A program<br/>for families<br/>to eat<br/>together,<br/>have fun,<br/>and grow<br/>closer<br/>through<br/>conversation

# CONVERSATION STARTERS



THE

DINNERTHBLE

PROJECT

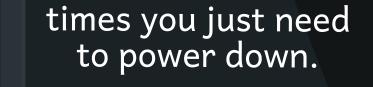
October 2019

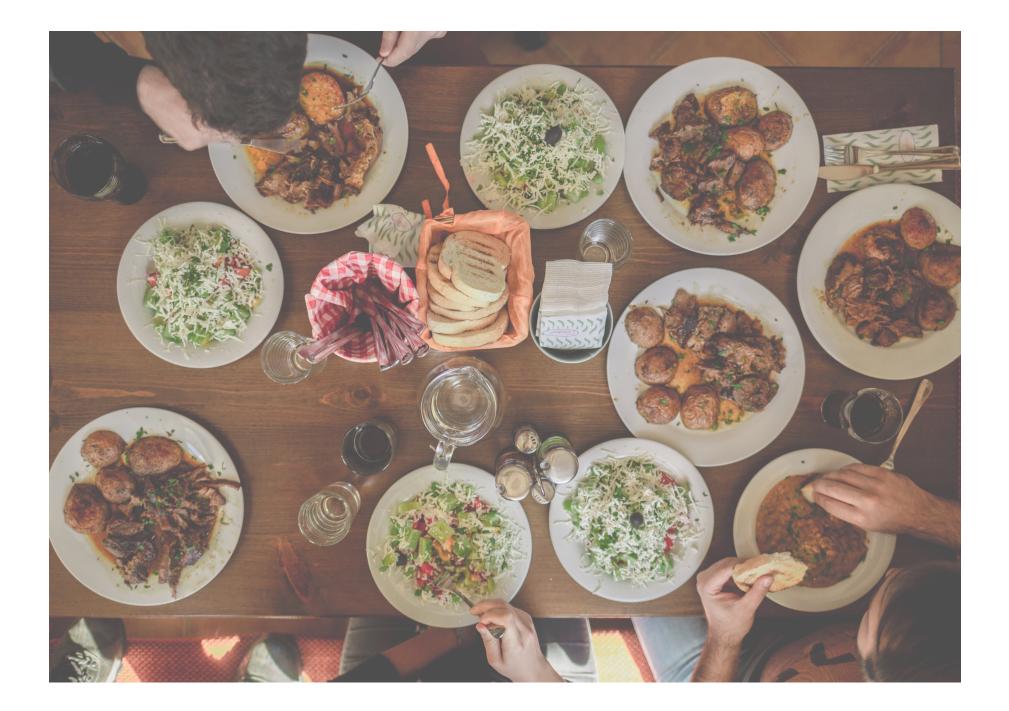
- Do you ever think negative things about yourself? How do you think you can stop those thoughts from happening?
  - What is the hardest thing you have ever done?

Down time is good! Constantly being on your phone can affect sleep, concentration, school, and other things that deserve your time and focus. You need your sleep, and people who care about you should understand there are

What is something you do well?

What would you do if you were a king or queen?





# DINNER TABLE GAME

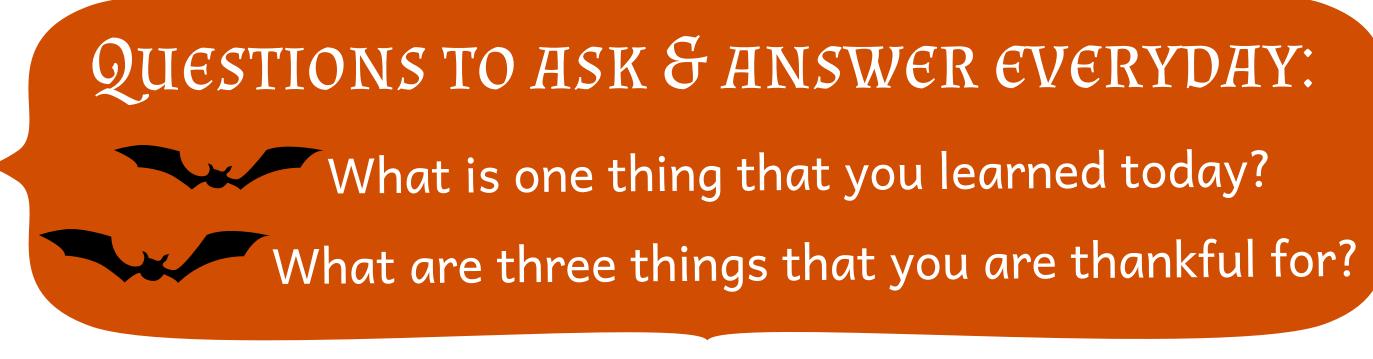
Easy and fun! Choose a topic like movie titles, animals, or candy. Start with the youngest player and move to the left taking turns around the table. Each player names something within the topic. Anyone who cannot come up with an answer in 30 seconds is out. There are no repeats. For younger children, another try is given. For older players, if they repeat an answer, they are out. The last person left must end the game with one last answer to win!

Character Word of the Month R-E-S-P-E-C-T



#### FIND OUT WHAT IT MEANS TO US!

Respect includes both how you feel about someone and how you treat people. Having respect for someone means you think good things about who a person is or how he/she acts. You can have respect for others, and you can also have respect for yourself. Showing respect to someone means you act in a way that shows you care about their feelings and well-being. Showing respect for others includes things like not calling people mean names, treating people with courtesy, and caring enough about yourself that you don't do things you know can hurt you.



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FOUD FACT

> The word "pumpkin" showed up for the first time in the fairy tale Cinderella.

What you'll need: • 1 can black beans, drained and rinsed • 1 can corn, undrained • 1 can Rotel, undrained • 1 package ranch dressing mix • 1 tsp. cumin • 1 Tbsp. chili powder • 1 tsp. onion powder • 1 8- oz package light cream cheese • 2 large chicken breasts

Directions:

Drain and rinse black beans. Place chicken at the bottom of the crock pot, then pour the whole can of corn, Rotel tomatoes, and black beans on top of chicken. Top with seasonings and ranch dressing mix. Stir together. Place cream cheese block on top. Cover with lid and cook on low for 6-8 hours. After the cooking time is over, take chicken breasts from crock pot and shred and add back to the chili. Stir together and enjoy. Goes great with tortilla chips!

> Reported student use of alcohol has declined steadily since the 2004 KIP Survey. It remains, however, the second most commonly used substance among young people in Kentucky. In 2018, reported use of e-cigarettes ranked as the most widely used.

Millions of Americans suffer from substance abuse, including underage drinking, non-medical use of prescription drugs, abuse of over-the-counter medications, and illicit drug use. Prevention strategies that target the root of the problem are essential to reducing drug use and help people to lead healthier lives. Early intervention helps prevent substance abuse and reduce the consequences of addiction before they start. Through community-based efforts, we can strengthen the support systems that prevent our Nation's young people from drug use and improve both academic performance and workforce readiness. Each dollar invested in an evidencebased prevention program can reduce costs related to substance use disorders by an average of \$18. Prevention is powerful.

Adapted from Yummy, Healthy, Easy https://www.yummyhealthy easy.com/easy-crock-potcream-cheese-chicken/



CROCKPOT

CREAM CHEESE

CHICKEN

CHILI

KIP 2018 State and Regional Report

# -- Developmental Assets

The Search Institute has identified 40 positive supports and strengths that young people need to succeed. They focus on relationships, opportunities, values, commitments, and more. We introduce you to 2-3 assets each month and provide you with a tip to incorporate it in your everyday life. See the full list of assets on our website or go to www.search-institute.org!

### SAFETY

Caregivers and community adults ensure the child's safety while keeping in mind his/her increasing independence.

# **Resistance Skills**

Child can stay away from people who are likely to get him/her in trouble and is able to say no to doing wrong or dangerous things.

# HEALTHY LIFESTYLE

youth.gov

Caregivers tell the child it is important to have good health habits.

TIP: Practice safe trick-ortreating including staying on sidewalks, examining all treats before eating, and staying away from dark houses! TIP: Give your child a series of scenarios that involve friends getting them to do something, good or bad. See how your child would react and talk about it! TIP: Instead of referring to foods as "good" or "bad", talk about how food fuels our body and focus on the best stuff for that like fruits and vegetables!

he D nner

Tab e Project

How ARE YOU USING THE DINNER TABLE PROJECT? Use #KYDinnerTableProject and follow us on Facebook and Instagram

