

SPRING 2023

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.



PARENTAL INVOLVEMENT

CAREGIVER(S) ARE ACTIVELY INVOLVED IN HELPING TEEN SUCCEED IN SCHOOL.

RESPONSIBILITY

TEEN ACCEPTS AND TAKES PERSONAL RESPONSIBILITY.

SEVERE WEATHER PREPAREDNESS

STORMS AND TORNADOS ARE OFTEN UNEXPECTED. DEVELOPING A PLAN, HAVING RESOURCES AVAILABLE, AND SPECIFIC AGREED-UPON GUIDELINES TO FOLLOW CAN INCREASE SAFETY AND REDUCE STRESS.

Storm Safety Tips

- Be sure everyone knows where to go in your house in case of a tornado. If you have a basement, go there. Otherwise go to the lowest level of the house to an area without windows. Put as many walls as possible between you and the outside.
- Develop and practice an evacuation plan ahead of a severe weather event. Include a plan for pets and add any transportation routes and destinations in the plan. Prepare an emergency supplies kit for both family members and pets ahead of time to take with you. Be prepared to evacuate when authorities tell you to do so.
- Stay out of flood waters, if possible, and do not drive into flooded areas. Even water only several inches deep can be dangerous.
- Always assume fallen power lines are energized. Stay away from the area and report any downed lines to authorities immediately.
- Unplug appliances and other electrical items, such as computers and televisions, to prevent damage from surges caused by lightning strikes.
- If you evacuated, do not return to your home until local authorities say it is safe.
- Plan two ways out of your home in case of an emergency. Clear driveway and front walk of ice and snow.
- Make sure your house number can be seen from the street. If you need help, firefighters will be able to find you. -nfpa.org



MAKE
A
PLAN



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.



86%

OF KY 10TH GRADERS
HAVE AN ADULT THEY
CAN GO TO FOR HELP.

TEENS WHO HAVE TRUSTED ADULTS IN
THEIR LIVES ARE MORE LIKELY TO REACH
OUT FOR HELP WHEN THEY NEED IT.

A trusted adult can be anyone a child or teen knows they can rely on enough to talk to about what is happening in their life. You don't have to be their parent to be a trusted adult. Many words and actions may identify you as a trusted adult including:

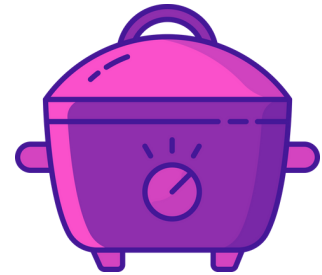
- MAKING THE TEEN FEEL SAFE AND WILLING TO SHARE HOW THEY ARE DOING
- SHOWING THEM THAT YOU RESPECT THEIR BODY BOUNDARIES (PERSONAL SPACE)
- BEING KIND AND THOUGHTFUL - LISTENING TO THE TEEN AND BELIEVING THEM
- PROVING YOU ARE DEPENDABLE, HONEST, AVAILABLE AND WILLING TO HELP, PATIENT, OPEN-MINDED AND NONJUDGMENTAL



SLOW COOKER SALSA CHICKEN

INGREDIENTS

- 4 Boneless Skinless Chicken Breasts 6-8 ounces each
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 24 ounces chunky salsa
- 8 ounces cream cheese



DIRECTIONS

1. Spray a large crockpot with nonstick spray.
2. Add the chicken to the bottom of the crockpot and top with the salt and pepper.
3. Pour salsa over the chicken and then top with the cream cheese.
4. Cook on high for 3 1/2 hours or on low for 6-8 or until chicken is cooked through (165F internal temp).
5. Stir together and then shred chicken with 2 forks (should shred easily).
6. Stir again to fully coat in the salsa mixture.
7. Use for tacos, nachos, sandwiches, and more!

CONVERSATION STARTERS



- WHEN DO YOU KNOW YOU CAN TRUST SOMEONE IN YOUR LIFE?
- WHAT WOULD YOU LIKE TO DO WITH YOUR SPRING BREAK?
- WHAT ARE YOU MOST PROUD OF?
- IS THERE ANYTHING YOU PRETEND TO UNDERSTAND BUT DON'T?