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Dinner Dialogue

ALLEN COUNTY DRUG AND ALCOHOL CONSORTIUM

In This Edition

National Hobby Month

Did you know that hobbies are really good for us?

Spending time on an activity that you enjoy can improve your mental health and wellbeing.

Research shows that people with hobbies are less likely to suffer from stress, low mood, and depression.

Activities that get you out and about can make you feel happier and more relaxed. Group activities like team sports or clubs can improve your communication skills and relationships with others.

Australian Government
Department of Health and Aged Care

DINNER DISCUSSION TOPICS

Trying New Things, Confidence, & Self Esteem

1. What is one thing you are really good at?
2. What is one thing you might not be very good at, but enjoy doing?
3. What is one goal you remember setting, working toward, and achieving?
4. What is one goal you are working toward right now?
5. What is one time you did not achieve what you set out to? How did you keep on keeping on afterward?
6. Who is one person you love being around? Why do you love being around them?
7. If you were going to do something new and scary (like ride a roller coaster or jump off a really high diving board), who would you want cheering you on?
8. What is one time things didn't go as planned, but turned out even better than expected?
9. What is one time you did something that was really difficult to do?
10. What is one thing you like about our family the most?
11. What is one thing you like about yourself the most?
12. How do you define the word "success?" What does it look like to you to be "successful?"
13. How do you you react when your feelings are hurt? Does it help?
14. What is one time you were really brave?
15. What is one thing you love to do? Why do you love to do it?

Kids who feel good about themselves have the confidence to try new things. They are more likely to try their best. They feel proud of what they can do. Self-esteem helps kids cope with mistakes. It helps kids try again, even if they fail at first. As a result, self-esteem helps kids do better at school, at home, and with friends.

As kids grow, self-esteem can grow too. Any time kids try things, do things, and learn things can be a chance for self-esteem to grow.

Alcohol, Tobacco, and Other Drugs Topic

Cannabis Scheduling

First, what is a "schedule?"

According to the United States Drug Enforcement Administration (DEA), drugs, substances, and certain chemicals used to make drugs are classified into five distinct categories (or "schedules") depending on a drug's acceptable medical use and the drug's abuse or dependency potential.

Simply put, Schedule I drugs have no currently accepted medical use and a high potential for abuse. Examples include heroin, ecstasy, and more.

Schedule V drugs have lower potential for abuse and consist of preparations containing limited quantities of certain narcotics. Examples include some antidiarrheal medications, some cough medications, and more.

Cannabis Scheduling: Federally and in Indiana

As of December 2025, cannabis is (and has been since 1970) considered a Schedule I controlled substance in both the state of Indiana and federally. In Indiana, it is illegal for both recreational and medical use.

What may change and where?

For over a year now, the U.S. Department of Justice has considered transferring cannabis from Schedule I to Schedule III federally. In late November 2025, the president shared that there is a plan in place to reschedule cannabis federally. It is important to note though that, ***if finalized, this federal rescheduling would not automatically legalize cannabis in Indiana.***

If rescheduled federally, legislation in Indiana could be influenced. There is no way to know for sure what would change or on what timeline a change could take place, but it's likely that the conversation would be on the forefront of state legislators' minds.

Impacts on Underage Cannabis Use and Perception Following Legalization

In other states, research shows that as cannabis is legalized, adolescents' perception of its potential harm decreases. Recent studies also show that in states with legal medical and recreational cannabis, youth use is declining. One possible explanation for this is that it can be more difficult for teenagers to obtain cannabis as "dealers" are replaced by licensed dispensaries that require proof of age.

Although the overall prevalence of users has not been found to increase, some research suggests that among adolescents who *do* use cannabis, the frequency of their use may increase and the products they may be accessing may have higher potency.

As always, equitable policy implementation and law enforcement practices will remain essential as racial disparities in cannabis-related allegations persist even in states that have moved toward legalization.

Hobbies:

activities done regularly in one's leisure time for pleasure.

Your interests may be creative, athletic, academic, or something distinctly personal. You may choose a hobby that you can do alone or as part of a group. Whatever your interests are, there is sure to be a hobby out there for you. What matters is that it is something you find meaningful and enjoyable.

Ideas for a new hobby:

Knitting, crocheting, cross stitch, embroidery, or quilt making

Writing novels, comics, or short stories

Graphic design, coding, or photoshop

Volunteering (at an animal shelter is one idea!)

A sport, yoga, or hiking

Pottery or glassblowing

Scrapbooking

Drawing or painting

Silk screening

Calligraphy

Cooking or baking

Woodworking

Why Dinner Dialogues?

Consistent and open communication with your children will boost their self-esteem, improve their self-image, and empower them to make long term healthy decisions.

When they begin to feel heard and understood by the most important people in their life, they will be less likely adhere to the voice of other influences.

Youth who eat dinner with their family are less likely to:

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

Have an idea for a topic, issue, or something else you'd like to see in a future edition of Dinner Dialogue?

Please submit your anonymous feedback by scanning this QR code with your phone's camera!
Alternatively, visit www.dacac.org to find the survey.