

WINTER 2023

The Dinner Table Project

Table Talks

STARTING MEANINGFUL CONVERSATIONS WITH YOUR TEENAGER

DEVELOPMENTAL ASSETS

Search Institute® has identified 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.

FAMILY SUPPORT

FAMILY LIFE PROVIDES HIGH LEVELS OF LOVE AND SUPPORT

RESISTANCE SKILLS

YOUNG PERSON CAN RESIST NEGATIVE PEER PRESSURE AND DANGEROUS SITUATIONS

CYBER BULLYING

WHEN SOMEONE USES THE INTERNET TO BULLY, HARASS, OR SEND INTIMIDATING MESSAGES. THIS CAN HAPPEN AT ANY POINT OF THE DAY MAKING ONE FEEL LIKE THEY CAN'T GET AWAY FROM THE BULLY. SOME TEENS FIND IT STRESSFUL TO RETURN FROM SCHOOL AFTER A HOLIDAY BREAK DUE TO BULLYING.

Signs of Bullying

- Being less active in class
- Acting out
- Anxiety
- Depression
- Faking illness to miss school.

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 2021 Survey.

15.1%

of Kentucky 10th Graders responded that they had been **electronically bullied within the past year**, including bullying through texting, Instagram, Facebook, TikTok, online gaming, or other social media.

Citrus Chicken Stir Fry

Servings:4 Serving Size:1 cup Recipe Cost:\$6.42 Cost per Serving:\$1.61.



INGREDIENTS

- 2 tablespoons olive oil
- 1 pound boneless, skinless chicken thighs
- 2 teaspoons garlic powder
- 2 tablespoons low-sodium soy sauce
- 1/4 cup orange juice
- 1 teaspoon honey
- 1/2 teaspoon black pepper
- 8 ounces sugar snap peas, wash and string, if needed
- 1 red or orange bell pepper, sliced

DIRECTIONS

- Heat oil in a large skillet over medium-high heat.
- Add chicken and sprinkle garlic powder over the pieces. Brown each side for about 2 minutes, flipping chicken occasionally.
- In a small bowl, stir together soy sauce, orange juice, honey and black pepper. Pour over chicken. Add sugar snap peas and bell pepper slices to the pan. Stir to combine.
- Cook for an additional 3-4 minutes, until peas and bell pepper slices soften and chicken has reached 165 degrees F. Serve over rice.

TIPS ON CARING

Help your child to be the caring person you know they can be by encouraging them to help others. Always look for ways for your child to be helpful, such as, having them hold the door for the person behind them or helping a neighbor carry in their groceries. At home, allow your child to help you with preparing dinner, folding laundry, or reading a bedtime story to their siblings. In order to teach your child to become a caring person, they must be shown an example of a caring person.

So don't forget to set the example for your child by watching the neighbors' pet when they're away, bringing food when someone has a new baby, asking the cashier at the grocery store how their day is going. etc.

CONVERSATION STARTERS

- 1.If you could live in a TV show or movie for a day, what would it be and why?
- 2.What is the kindest thing you ever did for a friend?
- 3.What do you wish parents or teachers were more understanding about?



thedinnertableproject.org



KENTUCKY
REGIONAL
PREVENTION
CENTERS