

## 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

### 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

## Keys Topic list — Ripple Effects for Teens 3.0

### SUBSTANCE ABUSE

addicted  
addicted parent  
alcohol  
anti-depressants  
chew  
cigarettes  
cigars  
club drugs  
cocaine  
drug dealing  
drugs  
experimenting  
friends-using drugs  
habits-quitting  
hallucinogens  
heroin  
hung-over  
inhalants  
marijuana  
meth  
painkillers  
prescription drugs  
relapse  
Ritalin  
roofie (rohypnal)  
steroids  
tranquilizers

### 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  
hazing  
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