Ripple Effects for Teens’ topics

Skills, strengths, common experiences or feelings

accepting responsibility
active listening
anger
anxiety
apologies
arguing
asking questions
asserting yourself
assertive eyes
assertive message
assertive posture
assertive reasons
assertive voice
authority-dealing with
beliefs-standing up for
belonging
body
body image
body language
bored
brain
brainstorming
breathing
cell phone
change
change-unplanned
changing feelings
character
college
communicating
feelings
communication skills
community history
complaints-making
compliments-giving
compliments-receiving
confronting behavior
confronting injustice
control-taking
controlling impulses
conversations
counselors-using
courage
courtesy
creativity
criticism-dealing with
curiosity
decisions
democracy-doing
diet-healthy
digital citizen
disappointment
discouraged
discrimination
discussions-having
diversity-cultural
diversity-ethnic
diversity-gender
diversity-physical
diversity-preferences
diversity-religious
effort
ELL
embarrassment
emotional maturity
empathy
envy
evaluating alternatives
exercise
exercising rights
experimenting
expressing feelings
expressing sympathy
fairness
faith
family background
fear
feelings
feelings-names for
forgiving
friendly
friends
friends-choice of
frustration
future
generosity
getting help
glasses
grades
gratitude
grit
group skills
hanging out
happiness-practicing
helping others
home alone
hopeless
humor
ignoring
integrity
intelligences
internal triggers
internet-sharing
introducing yourself
inviting someone
jealousy
job
joining a group
justice
kindness
knowing who you are
learning style
letting go
liking yourself
limits-setting
losing
love
loyalty
loyalty to country
luck
making friends
making space
managing feelings
mentors
mindfulness
mistakes
mixed feelings
money
motivation
natural disasters
new kid
norms
onlinesafety
organized
outside triggers
paraphrasing
parent-talking to
patriotism
perseverance
perspective taking
physical sensations
predicting
consequences
predicting feelings
problem-naming
problem-solving
procrastination
quitting
quitting habits
reflecting on
performance
relaxing
reliability
resilience
resisting pressure
resolving conflict
resources
responsibility
responsibility-for
feelings
restoring justice
sadness
saying what you need
self-efficacy
self-esteem
setting goals
shame
sharing
showing care
shyness
sleep problems
social media
social values
social-emotional skills
solidarity-showing
solutions-trying
sports & exercise type
sportsmanship
stereotypes
stopping reactions
strengths
stress
study habits
success-phobia  temperment  tests

thanking someone  tolerance  trustworthiness

understanding motives  values  video games

what you love  winning

Problem behaviors

aggression  clothes-rules
alcohol  cursing
attendance  cutting class
timeliness  defiance
blunting out  disrupting class
breaking rules  ethnic slurs
bullying  fighting
cheating-in school  gambling
chew  graffiti
vape  hate crime-you do

hazing  respect-showing
hitting  sexual harasser
horseplay  stealing
instructions-following  suspended
late  talking back
lying  teacher
talking  teasing
vandalism  vaping

Topics of a “personal nature”

abandoned
abstinence
abuse-boy/girlfriend
acne
addicted
addicted parent
ADHD
adopted
after high school
AIDS
alcoholic-you
anorexia
antidepressants
appearance
arrest
arson
autism
backlash target
beat up-victim
beaten
betrayed
binge eating
birth control
birth order
blankie
blind
body odor
bra
bragging
breaking up
bulimia

bullied
cigars
clique
cocaine
condoms
connected
consent
crash
cripple
cut

cutting yourself
dating
deaf
death
depression
dieting
disability
dissatisfied
dissatisfied-supporting
divorce
domestic violence
downers
driving
driving drunk
dropping out
drugs
drugs-designer
drugs-friend using
eating disorder
emotional abuse

expectations
failure
family-embarrassing
fingernails
foster home
friends-fighting
hate
getting support
getting support
hateful
hate crime-target
heroin
HIV
homeless
hormones
hospitalization
hurting animals
immigrant
incest-victim
intellectual disability
internet-bullying
internet-harassment
internet-hate speech
internet-sexual
exploitation

internet-threats
invisible
isolated
jail
knives
learning disability
left out
loneliness
loner
making out
masturbation
mean
meth
military
mindset
mixed race
molested
molester
money-not enough
narcotics
neglected
neighborhood
nervous habits
numbness
obesity
obsessing
panic attacks
parent drug dealer
parent in jail
parenting-teen
parents
period  pet dying  physical disability  place-sense of
PMS  police  popular  porn
pregnant  prejudice  prescription drugs
probation  prostituted  put-downs
racial conflict  racism  rape-offender
rape-victim  rebellion  recklessness
refusing sex  relapse  religious attack
reputation  resentment  revenge
risk and protection  Ritalin
roofie (rohypnal)  running away
rural  school-hate it  school-unsafe
secrets  self-acceptance  self-care
selling drugs  sex  sex-resisting
temptation  sex-safer
sexting  sexual diseases  sexual orientation
sexually harassed  shoplifting
sibling rivalry  sick-a lot
sniffing  snitch  somatic disorder
special ed  stalked  stalker
stepfamilies  steroids  stuttering
substance abuse  success-pressure
suicidal

Topics with “Profiles”

ADHD  alcohol  asserting yourself
belonging  control-taking
controlling impulses  creativity
decisions  democracy-doing
diversity-gender  drugs
empathy  future
gratitude  humor
internet-harassment  learning style
love  luck
managing feelings  marijuana
meth  norms  racial conflict
resilience  risk and protection
showing care  sports & exercise type
standing strong  strengths
substance abuse  teacher
temperament  trauma
values
suicidal friend  synthetic drugs
terrorism  threats-to kill
touch  transgender
trauma  TV
undocumented  undressing
unworthy  victim
violence  vulnerable
weight  wheelchair
witness to violence