

OCT 2022

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 NEIGHBORHOOD

YOUR TEEN INTERACTS WITH AND EXPERIENCES CARING NEIGHBORS

PLANNING & DECISION MAKING

YOUR TEEN CAN MAKE CHOICES AND KNOWS HOW TO PLAN AHEAD

**OCTOBER 10TH IS
WORLD MENTAL
HEALTH DAY!**

We can all play our part in increasing awareness about mental health care and stigma. World Mental Health Day is an opportunity for the world to show that mental health is valued, promoted, and protected. We can make mental health & well-being for all a priority. Use #WorldMentalHealth day to share photos of you taking care of your mental health on October 10th.



COMMUNICATION TIP: DON'T BE A DICTATOR

It is completely natural for teens to want to push boundaries. You do make the rules and enforce them, but be sure to explain your reasonings clearly. This can help your teen understand and think things through.

Download the *Talk. They Hear You.* Mobile App for tips on how to start conversations about alcohol and other drug use with your teens.
Get Informed. Be Prepared.
Take Action.



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.

31%

OF KY 10TH GRADERS FELT NERVOUS 'MOST' OR 'ALL OF THE TIME' IN THE PAST 30 DAYS.

Everyone experiences anxiety and to an extent, anxiety can be a good thing. It helps us study for a big test or memorize our lines for a play. It is important that we know that we can reach out for help when our anxious feelings become too much. Encourage your teen to find ways to help them cope with anxiety and to reach out for help when they need it.



TRY "BOX BREATHING" TO HELP CALM YOU DOWN:

Inhale (5 seconds), hold breath (5 seconds), exhale (5 seconds), and hold breath (5 seconds). Repeat until you feel more calm.

PUMPKIN BREAKFAST CASSEROLE

INGREDIENTS

- 10 slices white bread, cubed
- 1 (15 ounce) can pumpkin puree
- $\frac{2}{3}$ cup white sugar
- 1 teaspoon ground cinnamon
- $\frac{1}{2}$ teaspoon ground ginger
- $\frac{1}{2}$ teaspoon ground nutmeg
- 1 teaspoon vanilla extract
- $\frac{1}{8}$ teaspoon salt
- 6 eggs, beaten
- 1 cup milk
- 1 (5 ounce) can evaporated milk
- $\frac{1}{2}$ cup chopped pecans (Optional)

DIRECTIONS

1. Spray a 9x13-inch baking dish with cooking spray, and place the bread cubes into the dish.
2. In a bowl, mix together the pumpkin puree, sugar, cinnamon, ginger, nutmeg, vanilla extract, salt, eggs, milk, evaporated milk, and pecans.
3. Pour the pumpkin mixture over the bread cubes. Cover the dish with plastic wrap, and refrigerate overnight.
4. The next day, preheat oven to 350 degrees F. Uncover and bake the casserole until the pumpkin mixture is set and a toothpick inserted into the center of the casserole comes out clean, about 45 minutes.

CONVERSATION STARTERS

- WHAT IS YOUR FAVORITE MEMORY OF HALLOWEEN?
- WHICH HISTORICAL FIGURE WOULD YOU MEET IF YOU COULD GO BACK IN TIME?
- IF YOU COULD START YOUR OWN BUSINESS TODAY, WHAT WOULD IT BE?
- WHAT'S THE FUNNIEST JOKE YOU KNOW?

