

SEP. 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

YOUR TEEN PLACES HIGH VALUE ON HELPING OTHER PEOPLE.

PLANNING AND DECISION MAKING

YOUR TEEN KNOWS HOW TO PLAN AHEAD AND MAKE GOOD DECISIONS.

OTHER ADULT RELATIONSHIPS

YOUR TEEN HAS SUPPORT FROM 3 OR MORE SAFE NON-CAREGIVER ADULTS.

TIP: SHOW TRUST

TEENS WANT TO BE TAKEN SERIOUSLY. ASKING THEM TO DO SMALL FAVORS TO DO CAN SHOW THEM THAT YOU HAVE CONFIDENCE IN THEM AND MORE OFTEN THAN NOT THEY WILL RISE TO THE OCCASION.



SEPTEMBER IS SUICIDE AWARENESS MONTH

We use this month to reach out to those affected by suicide, raise awareness, and connect individuals with suicidal thoughts to treatment services. To learn more and see how you can help, visit: www.suicidepreventionlifeline.org/promote-national-suicide-prevention-month/

**SUICIDE
PREVENTION
LIFELINE**

THE SUICIDE PREVENTION LIFELINE IS AVAILABLE 24 HOURS A DAY, 7 DAYS A WEEK AT

**CALL: 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, HAD BEEN CYBER-BULLIED IN THE PAST YEAR.



CYBER-BULLYING



BULLYING THAT OCCURS THROUGH SOCIAL MEDIA, TEXTING, CHAT ROOMS, ETC.

ASK YOUR TEEN:

Are you surprised by this statistic? Why or why not?
Have you ever been cyber-bullied? What did you do?

PIZZA CASSEROLE

INGREDIENTS

- 2 pouches (7.5 oz each) Bisquick™ Complete Buttermilk Biscuit Mix
- 1 cup water
- 1 jar (14 oz) pizza sauce
- 1 package (8 oz) sliced pepperoni
- 2 cups shredded mozzarella cheese

DIRECTIONS

1. Heat oven to 375°F. Spray 13x9-inch (3-quart) glass baking dish with cooking spray. In medium bowl, stir Bisquick mix and water until soft dough forms. Drop half of dough by spoonful's evenly in bottom of baking dish (dough will not completely cover bottom of dish).
2. Drizzle about 1 cup pizza sauce over dough. Arrange 1/2 of the pepperoni slices evenly over sauce. Top with 1 cup of the cheese. Repeat layers with remaining dough, pizza sauce, pepperoni and cheese.
3. Bake 20 to 25 minutes or until golden brown. Cut into squares to serve.

CONVERSATION STARTERS

Is there someone who you think looks up to you? Who? Why?

What are some helpful ways of dealing with a bully?

What are some personality traits that you have that you see as personal strengths?



thedinnertableproject.org



KENTUCKY
REGIONAL
PREVENTION
CENTERS