

## 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.

### ACHIEVEMENT MOTIVATION

YOUR TEEN IS MOTIVATED TO DO WELL IN SCHOOL.

### CREATIVE ACTIVITIES

YOUR TEEN SPENDS THREE OR MORE HOURS PER WEEK PARTICIPATING IN MUSIC, THEATER, OR OTHER ARTS.



## THINGS TO AVOID SAYING TO YOUR TEEN

### "YOU SHOULD HAVE DONE BETTER"

TELLING YOUR TEEN THAT THEY SHOULD HAVE DONE BETTER CAN LEAD TO THEM FEELING LIKE THEY ARE NOT GOOD ENOUGH. IT IS BETTER TO SEND A MESSAGE OF UNCONDITIONAL LOVE AND THAT YOU KNOW YOUR TEEN DID THE BEST THEY COULD.

## Alcohol Awareness Month

APRIL IS ALCOHOL AWARENESS MONTH WHICH MEANS IT IS A GREAT TIME TO TALK WITH YOUR TEENS ABOUT THE RISKS INVOLVED WITH UNDERAGE DRINKING.

### TIPS FOR THE TALK:

- Speak clearly so that your teen knows you are serious and that you care
- Listen non-judgmentally to their responses
- With prom and graduation right around the corner, be sure to talk about the risks of drunk driving and other risks that come with being under the influence of alcohol



You may think, "My teen is going to drink no matter what and I would rather them drink with my supervision." This may lower the risk for drunk driving incidents, but it does not lower the risk for the damage alcohol has on the developing teenage brain.

## 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 2018 Survey.

# 16%

OF KY 10TH GRADERS HAVE BEEN BULLIED THROUGH TEXTING, SOCIAL MEDIA, OR WEBSITES IN THE PAST YEAR.

CYBER-BULLYING CAN BE JUST AS DAMAGING AS PHYSICAL BULLYING TO SOMEONE. SOME SIGNS THAT YOUR TEEN MIGHT BE GETTING BULLIED ONLINE ARE:



- They suddenly stop using the computer/phone as much as they normally do.
- They do not want to use their computer/phone somewhere you can see it.
- They do not want to go to school or appear uneasy about going.



## GARLIC ROAST PORK (CROCK POT RECIPE)



### INGREDIENTS

- 1 tablespoon vegetable oil
- 1 (2 pound) boneless pork roast
- salt and pepper to taste
- 4 sweet potatoes, quartered
- 1 onion, quartered
- 6 cloves garlic
- 1 (14.5 ounce) can chicken broth

### DIRECTIONS

1. Heat oil in large heavy skillet. Season meat with salt and pepper, and brown in oil.
2. In a slow cooker, layer sweet potatoes, onion and garlic. Place browned roast on top of vegetables, and pour in chicken broth.
3. Cover, and cook on low setting for 6 hours.

## CONVERSATION STARTERS

- WHO DO YOU LOOK UP TO THE MOST IN YOUR LIFE & WHAT TRAITS DO YOU LIKE ABOUT THEM?
- WHAT IS YOUR FAVORITE MEMORY OF US?
- WHAT'S THE FIRST THING ON YOUR BUCKET LIST?
- WHAT WAS YOUR FAVORITE BOOK AS A CHILD? WHAT IS IT NOW?



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