



# HOW TO PRINT YOUR OWN DECK

You can use this PDF to print your own deck of cards for **From 10 to 25**.

## What you'll need:

- This PDF
- Color printer
- 8.5" x 11" cardstock (14 sheets for each deck you'd like to make)
- Scissors
- Paper cutter (optional)
- Corner rounder/punch (optional)

## Steps:

1. Load your printer with cardstock.
2. Print **pages 2-15** of this PDF. *Be sure to choose "Actual Size" and do not print on both sides of the paper.*
3. Load the pages you've printed back into your printer so that you can print on the other side. *Do not reorder the pages. You may want to do a test on regular paper to ensure that you're loading the paper in the proper orientation.*
4. Print **pages 16-29** of this PDF. *Again, be sure to choose "Actual Size" and do not print on both sides of the paper.*
5. Cut out the cards. *You can use the cut lines as a guide. Many copy shops also offer cutting services using laser-guided cutting machines for a small fee.*
6. To create nice rounded corners, you can use a corner round/corner punch. *These are fairly inexpensive and available at craft stores and online.*

**DON'T  
FORGET**

You can also request card decks at [from10to25.org](http://from10to25.org). While you're there, you'll also find instructions and other materials to help you play.

EXPERIENCE



FROM 10 TO 25

EXPERIENCE



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FROM 10 TO 25

EXPERIENCE



FROM 10 TO 25

RESOURCE



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FROM 10 TO 25



RESOURCE



FROM 10 TO 25

RELATIONSHIP



FROM 10 TO 25

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RELATIONSHIP



FROM 10 TO 25

DISCOVERY



NAVIGATE A  
CHALLENGE

DISCOVERY



DISCOVER A  
PASSION

DISCOVERY



FIND YOUR  
IDENTITY

DISCOVERY



SET A GOAL

DISCOVERY



FIND YOUR  
COMMUNITY

DISCOVERY



TAKE  
RESPONSIBILITY

DISCOVERY



EXERCISE MORE  
INDEPENDENCE

DISCOVERY



UNLOCK AN  
OPPORTUNITY

DISCOVERY



GAIN A NEW  
SKILL

DISCOVERY



MANAGE  
STRESS

DISCOVERY



COLLABORATE  
WITH OTHERS

DISCOVERY



DEVELOP YOUR  
INTERESTS

DISCOVERY



EXPRESS  
YOURSELF

DISCOVERY



FORM A  
STRONG BOND

DISCOVERY



BUILD  
RESILIENCE

DISCOVERY



GET COMFORTABLE  
IN YOUR BODY

DISCOVERY



OVERCOME A  
BARRIER

DISCOVERY



EXPLORE YOUR  
WORLD

DISCOVERY



BECOME A FORCE  
FOR GOOD

DISCOVERY



MAKE A BIG  
DECISION

**EXPERIENCE**



Apply for **college financial aid**

**EXPERIENCE**



Go to **5000 many job interviews**

**EXPERIENCE**



Move into **a place of your own**

**EXPERIENCE**



Take on **more tasks at work**

**EXPERIENCE**



Start a **business**

**EXPERIENCE**



Feel stuck at **your entry-level job**

**EXPERIENCE**



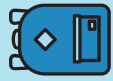
Try to **stick to a monthly budget**

**EXPERIENCE**



Tackle a **challenging school project**





**EXPERIENCE**

Find your  
voice on  
the **debate**  
**team**



**EXPERIENCE**

**Stay up**  
**really**  
**late** to get  
all your  
homework  
done



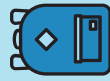
**EXPERIENCE**

**Advocate**  
**for change**  
at your  
school



**EXPERIENCE**

Get excluded  
from a project  
because of  
your **learning**  
**disability**



**EXPERIENCE**

**Nerd out** in  
biology class



**EXPERIENCE**

Get shocked  
by a not-so-  
hot **report**  
**card**



**EXPERIENCE**

Seek out a  
way to have  
**safer sex**



**EXPERIENCE**

Feel **out-**  
**of-place** in  
your own  
body



EXPERIENCE

Feel **stress**  
coming  
from every  
direction



EXPERIENCE

Start a  
regimen to  
**treat your**  
**acne**



EXPERIENCE

Get carried  
away  
by your  
**emotions**



EXPERIENCE

Feel **sooooo**  
**tired** alllllllllll  
the time



EXPERIENCE

Seek help  
developing  
**healthier**  
**eating**  
**habits**



EXPERIENCE

**Break up**  
with your  
boo



EXPERIENCE

**Make peace**  
with your  
frenemy



EXPERIENCE

Ask your  
**crush** to the  
big dance



**EXPERIENCE**

Deal with your **parents' divorce**



**EXPERIENCE**

Mourn the **death of your dog**



**EXPERIENCE**

Take a break from **social media**



**EXPERIENCE**

Question your **faith**



**EXPERIENCE**

Quit your **unpaid internship** because you can't afford it



**EXPERIENCE**

Get a **harsher punishment** because of bias against Black youth



**EXPERIENCE**

Get **shunned** for your sexuality



**EXPERIENCE**

Figure out what to do when your **parents are deported**

Are the Relationships and Resources on the table enough to resolve this? What would help?

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**RESOURCE**

The county has a **job-training** program



**RESOURCE**

The state just passed a **minimum wage increase**



**RESOURCE**

A **scholarship** helps you pay for college



**RESOURCE**

The city has a **summer youth-employment program**



**RESOURCE**

There's a **food pantry** in the neighborhood



**RESOURCE**

Your town has high-quality **affordable housing**



**RESOURCE**

You can **take the bus** everywhere you need to go



**RESOURCE**

Your **culture is reflected in the curriculum**



## RESOURCE

The library has **after-school tutoring**



## RESOURCE

There are tons of **art and music classes** at your school



## RESOURCE

Your **school starts later** so you can get more sleep



## RESOURCE

Your school **stops suspending students** for misconduct



## RESOURCE

You can **earn college credits** during high school



## RESOURCE

Every classroom at your school has a **teacher's aide**



## RESOURCE

**Sex ed** at your school is upfront about safety and inclusive of differences



## RESOURCE

Your school has a **peer-counseling program**



**RESOURCE**

Your school offers **mental-health support**



**RESOURCE**

You can be yourself at the local **youth center**



**RESOURCE**

The neighborhood clinic offers **reproductive health support**



**RESOURCE**

The county has a **number youth can text for support**



**RESOURCE**

Your community center has **mindfulness classes** for youth



**RESOURCE**

The **city park** is your sanctuary



**RESOURCE**

**Drug and alcohol education** equips you with the facts



**RESOURCE**

Your **library** has a comfy teen space



**RESOURCE**

Your town has **free public Wi-Fi**



**RESOURCE**

The youth center has a **mentoring program**



**RESOURCE**

The **rec center** has snacks, games, and a place to cool off



**RESOURCE**

The animal shelter has a **volunteer program**



**RELATIONSHIP**

You have a **boo** that supports you



**RELATIONSHIP**

Your **aunt** has been through this before



**RELATIONSHIP**

Your **coworker** shows you the ropes



**RELATIONSHIP**

Your **older sister** gives you really good advice



RELATIONSHIP

Your **roommate** has crazy good connections



RELATIONSHIP

Your **boss** is really supportive



RELATIONSHIP

Your **mentor** helps you figure stuff out



RELATIONSHIP

Your **teacher** checks in with you after class



RELATIONSHIP

Your **coach** gives you advice you can trust



RELATIONSHIP

Your **classmates** help you stay on track



RELATIONSHIP

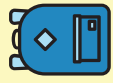
Your **guidance counselor** helps you find a path



RELATIONSHIP

Your **friends** form a study group





RELATIONSHIP

Your **principal** believes in student voice



RELATIONSHIP

Your **clique** accepts you just the way you are



RELATIONSHIP

Your **best friend** has your back



RELATIONSHIP

You can tell your **siblings** anything



RELATIONSHIP

Your **doctor** hears you out



RELATIONSHIP

Your **friends online** validate you and offer resources



RELATIONSHIP

Your **younger brother** confides in you



RELATIONSHIP

Your **mom** always knows how to make you feel OK



RELATIONSHIP

Your **school nurse** has snacks and a place to rest



RELATIONSHIP

Your **faith leader** keeps you grounded



RELATIONSHIP

Your **neighbor** is there when you need her



RELATIONSHIP

The **librarian** can help you find just about anything



RELATIONSHIP

Your **dad** is firm but fair



RELATIONSHIP

Your **grandma** is there for the important stuff



RELATIONSHIP

Your **friend's parents** make you feel welcome



RELATIONSHIP

Your **teammates** feel like a second family



## **YOU EXERCISED MORE INDEPENDENCE**

**During adolescence, we start to explore the world on our own.** You took safe and supported risks and developed a sense of your own agency.



## **YOU UNLOCKED AN OPPORTUNITY**

**The opportunities we have as adolescents can set the trajectory for the rest of our lives.** You had access to the opportunities you needed to grow into a healthy, caring, and thriving adult.



## **YOU FOUND YOUR COMMUNITY**

**During adolescence, we create deeper connections with peers and others in our communities.** You built relationships that gave you a sense of belonging.



## **YOU TOOK RESPONSIBILITY**

**Having autonomy lets adolescents take healthy risks and learn from their actions.** You had chances to own up to your actions and develop a sense of responsibility.



## **YOU FOUND YOUR IDENTITY**

**During adolescence, we figure out who we are and how we fit into the world.** Your experiences and relationships helped you build a sense of self.



## **YOU SET A GOAL**

**Adolescence is when we start planning how to get what we want in life.** You learned how to develop meaningful goals and take steps to realize them.



## **YOU NAVIGATED A CHALLENGE**

**Adolescents are rapidly adapting to changes they encounter within and outside themselves.** You learned how to use the resources and relationships in your life to deal with tough situations.



## **YOU DISCOVERED A PASSION**

**Trying new things is how adolescents explore their interests and find something that makes them tick.** You had opportunities to explore and dig deeper until you found a passion.



## YOU BUILT RESILIENCE

**Adolescents need spaces to safely try, fail, and try again.** You had enough support to develop the resilience you need to take on adulthood.



## YOU'RE COMFORTABLE IN YOUR BODY

**Adolescents have to deal with changing bodies and new sexual characteristics.** You had the care and guidance you needed to manage your feelings and adjust to some really big changes.



## YOU EXPRESSED YOURSELF

**Supported, confident adolescents show and say who they are and what they think.** You developed the confidence to stand up for what you believe in and express your values.



## YOU FORMED A STRONG BOND

**Adolescence is a time of intense social learning, when we're creating deeper connections with peers and others.** You shared experiences and turned youthful friendships into lifelong bonds.



## YOU'RE A COLLABORATOR

**During adolescence, we learn to cooperate across racial, economic, and cultural differences.** You learned you can accomplish far more with others than you can by yourself.



## YOU DEVELOPED YOUR INTERESTS

**During adolescence, we start to define our own interests separate from those of our families and peers.** You had opportunities to explore new ideas and experiment with lots of possibilities.



## YOU GAINED A NEW SKILL

**Adolescents' brains are uniquely suited to learning rapidly and picking up new skills.** You had the opportunities, time, and support needed to acquire the skills of a lifetime.



## YOU MANAGED YOUR STRESS

**Adolescents experience growing demands and expectations in every domain of life.** You had the support and care you needed to learn how to handle life's stresses.



## **YOU MADE A BIG DECISION**

**Adolescents need chances to make significant choices and solve meaningful problems.** You got to practice making weighty decisions and learning from the consequences.



## **YOU'RE A FORCE FOR GOOD**

**Adolescents are primed to give back in ways that benefit our whole society.** You learned that change is possible and that you can be part of the solution.



## **YOU'RE AN EXPLORER**

**Adolescents need safe and satisfying ways to explore the world and test out new ideas and experiences.** You had plenty of opportunities to learn about yourself and what you can contribute.



## **YOU OVERCAME A BARRIER**

**Adolescence is a unique period of time when young people can overcome earlier adversity.** You used the support and guidance around you to figure out a new direction for your life.