

## Why This Book Was Created

**Youth who eat dinner with their families at least 5 times per week, self-report they are less likely to experiment with drugs and alcohol.**



**Many prevention agencies advocate the “Gold Standard” as: dinner five nights a week.**

**But in today’s society, can most families realistically sit down and have meals five nights a week?**

**Not always...however, the conversation is the key!**

## What Parents Have to Say

*“Great book for parents who want to build strong values in their children. Highly recommend!” - Debij*

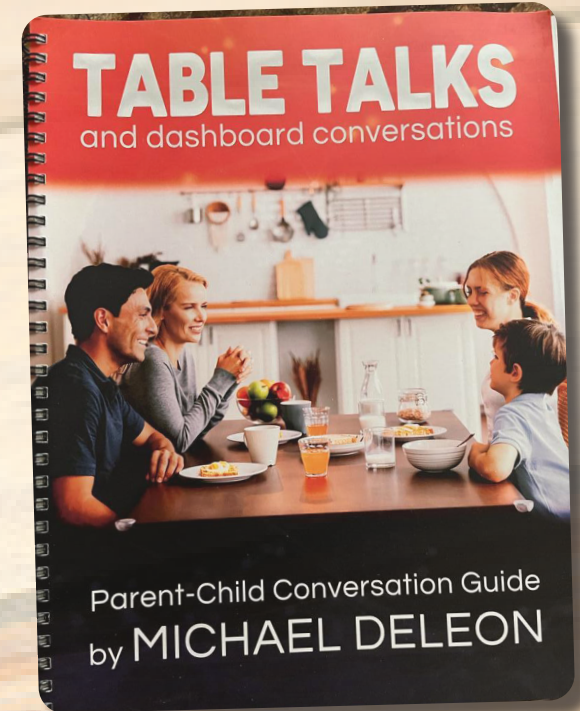
*“This book is like no other of its kind. So insightful I can’t believe I got so much help from it!!!!” - Dustin*

*“This book is a blueprint for all parents to enhance their parenting skills. It serves as a guiding tool to cultivate a loving home, breaking the cycle of self harmful behavior. This should be in every household. Parenting is the most important job in the world, make it your first priority and use this as a guide.” - Thomas*

*“This Spiral bound book is perfectly laid out with activities and conversations each day. This book is well laid out, easy to follow, and not preachy! When my children are grown with children of their own, they will be getting a copy of this book from me. It is an amazing tool!” - Katheryn*

*“I saw Michael DeLeon speak at my children’s high school. He was such an engaging speaker with a compelling message. This book gives families prompts to talk about important issues. I urge parents of younger kids to start these conversations early.” - Ann*

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**It starts with just one conversation a day.**

**Talk *WITH* your kids, not at them!**

Table Talks is designed to significantly improve the parent-child relationship and bond towards ultimately ending the drug addiction epidemic in our country.

## The Results



### Youth who eat dinner with their parents are less likely to:

- Use tobacco/nicotine or vape
- Use alcohol or marijuana
- Have friends that use tobacco, nicotine, vape, alcohol or marijuana
- Plan to use drugs in the future
- Feel depressed
- Think about suicide
- Have sex early
- Have risky behaviors
- Make poor decisions

### This book discusses:

- Vaping
- Drugs and their short and long-term effects
- Risky behavior
- Teen Pressure
- Bullying & Internet Safety
- Leadership
- Interpersonal Skills & Self-development
- Emotional health & suicide prevention

## Monthly Topics



### They will talk...if you listen.

Table Talks provides a 365-day breakdown of conversations to have with your child...there is no other book like it.

### Conversation Subjects:

- January: The Drug Epidemic
- February: Marijuana Awareness
- March: Perceptions, Attitudes & Experience
- April: Leadership Readiness
- May: National Substance Abuse Awareness
- June: Wellness, Safety & Healthy Options
- July: Summer Bucket List
- August: Interpersonal Skills & Communication
- September: Emotional Health & Suicide Prevention
- October: Bullying & Internet Safety
- November: Alcohol, Tobacco/Nicotine, Vaping
- December: Core Values, Peer Assimilation & Peer Pressure

## How Parents Use It



- This book is broken down into each of the months and offers daily conversations to be had for every day of that month.
- Family Field Trips with a specific conversation or activity are included on a weekly or biweekly basis. You select one of the many activities that interest you for that day.
- Following the suggested Field Trips are a separate list of conversations for engagement with your child during the Family Field Trip.
- A Parent Resource Appendix is provided at the back of the book for additional resources that parents need to have available for dealing with their growing teens in today's world.



Order your copy on Amazon or go to [www.steeredstraight.org](http://www.steeredstraight.org)  
or call 856-691-6676