

table talks

DEVELOPMENTAL ASSETS

Search Institute® has identified the following building blocks of healthy development—known as Developmental Assets®—that help young people grow up healthy, caring, and responsible.

Every quarter, we will spotlight one internal and one external asset (Source: <https://searchinstitute.org>).



Caring Neighborhood

EXTERNAL ASSET

Young people experience caring neighbors

HELP YOUR TEEN SEE THAT THEY HAVE A CARING NEIGHBORHOOD THIS SUMMER!

Tips!

- Learn neighbors' names and say hello often.
- Model kindness and friendliness.
- Let kids interact safely with familiar neighbors.
- Point out when neighbors help or show care.
- Connect with other parents nearby.
- Spend time outside so kids see caring adults around.

Honest Conversations About Drugs Start Here:



OR CLICK [HERE!](#)

May

Mental Health Awareness Month

- 1: May Day / Jewish American Heritage Month begins
- 5: Cinco de Mayo
- 10: Mother's Day
- 25: Memorial Day

June

- 14: Flag Day
- 19: Juneteenth
- 21: Father's Day and Summer Solstice

July

National Ice Cream Month

- July 4 – Independence Day (also the 250th anniversary of the U.S.)

THE SUMMER 2026 TABLE TALKS WAS DEVELOPED BY THE LIFESKILLS REGIONAL PREVENTION CENTER.



KIP Data

The Kentucky Incentives for Prevention (KIP) Survey is a bi-annual survey taken by many 6th, 8th, 10th, and 12th graders in Kentucky public schools (not all school districts participate). These results are from the 2024 Survey.

55% OF KENTUCKY 10TH GRADE STUDENTS REPORT THAT THEY THINK DRUG USE IS A PROBLEM AT THEIR SCHOOL.

The number one protective factor in a child's life to increase their resiliency and help them overcome adversity is **having a trusted adult they can talk to**. Help build your connection to youth by being that trusted adult and helping to increase protective factors for children all over.

PARENTS,
WANT MORE
INFO?



OR CLICK [HERE!](#)

11 Conversation Starters

- If you could instantly become an **expert** at anything, what would you choose?
- If you could pick one **superpower**, what would it be and why?
- Which **season** do you prefer the most and why?
- What makes you **laugh**, and why?

Bacon and Tomato Dip

Servings: 16 | Serving Size: 2 tablespoons

Ingredients

- 1 cup fat free sour cream
- 1 cup low fat mayonnaise
- 2 large tomatoes, diced, reserve excess juice
- 4 slices bacon, cooked crisp and crumbled
- 1 teaspoon garlic powder

Directions

1. Combine all ingredients.
2. Add reserved tomato juice until dip reaches desired consistency.
3. Serve with fresh vegetables or reduced fat crackers.

Source: Plate It Up! Kentucky Proud Project



thedinnertableproject.org

