



# Topics and Equivalents: Ripple Effects for Kids

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## Table Columns - Legend:

- 1 - Topic Name
- 2 – Topic Name Listed Equivalents
- 3 - Topic Category
  - Skill-related(S)
  - “Problem Behavior” (PB)
  - “Personal/Sensitive” in nature (P)
- 4 - Topics that have a “Profile” activity (X)

1 Topic Name	2 Topic Equivalents	3	4
<b>absent</b>	missing school school - missing	PB	
<b>accepting consequences</b>	consequences-accepting discipline getting in trouble trouble-getting in	PB	
<b>ADHD</b>		P	
<b>adopted</b>		P	
<b>agency</b>	believe you can self-efficacy	S	
<b>alcohol</b>		PB	
<b>angry</b>	temper	S	
<b>anxiety</b>	worries	S	
<b>apologies</b>	sorry	S	
<b>ashamed</b>	shame	S	
<b>assertive body</b>	body language	S	
<b>assertive message</b>	strong words	S	
<b>assertive voice</b>	strong voice	S	
<b>assertiveness</b>	being strong standing up for yourself strong-being yourself-standing up for	S	X
<b>attachment</b>	clingy feeling clingy	S	
<b>attachment object</b>	blankie security blanket stuffie	P	
<b>attention-paying</b>	paying attention	PB	X
<b>autism</b>	ASD	P	
<b>background</b>	history-yours where you are from your background	S	
<b>beaten</b>		P	

<b>bed wetting</b>	wetting bed	P	
<b>beliefs</b>	values	S	
<b>blurting out</b>		PB	
<b>body odor</b>	smelly stinky	P	
<b>body type</b>		S	
<b>bra</b>		P	
<b>brain</b>	your brain	S	
<b>brainstorming options</b>	ideas options-brainstorming solutions-brainstorming problem-thinking of ideas	S	
<b>breathing</b>	calming breath	S	
<b>bullied</b>		P	
<b>bully-you do it</b>		PB	
<b>bystander-bully</b>	upstander watching bullying	PB	
<b>calming down</b>		S	
<b>caring - show it</b>	showing care	S	X
<b>cell phone</b>	phone	S	
<b>changes</b>	going to middle school managing changes transitions	S	
<b>change-unplanned</b>	facing big change life changes unplanned changes	S	
<b>character</b>		S	
<b>cheating</b>		PB	
<b>communicating feelings</b>	feelings-communicating	S	
<b>compliments</b>		S	
<b>connecting with others</b>	belonging don't connect with others	S	
<b>consequences - predicting</b>	predicting consequences	S	
<b>conversations</b>		S	
<b>courage</b>	brave	S	
<b>courtesy</b>	manners rude	S	
<b>crush</b>	liking someone	P	



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<b>crying</b>		P	
<b>cultural differences</b>		S	
<b>curiosity</b>		S	
<b>cursing</b>	profanity swearing	PB	
<b>death</b>	loss	P	
<b>decision-making</b>	making decisions	S	
<b>defiance</b>	participate-don't want to don't want to do	PB	
<b>diet</b>	healthy diet	S	
<b>different</b>	appreciating differences	S	
<b>digital citizen</b>	internet-citizen online-citizen social media	S	
<b>disability</b>	physical disability	P	
<b>disagreeing</b>	arguing-respectful respect-when disagreeing	S	
<b>disappointed</b>		S	
<b>discouraged</b>	down	S	
<b>discrimination</b>		S	
<b>diversity-appreciating</b>	appreciating diversity	S	
<b>divorce</b>		P	
<b>domestic violence</b>	family violence parents hitting	P	
<b>drugs</b>		P	
<b>effort</b>	don't try trying hard	S	
<b>ELL</b>	English language learner second language-English	P	
<b>embarrassed</b>		S	
<b>empathy</b>	feeling-for others identifying with others don't feel for others	S	
<b>envious</b>	jealous	S	
<b>exercise</b>	sports type	S	X
<b>experimenting</b>		S	
<b>expressing feelings</b>	feelings-showing	S	
<b>fairness</b>	not fair unfair	S	

<b>family problems</b>		P	
<b>fat</b>	obese weight-too heavy	P	
<b>feelings-changing</b>		S	
<b>feelings-knowing yours</b>		S	
<b>feelings-mixed</b>		S	
<b>feelings-predicting</b>		S	
<b>fighting</b>		PB	
<b>forgiving</b>		S	
<b>friend problems</b>	drama-friends mean friend	P	
<b>frustrated</b>		S	
<b>gangs</b>		P	
<b>glasses</b>	contact lenses eye problems	P	
<b>goals</b>	setting goals	S	
<b>gossiping</b>	rumors	PB	
<b>grades</b>	bad grades school-hard	S	
<b>group-joining</b>	joining a group	S	
<b>habits</b>	biting nails nail biting quitting habits thumb sucking	P	
<b>hands and feet</b>	keeping to yourself bothering others	PB	
<b>hard things</b>	trauma	P	
<b>help-getting it</b>	asking for help	S	
<b>help-giving it</b>		S	
<b>hitting</b>		PB	
<b>honesty</b>	lying	S	
<b>hormones</b>	puberty	P	
<b>horseplay</b>	play fighting goofing off messing around	PB	
<b>ignoring</b>		S	
<b>immigrant</b>	undocumented	P	
<b>impulse control</b>	controlling impulses don't control impulses	S	



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	self-control		
<b>instructions-following</b>	directions-following	S	
<b>internet-bullying</b>	bullying online online bullying cyberbullying	PB	
<b>introducing</b>		S	
<b>inviting</b>		S	
<b>kindness</b>	being nice considerate nice thoughtfulness	S	
<b>knowing yourself</b>	yourself-understanding	S	
<b>late</b>	on time tardy	PB	
<b>learning problems</b>	dyslexia reading challenges SLD	P	
<b>learning style</b>		S	X
<b>left out</b>	not popular	P	
<b>letting go</b>		S	
<b>liking yourself</b>	hating yourself not liking yourself	S	
<b>listening</b>	others-listening to	S	
<b>lonely</b>		P	
<b>making a complaint</b>	complaint	S	
<b>making friends</b>	friends-making	S	
<b>managing feelings</b>	feelings-dealing with feelings control you	S	
<b>marijuana</b>	drugs-marijuana pot weed	PB	
<b>military</b>	deployment parent-deployed	P	
<b>mindset</b>		S	
<b>mistakes</b>		S	
<b>motivation</b>	caring-why why bother	S	
<b>motives-understanding</b>	accident or on purpose why they did that	S	
<b>name-calling</b>	put-downs	PB	
<b>natural disasters</b>	disaster earthquake flood hurricane	S	

	tornado wildfire		
<b>neighborhood</b>		P	
<b>nervous</b>		S	
<b>new kid</b>	moving neighborhood-new	P	
<b>online safety</b>	phone safety internet safety safety-online	S	
<b>options-weighing them</b>	alternatives problems-thinking through	S	
<b>organized</b>	getting organized	S	
<b>parent-drugs and alcohol</b>	alcohol-parent drugs-family drugs-parent family-substance abuse substance abuse-family	P	
<b>parent-talking to</b>		S	
<b>peer pressure</b>	refusal skills	S	
<b>period</b>	menstruation	P	
<b>permission-getting</b>		S	
<b>perseverance</b>	giving up keep trying quitting sticking with something	S	
<b>pet dying</b>		P	
<b>physical differences</b>		S	
<b>point of view</b>	perspective	S	
<b>police</b>	cops	P	
<b>poor</b>	broke money-not enough	P	
<b>prejudice</b>	bias	PB	
<b>problem-naming</b>		S	
<b>problem-solving</b>	solving problems	S	
<b>pushing and shoving</b>		PB	
<b>questions-asking</b>	asking questions	S	
<b>reactions-controlling</b>	stopping yourself	S	
<b>resilience</b>	bouncing back	S	X
<b>resolving conflict</b>	disagreement	S	



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<b>respect</b>		S	
<b>responsibility</b>	being responsible	S	
<b>rules</b>	breaking rules following rules	PB	
<b>sad</b>	unhappy	S	
<b>safety</b>	personal safety snatched	S	
<b>saying no</b>	no-telling someone telling someone no	S	
<b>scared</b>	afraid fear	S	
<b>school success</b>	learning success	S	
<b>school-hate it</b>	hate school	P	
<b>screen time</b>	connected online online - connected technology-too much	S	
<b>secrets</b>	telling secrets	P	
<b>self-awareness</b>	aware of yourself mindfulness noticing yourself-aware of	S	
<b>self-esteem</b>	conceited	S	
<b>self-talk</b>	thoughts-controlling yourself-talking to	S	
<b>sharing</b>		S	
<b>shy</b>		S	
<b>sibling rivalry</b>	brothers rivalry-sibling sisters	P	
<b>sickness</b>	asthma chronic illness diabetes illness	P	
<b>sleep</b>	falling asleep trouble sleeping nightmares	S	
<b>smarts</b>	dumb	S	
<b>solutions-testing</b>	problems-trying to solve	S	
<b>stealing</b>	taking without asking	PB	
<b>stereotypes</b>		S	
<b>strengths</b>	knowing your strengths yourself-strengths	S	X
<b>study habits</b>		S	
<b>stuttering</b>	speech problems	P	

<b>talking back</b>	arguing-with teacher	PB	
<b>tattling</b>	snitch	P	
<b>teacher problems</b>	mean teacher	PB	
<b>teased</b>	laughed at picked on-by peers	P	
<b>teasing</b>	making fun of others	PB	
<b>tests</b>	quizzes	S	
<b>thanking someone</b>	saying thank you	S	
<b>threats</b>		PB	
<b>tobacco</b>	cigarettes dip e-cigarette smoking nicotine vaping	PB	
<b>touch</b>	secret-touch unsafe touch	P	
<b>triggers</b>	bothered managing triggers	S	
<b>trust</b>		S	
<b>understanding feelings</b>	feelings-understanding	S	
<b>video games</b>	gaming online gaming internet gaming	S	
<b>weapons</b>	guns	PB	
<b>wheelchair</b>		P	
<b>winning</b>	competition-winning games-winning	S	