Screen for Strengths & Ripple Effects for Teens Alignment

Screen for Strengths' **Resiliency Asset Categories and Questions**		**Ripple Effects for Teens Lessons** (Lessons in bold listed more than once)
Assertiveness	1. I would do something I don't think is right, if others are doing it 2. I would say "yes" to someone who asks to borrow something of mine, even if I don't want to lend it. 3. I would tell someone to go to the end of the line if they try to cut ahead of me. 4. I would stand up to someone who makes a racist joke in front of me. 5. I would give in to pressure to go out with someone, when I really don't want to. 6. I would change my opinion about something I believe in, to fit in with others around me.	Asserting yourself Resisting pressure Assertive message Assertive reasons Assertive voice Assertive posture Assertive eyes Standing up for beliefs Courage Friends – choice of Speaking up Setting limits
Connectedness	1. I feel like I belong at this school. 2. I have good friends at this school. 3. I belong to at least one sports, music or interest group at this school. 4. The teachers here are nice and supportive of me. 5. This school feels like a safe place for me. 6. I'm comfortable talking to teachers at this school about my personal life.	Connecting with others Making friends Friends Loneliness Passions Joining a group Meeting people Teachers Unsafe at school Getting help **Relating – communicating** Helpers - adult

Empathy	1. I can feel what other people are feeling. 2. I can predict what others will need and feel. 3. I reassure others. 4. I listen closely to others. 5. I am concerned about others. 6. I let people know I care about them.	Empathy Perspective taking Predicting feelings Understanding motives Having conversations **Communication skills** Listening Showing care Expressing feelings Expressing sympathy Friend – helping Resisting stereotypes
Managing Feelings	1. I use clues from my body to know what I'm feeling. 2. I know how to relax when I feel tense. 3. I'm able to keep my feelings under control. 4. I know how to calm down when I'm feeling nervous. 5. I can control my reaction when other people are angry at me. 6. I know how to calm myself down when I'm very angry or afraid.	**Self-aware** **Body clues** **Relaxing** Exercise **Calming breath** **Managing feelings** **Avoiding triggers** **Self-talk** Managing anxiety **Self-control** **Stopping reactions** Managing anger Managing fear
Problem Solving	1. If I need help with a problem, I ask for help. 2. When problems come up, I have a system for solving them. 3. It helps to come up with lots of ideas, even bad ones, to get to a good solution. 4. If I want to go out with friends, and my parents say, "No, it's a school night," I'll just ignore them and sneak out. 5. If my friend and I are in a store and I see them steal something, I'll just ignore it. 6. If my parents set a curfew, and I don't think it's right, I'll sit down and explain to them why I think it should change.	Problem solving **Asking for help** Problem – naming Brainstorming Evaluating alternatives Trying solutions **Predicting consequences** **Resolving conflict** **Choices** Knowing your values Turning someone in Parent – talking to

Self-Control	1. I'm good at resisting temptation. 2. I blurt things out and later regret it. 3. People would say I have iron self-discipline. 4. Pleasure and fun sometimes keep me from getting work done. 5. Sometimes I can't stop myself from doing something, even when I know it's wrong. 6. Sometimes my body just reacts, before my mind has a chance to think about it.	**Self-control** **Reactions - stopping** **Resisting pressure** Blurting out **Predicting consequences** **Making decisions** Aware of yourself **Body clues** **Self-talk** **Calming breath** **Avoiding triggers** **Managing feelings**
Self-Efficacy	1. I'm sure I can learn the skills being taught in my classes this year. 2. I'm confident I can figure out how to do the hardest school work. 3. I'm sure I can learn the skills that I need to make good friends. 4. Even if the work is really hard, I know I can learn it, if I keep trying. 5. I'm sure I can learn the skills I need to control my behavior. 6. I'm confident I can learn how to solve problems without getting in trouble.	Self-efficacy Self-confidence **Making friends** Trying Mistakes Perseverance Mental toughness Resilience Self-determination **Solving problems** Getting support Goals