

FALL 2024

The Dinner Table Project Table Talks

SEPTEMBER

DEAF AWARENESS MONTH

Regular opportunities to meet with other deaf youth and deaf adult role models can help your child to develop positive self-identity.



Adolescence is a difficult time for any young person, which is why it is especially important to let your child know that they can talk to you about how they are feeling.

- Make time to talk
- Try not to minimize their feelings
- Be genuine
- Talk with them, not about them
- Be direct



**KY Hands & Voices
DHH Hero Program**

OCTOBER

YOUTH SUBSTANCE USE PREVENTION MONTH



Prevention supports healthy social and emotional development, supports parents and strengthens families, expands evidence-based programs in communities and schools, prevents and addresses trauma, addresses social determinants of health, and improves safety, stability, and livability of community environments.

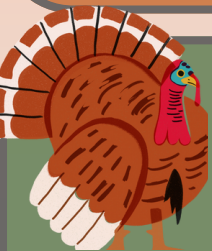
How to get involved



NOVEMBER

Foster inclusivity at the dinner table this Thanksgiving!

Fostering inclusivity at the dinner table for teens involves creating a welcoming environment where diverse perspectives are respected and valued. This includes promoting open communication, active listening, and conflict resolution skills, as well as setting positive examples through role modeling. Celebrating differences, providing educational opportunities about different cultures, and emphasizing empathy can further enhance inclusivity and strengthen family bonds.



KIP DATA

The Kentucky Incentives for Prevention (KIP) Survey is a bi-annual survey taken by most 6th, 8th, 10th, and 12th graders in Kentucky public schools (Not all school districts participate).

These results are from the 2021 Survey.

93% OF KENTUCKY 10TH GRADE STUDENTS REPORT NOT BINGE DRINKING IN THE PAST 30 DAYS!

THE POWER OF POSITIVE SOCIAL NORMS

Teens often think that substance use is widespread among their peers. Social Norms campaigns are done all across the state by youth groups and coalitions that aim to spread the good news: that most Kentucky teens do not use alcohol, nicotine, or other drugs! These campaigns aim to inform youth that substance use is not as common as they may think, ultimately reducing the pressure to use substances to fit in.

CONVERSATION STARTERS:

- What program or club do you wish your school had more money for?
- What teacher do you like best this year? What do you like about them and their teaching style?
- What do you dream of doing when you're older? Is there anything you can do now to help you accomplish that goal?



AUTUMN APPLE PORK

Servings: 8 Serving Size: 4 ounces Recipe Cost: \$8.97 Cost per Serving: \$1.12

Ingredients:

- 2 pound pork loin
- 1 teaspoon garlic powder
- ¼ teaspoon salt
- ¾ teaspoon dried sage
- 3 apples, cored and sliced
- ½ cup dried cranberries *optional
- 1 tablespoon unsalted butter
- 1 tablespoon honey

Directions:

- Season pork on both sides with garlic powder, salt and sage. Wrap pork tightly in foil and place in the slow cooker.
- Place apple slices, cranberries and butter on a large piece of foil. Drizzle with honey. Wrap up foil to create a packet. Place in slow cooker.
- Cook 4 hours on high.
- Unwrap both packets. Slice pork and top with apples.
- Optional step: brown the top of the pork loin by placing it in the oven at 425 degrees F for five to seven minutes.



thedinnertableproject.org



KENTUCKY
REGIONAL
PREVENTION
CENTERS