

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