

Our Content: Children & Teens

20 Suggested Virtues

1. *Kindness*: Demonstrating compassion and care for others.
2. *Respect*: Treating others and their opinions with consideration.
3. *Honesty*: Being truthful and sincere in all interactions.
4. *Empathy*: Understanding and sharing the feelings of others.
5. *Integrity*: Acting in accordance with one's values and principles.
6. *Courage*: Facing challenges and adversity with bravery.
7. *Gratitude*: Appreciating the good things in life.
8. *Responsibility*: Taking ownership of one's actions and duties.
9. *Perseverance*: Persisting through difficulties and setbacks.
10. *Self-Discipline*: Exercising control over one's actions and impulses.
11. *Generosity*: Sharing and giving to others.
12. *Patience*: Maintaining composure and endurance in difficult situations.
13. *Forgiveness*: Letting go of resentment and granting pardon.
14. *Humility*: Recognizing strengths while being modest.
15. *Tolerance*: Accepting and respecting differences in others.
16. *Curiosity*: A thirst for knowledge and a willingness to explore.
17. *Cooperation*: Working harmoniously with others toward common goals.
18. *Justice*: Treating all individuals fairly and equitably.
19. *Flexibility*: Adapting to change and new situations.
20. *Temperance*: Moderation of appetites and/or passions

Six Suggested Current Topics for Our Kids (and 1 Maybe)

1. Technology and Screen Time
2. Bullying and Conflict Resolution
3. In-Grouping and Out-Grouping other groups, cultures, beliefs
4. Mental Health. Emotional Awareness (afflictive emotions)
5. Media, Critical Thinking, Evaluating Messages, Media Influence
6. Environmental Stewardship of the Earth

Maybe: Pot and Adolescent Brain Development

[*The Washington Post*: How does marijuana affect the adolescent brain?](#)

[*Jama Network*: Association of Cannabis Use During Adolescence With Neurodevelopment](#)

