

# The Dinner Table Project Table Talks

STARTING MEANINGFUL CONVERSATIONS WITH YOUR TEENAGER

## DEVELOPMENTAL ASSETS

Search Institute® has identified the following building blocks of healthy development—known as Developmental Assets®. These help young people grow up healthy, caring, and responsible. When youth have more assets they are more likely to thrive now and in the future.

## ENCOURAGING CREATIVE IDEAS

Creativity is a skill that helps young people adapt and innovate in a rapidly changing world.



## CREATIVE ACTIVITIES

- Encourage your teen to get involved with a creative activity such as entering a school or community-based contest for writing or art.
- If your teen is interested in cooking or baking, experiment with new recipes together.
- Help your teen create DIY home decor for their room.
- Start a family book or movie club.
- Maintain indoor plants or start a small garden.

## KIP DATA

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.

52.6%

of KY 10th graders reported participating in school based extracurricular activities such as sports, band, or drama.





# BREAKFAST PIZZA



Servings: 12 Serving Size: 1/12 Pizza (3-inch Square) Recipe Cost: \$9.49 Cost Per Serving: \$0.79

## Ingredients

- Cooking spray
- 2 (8 ounce) tubes reduced fat crescent rolls
- 1/2 pound of breakfast sausage
- 1 cup (4 ounce) fresh mushrooms, chopped or sliced
- 1/2 onion chopped
- 1/2 green pepper chopped
- 1/2 tomato chopped
- 4 eggs, well beaten
- 1 cup shredded cheddar cheese

## Directions

- Preheat oven to 375 degrees F.
- Spray a cookie sheet.
- Press crescent rolls onto the cookie sheet with fingers to create one even sheet of dough.
- Pinch the edges to hold toppings.
- In a skillet, brown sausage, mushrooms, onion, green pepper, and tomato
- Spread evenly over the dough.
- Bake for 20 minutes or until golden brown.
- Cut into squares with pizza cutter and serve.



## CONVERSATION STARTERS

- What is a hobby that you love and why do you love it?
- What do you hope to do before school is out for the year?
- What emoji do you use most in your life and why?
- What activities help you feel joy?



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