

# Table Talks

## DEVELOPMENTAL ASSETS

Search Institute® has identified the following building blocks of healthy development—known as Developmental Assets®—that help young people grow up healthy, caring, and responsible. Every quarter, we will spotlight one internal and one external asset (Source: searchinstitute.org).

### Responsibility

#### INTERNAL ASSET

Young people accept and take personal responsibility.

### Family Support

#### EXTERNAL ASSET

Family life “provides high levels of love and support.”

## BUILDING RESPONSIBILITY & FAMILY SUPPORT THIS SUMMER

Summer is the perfect time to help kids grow in responsibility while strengthening family bonds. Without school routines, it's important to create structure at home that encourages accountability and teamwork.

### Tips!

- **Encourage Daily Responsibilities:** Simple tasks like making their bed, helping with meals, or caring for a pet teach kids to follow through on commitments.
- **Foster Independence:** Let them manage their own schedule for reading, chores, or activities. Giving choices helps them take ownership of their time.
- **Spend Quality Time Together:** Family game nights, outdoor adventures, or cooking together build strong connections and show kids they're supported.

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## June

### National Safety Month & Men's Health Month

June 1-7: CPR and AED Awareness Week  
June 10-16: National Men's Health Week  
June 26: International Day Against Drug Abuse and Illicit Trafficking

## July

### Black, Indigenous, and People of Color (BIPOC) Mental Health Awareness Month

July 4: National Injury Prevention Day  
July 10: Chronic Disease Day  
July 24: International Self-Care

## August

### National Immunization Awareness Month

August 1: World Lung Cancer Day  
August 19: World Humanitarian Day  
August 31: International Overdose Awareness Day



KENTUCKY REGIONAL PREVENTION CENTERS



# 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.

## DID YOU KNOW? YOUTH ARE MOST LIKELY TO DRINK UNDERAGE DURING THE SUMMER MONTHS.

Summer is a great time to talk with kids about making safe choices. With more free time and less supervision, it's important to set clear rules, stay involved in what they're doing, and keep conversations open. Encouraging fun activities—like sports, hobbies, or a summer job—helps keep them busy and away from risky situations. A little support and guidance can make a big difference down the road!



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WEBSITE TO LEARN MORE!

## CONVERSATION STARTERS

- What would make it easier or more comfortable for you to ask for or receive help?
- If you could write a book, what would happen to your main character?



## BANANA STRAWBERRY SMOOTHIE

Servings: 2 | Serving Size: 1 1/4 cup

### Ingredients:

- 1 cup frozen strawberries
- 1 cup 100% orange juice
- 1 banana
- 1/2 cup milk or a milk alternative (soy milk, almond milk, coconut milk, etc.)

### Directions:

- Combine all ingredients in a blender.
- Blend until smooth.



SOURCE: LEAP . . .  
FOR HEALTH



[thedinnertableproject.org](https://thedinnertableproject.org)

