

DEC 2022

# 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.



#### School Boundaries

YOUR TEEN'S SCHOOL PROVIDES CLEAR RULES AND CONSEQUENCES

#### Integrity

YOUR TEEN ACTS ON CONVICTIONS AND STANDS UP FOR THEIR BELIEFS

### December is National Impaired Driving Prevention Month

The time between Thanksgiving Day and New Years Day is recognized as the most dangerous time to be on the road due to the increase in people driving while impaired. Talk with your teens about the importance of not driving under the influence of substances and the importance of driving defensively.

Download the *Talk. They Hear You.* Mobile App for tips on how to start conversations about alcohol and other drug use with your teens.

Get Informed. Be Prepared. Take Action.



### Communication Tip: Do Things Together

Talking isn't the only way to communicate, and during these years it's great if you can spend time doing things you both enjoy, whether it's cooking or hiking or going to the movies, without talking about anything personal. It's important for kids to know that they can be in proximity to you, and share positive experiences, without having to worry that you will pop intrusive questions.

## 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 2021 Survey.

**13%** of KY 10th Graders have drunk alcohol in the past 30 days.

### Did you know?

Most teens who use alcohol get it from someone they know? Be sure to lock up alcohol in your homes to limit access.

### Discussing This With Your Teen:

- Why do you think some teenagers choose to drink alcohol? Why would some choose not to?
- What are some good ways to resist peer pressure to drink alcohol?
- What is it about Kentucky that could effect this statistic? Why?

## Slow Cooker Pot Roast

### Ingredients

- 1 3-5lb beef roast (any kind)
- 1.5 cups water
- 1 (1 ounce) packet brown gravy mix
- 1 (1 ounce) packet ranch dressing mix
- 1 (1 ounce) packet Italian dressing mix
- vegetables of your choice (I prefer potatoes, carrots and celery)

### Directions

1. Place your beef roast into your slow cooker with 1.5 cups of water.
2. In a small bowl, mix all of the seasoning packets together, and then sprinkle it over your roast.
3. Cook on low for about 5 hours, and then add your veggies.
4. Cook for an additional 2-3 hours or until the beef easily pulls apart.

## Conversation Starters

- IS THERE SOMEONE WHO YOU THINK LOOKS UP TO YOU?
- WHO IS IT, AND WHAT DO YOU THINK THEY LOOK UP TO ABOUT YOU?
- WHAT DO YOU THINK YOUR LIFE WOULD LOOK LIKE 10 YEARS FROM NOW?