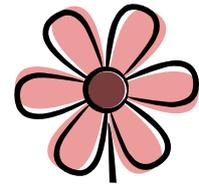




Table Talks



Spring 2026

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: searchinstitute.org).

Sense of Purpose

Internal Asset

Youth express feeling that their life has meaning and purpose.



Tips!

- Help youth discover what they enjoy, like art, sports, music, or technology.
- Give them chances to try new activities, clubs, or volunteer roles.
- Show how their talents can benefit the community.
- Connect their interests to real community projects.
- Involve them in planning events and activities.
- Encourage them to take the lead on creative projects.
- Share examples of peers or role models who turned passions into positive contributions.

March

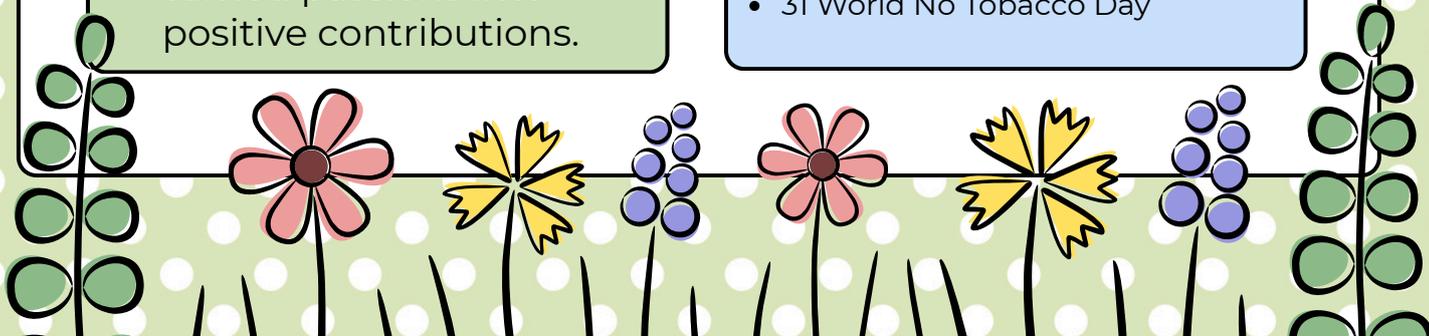
- National Nutrition Month
- Problem Gambling Awareness Month
- 22-28 National Drug and Alcohol Facts Week

April

- Month of the Military Child
- National Cannabis Awareness Month
- Alcohol Awareness Month
- Stress Awareness Month

May

- Mental Health Awareness Month
- Women's Health Month
- 10-16 National Prevention Week
- 31 World No Tobacco Day



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.

31.16%

Students reported 1 hour or more per week of community-based activities.

- **Start small** – Encourage short-term or one-time opportunities that can lead to deeper involvement later.
- **Highlight impact** – Show how their efforts make a real difference in the community.
- **Make it social** – Invite friends or create team-based activities to boost engagement.
- **Provide mentors** – Connect youth with supportive adults or older peers who can guide and encourage them.



Easy Sheet Pan Chicken Bake

Ingredients

- Nonstick spray
- 2 teaspoons chili powder
- 1 teaspoon paprika
- 2 teaspoons garlic powder
- ½ teaspoon salt
- ½ teaspoon pepper
- 3 tablespoons olive oil
- 1 pound boneless, skinless chicken breasts, sliced into strips
- 3 bell peppers, sliced
- 1 medium red onion, sliced

Directions

- Preheat oven to 400 degrees F. Spray a rimmed baking sheet with nonstick cooking spray.
- In a medium bowl, mix chili powder, paprika, garlic powder, salt and pepper; set aside.
- Place chicken and vegetables in large bowl. Drizzle with olive oil; toss to evenly coat.
- Lightly coat chicken slices, bell peppers, and onion in spice mix. Spread onto baking sheet.
- Roast in oven, tossing halfway, until vegetables are tender and chicken has cooked through, about 20-25 minutes.

Source: Katie Shultz, NEP Marketing and Media Specialist, University of Kentucky Cooperative Extension Service

Conversation Starters

- What's your favorite way to be creative—drawing, writing, building, cooking, or something else?
- What's a new activity you'd like to try this spring (painting, baking, gardening, music, building, etc.)?
- If you could cook a spring-inspired meal, what would you make?



KENTUCKY
REGIONAL
PREVENTION
CENTERS



TELL US WHAT
YOU THINK!



thedinnertableproject.org

