

OCT 2020

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.

CARING SCHOOL CLIMATE

YOUR TEEN IS IN A SCHOOL THAT PROVIDES A CARING AND ENCOURAGING ENVIRONMENT.

RESTRAINT

YOUR TEEN UNDERSTANDS THE DANGERS OF RISKY BEHAVIORS AND WHY THEY SHOULD BE AVOIDED.

SOCIAL SKILLS

YOUR TEEN HAS EMPATHY, SENSITIVITY, AND FRIENDSHIP SKILLS.



TIP: ASK HONEST QUESTIONS, NOT LOADED QUESTIONS

Ask your teen for their ideas and work with them in solving conflicts. Rather than say "Why can't you wake up on time?" ask your teen "What is something that we can do to make sure you wake up on time?"

October is

DEPRESSION AWARENESS MONTH

SPREADING AWARENESS ABOUT DEPRESSION IS AN IMPORTANT PART OF BREAKING DOWN STIGMA IN OUR COMMUNITIES.

OBSERVE DEPRESSION AWARENESS MONTH BY:

- ★ Reaching Out to Loved Ones- Listening and asking questions without judgment can help comfort others.
- ★ Sharing Your Story- Don't be afraid to let others know if you are struggling and need help.
- ★ Educating Yourself- Learn the signs of depression and what you can do to help.

For more info visit:

<https://www.inspiremalibu.com/blog/mental-health/october-is-depression-awareness-month/>

THE SUICIDE PREVENTION LIFELINE IS AVAILABLE 24 HOURS A DAY, 7 DAYS A WEEK AT
1-800-273-8255
OR
TEXT 'HELP' TO 741-741



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,
IN 2018, FELT
HOPELESS MOST OR
ALL OF THE TIME IN
THE PAST 30 DAYS.

HOPELESSNESS HURTS:

When someone feels hopeless it negatively effects the way they view themselves, others, and the world around them. Below are statements that someone who is feelings hopeless might say.

- "Things will never get better."
- "I will never get over this."
- "There is no hope for me."
- "There is no point in trying."

ASK YOUR TEEN:

Are you surprised by this statistic? Why or why not?
What do you think should be done to help those who feel hopeless?

WHITE CHICKEN CHILI

INGREDIENTS

- Cream of Chicken Soup (1 Family Sized Can)
- Diced Tomatos with Green Chiles (1 can)
- Diced Green Chiles (1 small can)
- 8oz of Sour Cream
- Rotisserie Chicken
- Great Northern Beans (2 cans)
- Chicken Broth (1 cup)

Optional:

- Shredded Cheese
- Crackers
- For Extra Spice: 1 can of sliced jalapenos

DIRECTIONS

1. Cut up or shred chicken into desired size.
2. In one pot combine all ingredients
3. Heat chili until it is hot enough to serve, stirring frequently.
- 4.) Serve topped with shredded cheese and crackers.

CONVERSATION STARTERS

- WHAT IS YOUR EARLIEST MEMORY? WHAT IS YOUR FAVORITE MEMORY?
IF YOU COULD LIVE ANYWHERE IN THE WORLD, WHERE WOULD YOU LIVE?
WHAT IS THE BEST WAY TO MAKE FRIENDS?



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KENTUCKY
REGIONAL
PREVENTION
CENTERS