abuse-boy/girlfriend
abuse-emotional
abuse-physical
abuse-sexual
addicted parent

adopted
arrest
backlash target
beat up-victim
bullied
criticism-dealing with
death
discipline
discrimination
divorce
domestic violence
dumped
failure
foster home
gangs
gay bashing
hate crime-target
home alone
homeless
immigrant
incest-victim
institutional injustice
jail
left out
lesbian
loner
losing
outcast
parenting-teen
pet dying
poor
prejudice
probation
racial conflict
rape-victim
sexually harassed
stalked
stress
suicidal
suicidal friend
terrorism
unlucky
victim
violence

PROBLEMS ONLINE

cyberspace
internet-courtesy
internet-expressing yourself
internet-harassment
internet-hate
internet-info sharing
internet-meet up

internet-reading people
internet-sexual exploitation
internet-threats

SOCIAL CHALLENGES

breaking up
clique
connecting with others
crush
dating
disrespected
diversity-ethnic
diversity-physical
diversity-religious
family-embarrassing
friends
friends-choice of
friends-fighting
friends-making
friends-suicidal
friends-using drugs
gambling
hanging out
inviting someone
job
justice
love
loyalty
loyalty to country
mixed race
money
new kid
parent-alcoholic
parent-talking to
police
preferences
promises
racial conflict
rebellion
rejected
restitution
secrets
sex-restraint
sex-safe
sexual orientation
sexuality
shyness
sibling rivalry
stepfamilies
stuttering
success-pressure
teasing
telling

touch
TV
video games
winning

REASONS

REASONS INSIDE YOU

do not know yourself
do not assert yourself
do not feel for others
shyness
loner
do not connect
impulsive
bad decisions
do not problem-solve
do not manage feelings
disability-learning
disability-physical
not motivated
mental illness

no goals
do not try
do not persevere
discouraged
self-talk
substance abuse
immaturity
performance
recklessness
feel powerless
sexual orientation

REASONS OUTSIDE YOU

authority-dealing with
birth order
change-normal
change-unplanned
cultural differences

discrimination
family background
foster home
future not there
homeless
institutional injustice
intolerance
luck
money-not enough
norms
parent-embarrassed by
peer pressure
racism
school-unsafe
sexism
stereotypes
teacher
unfairness