

WINTER
2025/2026

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).

Positive Family Communication

INTERNAL ASSET

Young people and their parents communicate positively & are willing to seek parents' advice and counsel.

Interpersonal Competence

EXTERNAL ASSET

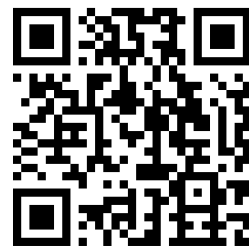
Young people have empathy, sensitivity, and friendship skills.

BUILD POSITIVE FAMILY COMMUNICATION & INTERPERSONAL COMPETENCE THIS WINTER!

Tips!

- Share your own feelings calmly.
- Ask how your child feels, not just what they did.
- Let kids try solving problems before stepping in.
- Use "I" statements during conflict.
- Remind kids it's okay to have hard days.
- Encourage kindness and inclusion.
- Make time for fun and laughter together.

Honest Conversations About Drugs Start Here:



OR CLICK [HERE!](#)

December

National Impaired Driving Prevention Month

- 3: International Day of Persons with Disabilities
- 10: Human Rights Day
- 15: National Cupcake Day
- 21: National Homeless Persons' Memorial Day
- 31: Make Up Your Mind Day

January

Mental Wellness Month

- 11: National Human Trafficking Awareness Day
- 19: Martin Luther King Jr. Day
- 24: National Compliment Day
- 26: National Spouses Day

February

Black History Month

- 10: Safer Internet Day
- 17: Random Acts of Kindness Day
- 20: World Day of Social Justice
- Feb. 24-Mar. 2: National Eating Disorders Awareness (NEDA) Week

KIP Data

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

These results are from the 2024 Survey.

51%

OF KENTUCKY 10TH GRADE STUDENTS REPORT THAT THEY THINK TOBACCO USE IS A PROBLEM AT THEIR SCHOOL.

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 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?



OR CLICK [HERE!](#)

Conversation Starters

- Do you think social media helps make/maintain friendships? Why/ why not?
- Who looks up to you?
- What is a memorable act of kindness you witnessed? Why was it important?



PLAN.
EAT.
MOVE.

Country Morning Casserole

Servings: 8 | Serving Size: 3-by-3 inch piece

Ingredients

- 2 cups whole-wheat bread, cut into cubes
- 1 cup shredded low-fat cheddar cheese
- 6 eggs
- 1 cup milk
- ½ teaspoon salt
- ¼ teaspoon garlic powder
- ⅛ teaspoon pepper
- 1 cup frozen broccoli florets
- ½ bell pepper, roughly chopped
- ½ onion, chopped

Directions

1. Preheat oven to 350.
2. In a 7 x 11 inch or 9 x 9 inch pan, layer bread cubes and shredded cheddar.
3. In a medium bowl, mix eggs, milk, salt, garlic powder, pepper and vegetables. Pour over bread.
4. Bake for approximately one hour (check periodically) or until eggs have set.

Source: Brooke Jenkins-Howard, Extension Specialist,
University of Kentucky Cooperative Extension Service



thedinnertableproject.org

