



Topics and Equivalents: Ripple Effects for Teens

July 2022

www.rippleeffects.com



Topics and Equivalents: Ripple Effects for Teens

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
abandoned	attachment problems left behind	P	
abstinence	celibacy not having sex sex-postponing waiting – to have sex	P	
abuse- boy/girlfriend	dating abuse girl/boyfriend abuse boy/girlfriend abuse	P	
accepting responsibility	excuses mistakes – owning up owning up responsibility - accepting	S	
acne	pimples zits	P	
active listening	listening really listening	S	
Adderall	Ritalin		
addicted	drugs/alcohol addiction	P	
addicted parent	drugs/alcohol-parent family member-addicted parent-substance abuse substance abuse-family	P	
ADHD		P	
adopted		P	
after high school	high school-after post-secondary technical school	P	
aggression	managing aggression	PB	
alcohol	beer booze drinking	PB	X
alcoholic-you	drinking too much hangover - again	P	
anger	mad managing anger pissed off temper	S	
anorexia	starving yourself	P	
antidepressants	depression medication medication-depression	P	

anxiety	managing anxiety nerves worry	S	
apologies	making apologies making up saying sorry	S	
appearance	looks ugly not good-looking beauty	P	
arguing	disagreeing respectfully respectfully disagreeing	S	
arrest	busted	P	
arson	fire setting	P	
asking questions	questions-asking open-ended questions	S	
asserting yourself	being assertive don't assert yourself get respect respect – getting it standing up for yourself yourself-standing up for	S	X
assertive eyes	staring	S	
assertive message	strong words	S	
assertive posture	body – posture strong body	S	
assertive reasons	reasons - giving	S	
assertive voice	voice – using yours strong voice	S	
attendance	absent missing school showing up truancy	PB	
attention	paying attention distracted spacing out hyperactive	PB	
authority-dealing with	dealing with authority respectful to authority questioning authority	S	
autism	ASD	P	
backlash target		P	
beat up-victim	jumped getting beat up	P	
beliefs	standing up for beliefs	S	
belonging	being connected community connecting with others don't connect fitting in staying connected	S	X



Topics and Equivalents: Ripple Effects for Teens

betrayed	institution - betrayed by family - betrayed	P	
bias activity		PB	
bias activity- target		P	
binge eating	overeating	P	
birth control	protection-sex sex-protection the pill	P	
birth order	middle child oldest child youngest child	P	
blankie	attachment objects security blanket	P	
blind	disability-visual visual impairment	P	
blurting out	outbursts	PB	
body	genes-body	S	
body image	image-your body	S	
body language		S	
body odor	musty sweaty	P	
bored	restless	S	
bra		P	
bragging	all' dat conceited self-centered	P	
brain	your mind	S	
brainstorming	ideas-finding options-coming up with possibilities	S	
breaking rules	rules	PB	
breaking up	broken heart dumped	P	
breathing	calming breath deep breathing	S	
bulimia	bingeing and purging throwing up	P	
bullied	bully-target picked on target-for bully	P	
bully-bystander	upstander	S	
bullying	bully-offender picking on people	PB	
cell phone	mobile phone smart phone texting	S	
change	managing change transitions	S	
change- unplanned		S	

changing feelings	feelings-changing	S	
character		S	
cheating-in school	copying academic integrity	S	
chew	dip snuff tobacco-chewing	PB	
child abuse	beaten abuse-child parent-hits you not safe - home physical abuse unsafe at home	P	
chronic illness	asthma sick a lot diabetes illness	P	
cigarettes	smoking tobacco-smoking	PB	
cigars		P	
clique	in-group popularity-cliques	PB	
clothes-rules	dress code uniforms	PB	
cocaine	blow crack	P	
college	education-higher higher education	S	
communicating feelings	feelings -communicating I statements	S	
communication skills	relating -communicating	S	
community history	background-community identity-community	S	
complaints- making	making complaints	S	
compliments- giving	giving compliments	S	
compliments- receiving	receiving compliments	S	
condoms	rubbers	P	
confronting behavior	behavior-confronting calling something out speaking up	S	
confronting injustice	injustice-confronting institutional injustice	S	
consent	sex-consent	P	
control-taking	empowering yourself power taking control self-determination feel powerless	S	



Topics and Equivalents: Ripple Effects for Teens

controlling impulses	impulsive self-control	S	X
conversations	having conversations talking	S	X
counselors	asking adults for help using counselors	S	
courage	guts	S	
courtesy	manners polite	S	
crazy feelings	feeling crazy	P	
creativity	artsy not creative	S	X
criticism	negative criticism feedback	S	
crush	liking someone	P	
crying		P	
curfew		P	
curiosity	wondering	S	
cursing	profanity swearing	PB	
cutting class	skipping school	PB	
cutting yourself	hurting yourself mutilation-self self-harm yourself-cutting	P	
dating	boy/girlfriend girl/boyfriend relationship	P	
deaf	disability-hearing hard of hearing	P	
death	losing someone passed away	P	
decisions	bad decisions choices making decisions	S	X
defiance	authority-defying willful defiance	PB	
democracy-doing	activism being a good citizen making a difference politics-being part of	S	X
depression	down feelings-depressed	P	
diet-healthy	eating-healthy nutrition	S	
dieting	weight-losing	P	
digital citizen	manners-online online-citizenship courtesy-internet	S	
disappointment	let-down	S	
discipline	punishment spanking	P	
discouraged		S	

discrimination	equality	S	
discussions- having	group-discussions talking in a group	S	
disrespected	being disrespected	PB	
disrupting class	interrupting class	PB	
dissent- supporting	politics-unpopular supporting dissent	P	
diversity-cultural	cultural differences	S	
diversity-ethnic	ethnic diversity ethnicity race racial diversity	S	
diversity-gender	gender identity non-binary questioning gender roles-gender sexism	S	X
diversity-physical	physical differences	S	
diversity- preferences	taste opinions preferences individuality	S	
diversity-religious	religious diversity	S	
divorce	parents-breaking up breaking up-parents	P	
domestic violence	abuse-domestic family violence	P	
downers	barbiturates drugs-depressants sedatives tranquilizers Valium	P	
driving		P	
driving drunk	DUI	P	
dropping out	school-dropping out quitting-school	P	
drugs		P	X
drugs-designer	club drugs ecstasy MDMA molly rave drugs X	P	
drugs-friend using	friend-drinking/drugs	P	
drugs- hallucinogens	acid hallucinogens LSD shrooms	P	
drugs-inhalants	huffing inhalants laughing gas poppers sniffing	P	



Topics and Equivalents: Ripple Effects for Teens

drugs-steroids	bodybuilding drugs muscles-steroids	P	
drugs-synthetic	acid-fake K 9 marijuana-fake bath salts spice synthetic drugs	P	
eating disorder		P	
effort	don't try lack of effort trying hard	S	
ELL	English language learner second language-English	P	
embarrassment	hiding-want to	S	
emotional abuse	abuse-emotional	P	
emotional maturity	immaturity	S	
empathy	don't feel for others feeling for others identifying with others stepping in their shoes	S	X
envy	want other people's stuff	S	
evaluating alternatives	alternatives-evaluating options-evaluating solutions-evaluating	S	
exercise	fitness working out	S	
exercising rights	rights-exercising legal rights	S	
expectations	greatness	P	
experimenting	trying things out	S	
expressing feelings	feelings-expressing	S	
expressing sympathy	sympathy-expressing	S	
failure	fear of failing	P	
fairness	unfair	S	
faith	keeping faith believing	S	
family background	background-family personal history	S	
family-embarrassing	parent-embarrassed by embarrassing-family	P	
fear	afraid managing fear scared	S	
feelings	emotions-yours understanding feelings	S	
feelings-names for	identifying feelings	S	
fighting		PB	
fingernails	nail biting	P	

forgiving		S	
foster home	group home	P	
friendly	nice open	S	
friends	BFF buddies pals	S	
friends-choice of	choosing friends	S	
friends-fighting	mean friend	P	
frustration		S	
future	no future	S	X
gambling		PB	
gangs		P	
gay bashing	homophobia	P	
generosity		S	
getting help	help-getting it asking for help	S	
getting support	support-getting	P	
glasses	contact lenses	S	
gossip	rumors	P	
grades	school-grades bad grades	S	
graffiti	tagging	PB	
gratitude		S	X
grief	heavy heart loss	P	
grit	mental toughness	S	
group skills	social skills teams	S	
guilt	survivor guilt	P	
guns	violence-guns	P	
hanging out		S	
happiness-practicing	practicing happiness	S	
hate		P	
hazing		PB	
helping others	giving help friend-helping	S	
heroin	junk smack	P	
hitting	assault	PB	
HIV/AIDS		P	
home alone	alone at home	S	
homeless		P	
hopeless	no hope optimism pessimistic	S	
hormones	puberty	P	



Topics and Equivalents: Ripple Effects for Teens

horseplay	roughhousing messing around goofing off	PB	
hospitalization	fifty-one-fifty (51/50) mental health-hospital	P	
humor	funny laughing sarcasm	S	X
hurting animals	animals-hurting torturing animals	P	
identity slurs	ethnic slurs racial slurs slurs	PB	
ignoring		S	
immigrant	refugee	P	
incest		P	
instructions-following	following instructions	PB	
integrity	honesty truthfulness	S	
intellectual disability	disability-intellectual mental disability	P	
intelligences	how you're smart smarts	S	
internal triggers	self-talk thoughts-yours triggers-inside	S	
internet bullying	bullying-internet online bullying cyberbully	PB	
internet harassment	online harassment harassment online	PB	X
internet hate speech	hate speech online online hate	P	
internet privacy	internet sharing oversharing online privacy online	S	
internet sexual exploitation	sexual exploitation online online sexual predator	P	
internet threats	threats-internet online threats	P	
introducing yourself	meeting people	S	
invisible	ignored	P	
inviting someone	asking someone out	S	
isolated	separate	P	
jail	juvey locked up prison	P	
jealousy		S	
job	work	S	
joining a group	groups-joining teams-joining	S	

justice		S	
kindness	considerate thoughtfulness	S	
knives		P	
knowing yourself	don't know yourself identity yourself-knowing	S	
late	time management tardy	PB	
learning disability	dyslexia disability-learning reading problems SLD writing problems	P	
learning style		S	X
left out	not invited excluded	P	
letting go	brush it off	S	
liking yourself	hating yourself not liking yourself yourself-liking	S	
limits-setting	boundaries setting limits	S	
loneliness		P	
loner	alone friends-none outsider	P	
losing	sore loser poor sport competition-losing	S	
love		S	X
loyalty	down for someone ride or die	S	
luck	fate karma unlucky	S	X
lying	fibbing liar untruthful	PB	
making friends	friends-making networking	S	
making out	foreplay French kissing kissing	P	
making space	blabbermouth room for others talking too much space-making	S	
managing feelings	feelings-handling can't handle feelings	S	X



Topics and Equivalents: Ripple Effects for Teens

marijuana	blunt cannabis drugs-marijuana ganja joints Mary Jane pot weed vaping-marijuana	PB	X
masturbation	jerking off playing with yourself touching yourself yourself-touching	P	
mean	cold-hearted you-mean	P	
mentors	adult who cares having a mentor	S	
meth	crystal glass ice speed stimulants	P	X
military	deployment	P	
mindfulness	aware of yourself self-aware yourself-aware of	S	
mindset	growth mindset	S	
mistakes	oops errors	S	
mixed feelings	conflicted feelings-confusing feelings-mixed	S	
mixed race	biracial multiracial race-mixed	P	
molest	abuse-sex offender sex abuse-offender	P	
molested	abuse-sexual sexually abused	P	
money	economics	S	
money-not enough	broke class differences free lunch poor	P	
motivation	goals-none not motivated unmotivated	S	
name-calling		PB	

narcotics	Codeine drugs-opioids Fentanyl morphine opioids OxyContin painkillers Vicodin	P	
natural disasters	disaster hurricane tornado flood earthquake wildfire	S	
neglected	abuse-neglected parents-not caring for you	P	
neighborhood	hood	P	
nervous habits	tics blinking twitches habits-nervous	P	
new kid	moving neighborhood-new	S	
norms		S	X
numbness	feelings-not	P	
obesity	fat heavy overweight	P	
obsessing	compulsive have to do it	P	
online connected	addicted-electronics internet-connected	S	
online safety	cybersafety internet safety safety-internet meet up-internet	S	
organized	getting organized	S	
outside triggers	avoiding triggers set you off triggers-outside	S	
panic attacks	anxiety attacks	P	
paraphrasing	repeating back	S	
parent drug dealer	meth cooker parent-selling drugs	P	
parent in jail	locked up-parent jail-parent	P	
parent-talking to		S	
parenting-teen	baby-yours teen parent	P	
parents	fighting with parents mom & dad parent-fighting with	P	
patriotism	national pride	S	



Topics and Equivalents: Ripple Effects for Teens

period	menstruation that time of the month	P	
perseverance	don't persevere keep going sticking to it tenacity	S	
perspective taking	point of view	S	
pet dying		P	
physical disability	disability-physical diversity-disability	P	
physical sensations	body clues sensations-physical	S	
place-sense of	homesick sense of place	S	
PMS	cramps premenstrual syndrome	P	
police	cops Five-0 popo	P	
popular	loser rejected not popular	P	
porn	sex-porn online porn dirty pictures	P	
predicting consequences	cause and effect consequences-predicting	S	
predicting feelings	feelings-predicting	S	
pregnant	knocked-up	P	
prejudice	bias bigotry	PB	
prescription drugs	drugs-prescription scripts	P	
privilege		S	
probation	p.o.	P	
problem-naming	naming problems identifying the problem	S	
problem-solving	don't problem-solve solving problems	S	
procrastination	putting off	S	
prostituted	hooker human trafficking trafficked	P	
pushing	shoving	PB	
put-downs	cappin' dissin'	PB	
quitting	giving up	S	
quitting habits	habits-quitting	S	
racial conflict	ethnic conflict	PB	X
racism		S	

rape-offender	date rape-offender sexual assault-offender	P	
rebellion		P	
reflecting on performance	performance	S	
refusing sex	no to sex sex-refusing	P	
relapse		P	
relaxing	calming down self-calming	S	
reliability	commitments dependability promises	S	
religious attack	hate-religious	PB	
reporting someone	friends-turning in ratting out snitch telling on turning someone in	P	
reputation	labeled bad kid	P	
resentment		P	
resilience	bouncing back hard things-bouncing back strength-inner surviving hard times	S	X
resisting pressure	peer pressure saying no refusal skills pressure-resisting	S	
resolving conflict	disputes conflict-resolving negotiating	S	
resources	community resources using resources	S	
respect-showing	disrespect props-giving	PB	
responsibility	being responsible	S	
responsibility-for feelings	feelings-owning them	S	
restoring justice	justice-restoring making things right	S	
revenge	getting even want revenge	P	
risk and protection	cards you're dealt how it is odds-defying	S	X
risk-taking	recklessness taking risks	P	
roofie (Rohypnol)	date rape drug rape drug drugs-date rape	P	
running away		P	
rural	country	P	



Topics and Equivalents: Ripple Effects for Teens

sadness	unhappy bummed out not happy	S	
saying what you need	needs-stating self-advocacy	S	
school-hate it	hate school	PS	
school-unsafe	unsafe at school not safe-school	P	
screens	binge watching shows-watching TV	P	
secrets	telling a secret	P	
self-acceptance	accepting yourself insecure yourself-accepting	S	
self-care	care-for yourself taking care of yourself yourself-caring for	S	
self-efficacy	agency believe you can	S	
self-esteem	confidence-self self-confidence	S	
selling drugs	drug dealing	P	
setting goals	goals no goals	S	
sex	hooking up intercourse making love	P	
sex-resisting temptation	temptation-sex	P	
sex-safer	safer sex	P	
sexting	nudes-texting texting-nudes online sexual sharing	PB	
sexual assault	acquaintance rape date rape raped	P	
sexual diseases	STI/STD	P	
sexual harasser	harassment-offender	PB	
sexual orientation	bisexual gay lesbian LGBTQ+ questioning sexuality	P	
sexually harassed	harassment-sexual	PB	
shame	ashamed	S	
sharing	giving	S	
shoplifting	klepto	P	
showing care	responding to others care-showing it	S	

shy	introvert quiet withdrawn	S	
sibling rivalry	brothers rivalry-sibling sisters	P	
sleep problems	falling asleep insomnia	S	
social media	friends-online online friends	S	
social values	values-social	S	
social-emotional skills	emotional intelligence people smarts	S	
solutions-trying	trying solutions	S	
somatic disorder	aches and pains in your head mind-body tricks symptoms-physical	P	
special ed		P	
sports & exercise type	exercise type athletic style not athletic	S	
sportsmanship	good sport	S	
stalked	obsession-victim	P	
stalker	obsession-offender	P	
stealing	theft jacking	PB	
stepfamilies	families-blended	P	
stereotypes	resisting stereotypes	S	
stopping reactions	reactions-stopping reflexes	S	
strengths	talents weaknesses your strengths	S	X
stress	coping pressure managing stress	S	
study habits	homework school-habits study hall	S	
stuttering	speech impediment	P	
substance abuse	abuse-drugs/alcohol drugs/alcohol use using drugs/alcohol	P	X
success at learning	failure-school learning success school failure	S	
success-phobia	failure-wanting fear of success penalties for success	P	
success-pressure	perfect-having to be pressure to succeed	P	



Topics and Equivalents: Ripple Effects for Teens

suicidal	killing yourself thoughts-of suicide yourself-killing	P	
suicidal friend	friend-suicidal	P	
suspended	expelled in-school suspension school-kicked out	PB	
talking back	back-talk	PB	
teacher	conflict-with teacher resolving teacher conflict mean teacher	PB	X
teasing	bugging someone irritating someone weakness-picking on	PB	
temperament	personality	S	X
terrorism		P	
tests	exams	S	
thanking someone	expressing thanks	S	
threats-to kill	murder-threats	P	
tolerance	appreciating diversity diversity-appreciating intolerance	S	
touch	weird touch confusing touch	P	
transgender		P	
trauma	hard things PTSD	P	X
trustworthiness	keeping your word your word-keeping	S	
understanding motives	motives-understanding why they did that	S	
undocumented	status-illegal illegal status no papers citizen-not	P	
undressing	body-ashamed ashamed-of body	P	
unworthy	not worthy	P	
values	knowing your values holding to your values	S	X
vandalism	trashing things property damage	PB	
vaping	e-cigs tobacco-vaping juul	PB	
victimized	target	P	
video games	gaming online gaming addicted-video games	S	
violence	shootings	P	
vulnerable		P	

weapons		PB	
weight	body weight skinny	P	
what you love	passions	S	
wheelchair	chair	P	
winning	competition-winning	S	
witness to violence	seeing people hurt	P	