

OCT 2021

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.

OTHER ADULT RELATIONSHIPS

YOUR TEEN HAS SUPPORT
FROM 3 OR MORE NON-
GUARDIAN ADULTS

SENSE OF PURPOSE

YOUR TEEN UNDERSTANDS
AND FEEL THAT "THEIR LIFE
HAS PURPOSE"



THINGS TO AVOID SAYING TO YOUR TEEN

"WHY CAN'T YOU BE MORE LIKE YOUR SIBLING"

SAYING THIS CAN BE VERY DAMAGING FOR A TEEN TO HEAR. IT CAN MAKE THEM FEEL THAT THEY ARE NOT GOOD ENOUGH OR THAT WHO THEY ARE IS WRONG. IT CAN ALSO CAUSE MORE CONFLICT BETWEEN THE SIBLINGS BEING COMPARED TO EACH OTHER.

OCTOBER IS... EMOTIONAL WELLNESS MONTH!

THIS MONTH BE SURE TO...

- EXPRESS YOUR FEELINGS: LET PEOPLE CLOSE TO YOU KNOW WHEN SOMETHING IS BOTHERING YOU.
- MANAGE STRESS: LEARN RELAXATION METHODS TO COPE WITH STRESS.
- TAKE CARE OF YOUR PHYSICAL HEALTH: EXERCISE REGULARLY, EAT HEALTHY MEALS, & GET ENOUGH SLEEP.
- CONNECT WITH OTHERS: MAKE A LUNCH DATE, JOIN A GROUP, AND SAY HI TO STRANGERS.
- STAY POSITIVE: FOCUS ON THE GOOD THINGS.



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.

20.9%

OF KY 10TH GRADERS
HAVE BEEN BULLIED ON
SCHOOL PROPERTY IN
THE PAST YEAR.

WHEN TEENS ARE BULLIED THEY ARE MORE LIKELY TO:

- FEEL UNSAFE AT SCHOOL
- HAVE DIFFICULTY SLEEPING
- LOSE INTEREST IN SCHOOL/GRADES
- HAVE A CHANGE IN EATING HABITS

BULLYING POLICIES:

TEENS OFTEN REPORT THAT THEIR SCHOOL'S BULLYING POLICY IS NOT EFFECTIVE IN THEIR SCHOOL. MAKE SURE YOU ARE AWARE OF THE SCHOOL POLICIES TO ENSURE THAT THEY ARE ENFORCED IF YOUR TEEN EXPERIENCES BULLYING.

GHOST PIZZA BAGELS



INGREDIENTS

- sliced mozzarella cheese
- marinara
- mini bagels
- black olives

DIRECTIONS

1. Preheat oven to 350 degrees F. Cut mozzarella slices into ghost shapes using a paring knife.
2. Spread a thin layer of marinara over pizza bagel and top with ghost.
3. Bake until cheese is melty, 10 minutes.
4. Meanwhile, cut olives into little pieces for eyes. Dot the ghosts and serve.

CONVERSATION STARTERS

WHAT WAS THE BEST HALLOWEEN COSTUME IDEA YOU HAVE EVER SEEN? WHAT WAS THE WORST?

WHY DO YOU THINK SOME TEENS CHOOSE TO DRINK? WHY DO YOU THINK SOME CHOOSE NOT TO?

WHAT ADVICE WOULD YOU GIVE YOUR OLDER SELF? YOUR YOUNGER SELF?

IF YOU COULD TRAVEL IN TIME, WOULD YOU WANT TO SEE THE FUTURE OR VISIT THE PAST? WHY?



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KENTUCKY
REGIONAL
PREVENTION
CENTERS