

Summer 2023

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.



FAMILY COMMUNICATION

Teens and their parent(s) communicate positively and teens are willing to seek advice and counsel from parents.

HAVING PURPOSE

Teens feel like they have a purpose in life.

UNDERSTANDING MENTAL HEALTH

Having a daily routine helps mental health. The lack of structure during the summer break can prevent teens from taking care of themselves which can lead to feeling a lack of purpose. Teens are more likely to stay up late at night and stay in bed during the day. Sleep deprivation can decrease mental health and can lead to seasonal depression. Scan the QR code to check out more ways for teens to stay emotionally healthy this Summer.



KIP DATA

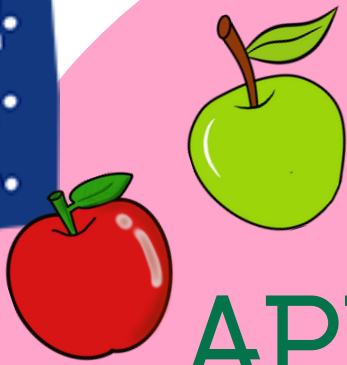
Kentucky Incentives for Prevention (KIP) Survey is a bi-annual survey taken by most 6th, 8th, 10th, and 12th graders in Kentucky public schools (Not all school districts participate). These results are from the 2021 Survey.

38.3%

of Kentucky 10th Graders reported poor mental health most of the time or always during the Covid-19 pandemic.

*Poor mental health includes stress, anxiety, and depression.

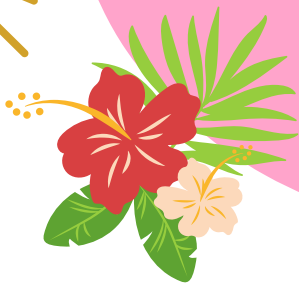
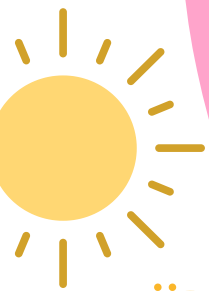




APPLE NACHOS

- ¼ cup peanut butter
- ¼ cup non-fat Greek yogurt
- 2 tablespoons milk
- 1 tablespoon honey
- 2 red apples, cored and cut into ¼-inch slices
- 2 green apples, cored and cut into ¼-inch slices

In a blender, combine peanut butter, yogurt, milk, and honey. Blend until smooth. Place apple slices on a large plate or platter and drizzle with peanut butter sauce. Add toppings of choice if desired and serve immediately.



CONVERSATION STARTERS

- When you want to laugh, what or whom do you turn to?
- How do you cheer yourself up when you feel bad?
- What do you think parents should be more understanding about yourself?

Help us improve our newsletters by completing this quick survey!



thedinnertableproject.org



KENTUCKY
REGIONAL
PREVENTION
CENTERS