

NOV 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.



HIGH EXPECTATIONS

BOTH GUARDIAN(S) AND TEACHERS
ENCOURAGE THE YOUNG PERSON
TO DO WELL

BONDING TO SCHOOL

YOUNG PERSON CARES ABOUT HER
OR HIS SCHOOL

THINGS TO AVOID SAYING TO YOUR TEEN

"WHAT DID YOU DO TO YOURSELF?"

STARTING A CONVERSATION LIKE THIS CAN IMMEDIATELY SHUT DOWN COMMUNICATION WITH YOU AND YOUR TEEN. ALTHOUGH, YOU MAY NOT LIKE THEIR NEW HAIR COLOR, SAYING SOMETHING LIKE THIS ABOUT PHYSICAL CHANGES CAN CAUSE YOUR TEEN TO FEEL JUDGED AND NOT GOOD ENOUGH.



VETERANS

DAY

November 11th

VETERAN'S DAY IS A CELEBRATION TO HONOR AMERICA'S VETERANS FOR THEIR PATRIOTISM, LOVE OF COUNTRY, AND WILLINGNESS TO SERVE AND SACRIFICE FOR THE COMMON GOOD. THERE ARE CURRENTLY ROUGHLY 295,000 KENTUCKY VETERANS.

TAKE SOME TIME THIS NOVEMBER TO THANK THE ACTIVE DUTY MEMBERS AND VETERANS AND THEIR FAMILIES IN YOUR COMMUNITY.

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.

46.7%

OF KY 10TH GRADERS SAID IT WOULD BE "EASY" OR "VERY EASY" TO GET ALCOHOL IF THEY WANTED IT.



- HOW EASILY AVAILABLE ALCOHOL IS TO A TEEN CAN PLAY A HUGE ROLE IN TEEN USE.
- TEENS OFTEN GET ALCOHOL FROM PEOPLE THEY KNOW OVER THE LEGAL DRINKING AGE.
- IT IS IMPORTANT FOR ADULTS WITH ALCOHOL IN THEIR HOMES TO LOCK IT UP.

SAUSAGE AND PANCAKE CASSEROLE

INGREDIENTS

- 1 pound of pork sausage
- 2 cups biscuit/baking mix
- 1-1/3 cups 2% milk
- 2 large eggs
- 1/4 cup canola oil
- 2 medium apples, peeled and thinly sliced
- 2 tablespoons cinnamon sugar
- Maple syrup

DIRECTIONS

1. Preheat oven to 350°.
2. In a large skillet over medium heat, cook and crumble sausage until no longer pink, 5-7 minutes; drain.
3. In a bowl, mix biscuit mix, milk, eggs, and oil until blended; stir in sausage.
4. Transfer biscuit mixture to a greased 13x9-in. baking dish. Top with apples; sprinkle with cinnamon sugar. Bake until set, 30-45 minutes. Serve with syrup.

CONVERSATION STARTERS

WHAT ARE 3 THINGS YOU ARE THANKFUL FOR TODAY?

WHO IS A VETERAN THAT YOU KNOW?

WHY DO YOU THINK TEENS CHOOSE TO USE SUBSTANCES LIKE ALCOHOL, VAPES, OR MARIJUANA?

HOW DO YOU THINK TEEN SUBSTANCE USE COULD BE STOPPED?