

## Ripple Effects for Teens Data Manager Topic List - updated 10/15

### **Character Topics:**

(Note: personal exploration topics will NOT show up on either list for student and teacher privacy and protection.)

anger  
anxiety  
apologies  
appearance  
asking questions  
asserting yourself  
assertive eyes  
assertive message  
assertive posture  
assertive reasons  
assertive techniques  
assertive voice  
authority-dealing with  
beliefs-standing up for  
belonging  
body  
body image  
body language  
bored  
brainstorming  
cell phone  
change-normal  
change-unplanned  
changing feelings  
character  
college  
communicating  
feelings  
communication skills  
community history  
complaints-making  
compliments-giving  
compliments-receiving  
confronting behavior  
confronting injustice  
connected

control-taking  
controlling impulses  
conversations  
counselors-using  
courtesy  
crazy feelings  
creativity  
criticism-dealing with  
decisions  
democracy-doing  
diet  
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  
failing  
failure  
fairness  
faith  
family background  
fear  
feelings  
feelings-names for  
fingernails  
forgiving  
friendly  
friends

friends-choice of  
frustration  
future  
generosity  
getting help  
glasses  
grades  
group skills  
hanging out  
happiness-practicing  
helping others  
home alone  
humor  
ignoring  
integrity  
intelligences  
internal triggers  
internet-etiquette  
internet-expressing  
yourself  
internet-reading  
people  
internet-rude  
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

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mindfulness  
mistakes  
mixed feelings  
money  
motivation  
natural disasters  
new kid  
norms  
online safety  
organized  
outside triggers  
paraphrasing  
parent-talking to  
patriotism  
perseverance  
perspective taking  
physical sensations  
popular  
predicting  
consequences  
predicting feelings  
problem-naming  
problem-solving  
procrastination  
quitting  
quitting habits  
reflecting on  
performance  
relaxing  
reliability  
resilience  
resisting pressure  
resolving conflict  
resources  
respect-showing  
responsibility  
responsibility-for  
feelings  
sadness  
saying what you need  
school-hate it  
secrets  
self-efficacy  
self-esteem  
setting goals  
sex-restraint  
shame  
sharing  
showing care  
shyness  
sleepy  
social media  
social values  
social-emotional skills  
solidarity-showing  
solutions-trying  
special ed  
sports & exercise type  
sportsmanship  
stereotypes  
stopping reactions  
strengths  
stress  
study habits  
success-phobia  
temperament  
tests  
thanking someone  
tolerance  
touch  
trustworthiness  
understanding motives  
values  
video games  
what you love  
winning

**Discipline Topics:**

aggression  
alcohol  
attendance  
attention  
blurting out  
bragging  
breaking rules  
bullying  
cheating-in school  
chew  
cigarettes  
clothes-rules  
connected  
curfew  
cursing  
cutting class  
defiance  
discipline  
driving drunk  
dropping out  
ethnic slurs  
fighting  
gambling  
gossip  
graffiti  
hate crime perp  
hitting  
hurting animals  
instructions-following  
late  
lying  
marijuana  
mean  
name-calling  
prostitution  
pushing  
put-downs  
racial conflict  
rebellion  
recklessness  
selling drugs  
sexual harasser  
shoplifting

stalker  
stealing  
suspended  
talking back  
teacher  
teasing  
threats-to kill  
vandalism  
weapons