



# Red, Yellow and Green Light Issue-Picker



Circle any of the issues your teen is currently struggling with. Then go back through and highlight no more than three red light issues. You may categorize the rest as yellow or green light issues, but remember you are eating this elephant one bite at a time. You can't address everything at once, so please don't bite off more than you or your teen can chew.

## Technology or Social Media Use Issues:

- Excessive Screen Time
- Cyberbullying
- Gaming Addiction
- Hacking
- Inappropriate Content
- Social Media Obsession
- Oversharing Personal Info
- Digital Fraud
- Online Secrecy

## School Refusal Issues:

- School Refusal
- Poor Grades
- Severe Truancy Skipping Classes
- Bullying
- Cheating/Plagiarism
- Performance Drop
- Procrastination
- Disrespect to teachers
- Tardiness
- Assignment Avoidance
- Low Motivation
- Incomplete Tasks
- Classroom Disruption

## Social Issues:

- Friend Choice
- Risk Taking
- Aggressiveness
- Isolation
- Being Bullied
- Risky Sexual Behavior
- Cyber Bullying Involvement
- Social Anxiety
- Peer Pressure
- Gossip Participation
- Exclusion Behavior
- Cliques Affiliation

## Mental/Emotional Health Issues:

- Psychosis
- Depression or Sadness
- Anxiety or Excessive Worry
- Food Issues
- ADHD
- Negativity
- Mood Swings
- Phobias
- PTSD Symptoms
- Withdrawal from Family and Friends
- Obsessive Behavior

## Communication Issues:

- Arguing Constantly
- Won't Talk
- Rudeness
- Yelling
- Miscommunication
- Shutting Down
- Secrecy
- Whining
- Oversharing
- Passive Aggression
- Withdrawal
- Not Informing
- Disrespectful/Talking Back
- Ignoring Requests

### Behavioral Issues:

- Self Harm
- Violence
- Risk Taking
- Chore Neglect
- Curfew Breach
- Lying
- Tantrum/Outbursts
- Rule Resistance

### Attitudinal Issues:

- Cynicism
- Sarcasm
- Materialism
- Impulsivity
- Dismissiveness
- Contempt
- Entitlement

### Substance Abuse Issues:

- Experimentation
- Regular Use
- Addiction/Dependency
- Social Implications
- Legal Consequences
- Academic/Job Impact
- Mental Health Implications
- Physical Health Consequences
- Financial Implications

### Health and Wellness Issues:

- Hygiene Neglect
- Sleep Disturbances
- Sudden Weight Change
- Unprotected Sex
- Sedentary Lifestyle
- Poor Eating
- Fatigue
- Chronic Illness
- Self-Neglect

### Relationship Issues:

- Sibling Conflict
- Parental Defiance
- Unhealthy Relationships
- Peer Conflicts
- Authority Defiance
- No Friends
- Partner Manipulation
- Friendship Betrayal
- Clinginess
- Isolation Tendencies
- Trust Issues

### Self-Perception Issues:

- Low Self-Esteem
- Identity Struggles
- Peer Self-Comparison
- Perfectionism
- Body Image
- Insecurity
- Self-Doubt
- External Validation
- Pessimism
- Self-Devaluation

### Financial Issues:

- Job Neglect
- Misuse of Money
- Theft
- Irresponsibility
- Overspending
- Debt Accumulation
- Scam Involvement
- Gambling Issues
- Money Secrecy
- Financial Dependency