

# 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).

### Personal Power

#### INTERNAL ASSET

Young people feel they have control over “things that happen to me.”

### Other adult relationships

#### EXTERNAL ASSET

Young people receive support from three or more nonparent adults.

## Building Personal Power & Relationships This Fall

### Tips!

- Listen to your child without always giving advice or opinions.
- Ask for your child's opinion.
- Admit your mistakes and explain how you learn from them.
- Talk to your children the way you want them to talk to you.
- Ask other caring adults to spend time with your child.

### FREE WEBINARS!



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## September

### Suicide Prevention Month

- 7: Grandparents Day
- 10: World Suicide Prevention Day
- 11: Patriot Day
- 22: National Family Day
- 23: International Day of Sign Languages

## October

### Youth Substance Use Prevention Month

- 3: World Smile Day
- 7: You Matter to Me Day
- 10: World Mental Health Day
- 23-31: Red Ribbon Week

## November

### Military Family Appreciation Month

- 11: Veterans Day
- 23: Better Conversation Week



KENTUCKY  
REGIONAL  
PREVENTION  
CENTERS



The Dinner Table Project  
Table Talks

# 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.

**13%** of Kentucky 8th grade students report THAT THEY Do **NOT** know an adult in or out of school WHO THEY could talk or go to for help.

The number one protective factor in a child's life to increase their resiliency and help them overcome adversity is having a trusted adult they can go and talk to. Help build your connection to youth by being that trusted adult and helping to increase protective factors for children all over.

PARENTS,  
WANT MORE  
INFO?



## Conversation Starters

- Name a person in your life who is generous towards you and/or other people.
- When/where/with who do you feel most connected?
- How do you contribute to your community?
- How do you decide whether or not to help someone?



## Chicken Chili

Servings: 4 | Serving Size: 1 ½ cup

### Ingredients

- 10 ounce canned/package chicken
- 1 can (15 ounces) diced tomatoes with green peppers and onions
- 1 can (15 ounces) low-sodium kidney beans
- 1 can (8 ounces) no-salt added tomato sauce
- 1/2 cup water
- 1 tablespoon chili powder
- 1 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper

### Directions

1. In a medium saucepan, heat tomato sauce and water on medium heat.
2. Add canned tomatoes, kidney beans, and chicken.
3. Add chili powder, garlic powder, salt and pepper.
4. Bring to boil. Then reduce heat and simmer 10 minutes.

**Tip:** You can also add all of the ingredients to a crock pot and cook on high for 2 hours, or low for 4 hours.



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

