

AUG 2020

# The Dinner Table Project

PRESENTS

## 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.

#### POSITIVE FAMILY COMMUNICATION

YOUR TEEN IS COMFORTABLE SEEKING  
ADVICE AND COUNSEL FROM YOU.

#### SAFETY

YOUR TEEN FEELS SAFE AT HOME, SCHOOL,  
AND IN THE NEIGHBORHOOD.

#### YOUTH PROGRAMS

YOUR TEEN SPENDS TIME EACH WEEK  
PARTICIPATING IN SPORTS, CLUBS, OR  
OTHER HOBBIES.



## COMMUNICATION TIPS: BE OBSERVANT

Pay attention to your teen's change in mood, behavior, and activity level. Showing an interest in what is going on in your teen's life is one way to let them know you care and want to talk to them about these things. If you see a change in your teen's ability to complete daily activities, ask them about it in a supportive and non-judgmental way. It can be helpful to have the number for a local mental health facility or the suicide prevention lifeline available.

**SUICIDE**  
PREVENTION  
**LIFELINE**

THE SUICIDE PREVENTION LIFELINE IS AVAILABLE  
24 HOURS A DAY, 7 DAYS A WEEK AT

**1-800-273-8255**

## 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 2018 Survey.

E-CIGARETTES ARE THE MOST WIDELY USED SUBSTANCE AMONG YOUNG PEOPLE IN KENTUCKY.



ALMOST ALL E-CIGS CONTAIN NICOTINE, THE ADDICTIVE SUBSTANCE FOUND IN TRADITIONAL CIGARETTES, AS WELL AS OTHER TOXINS.

### **ASK YOUR TEEN:**

Are you surprised by this statistic? Why or why not?  
Why do you think teens who have never smoked cigarettes before choose to try e-cigarettes/vaping?  
What is something that you think would make teens quit using e-cigarettes/vaping?

## CREAMY TOMATO SPINACH PASTA

### INGREDIENTS

- 1 pound chicken breast, cut into 1 inch pieces
- salt and pepper
- 2 tablespoons olive oil
- 1 tablespoon minced garlic
- 1/2 cup diced yellow onion
- 2 1/2 cups uncooked penne pasta
- 2 cups low-sodium chicken broth
- 1 cup tomato sauce
- 3 heaping cups spinach
- 4 ounces reduced-fat cream cheese
- 1/4 cup grated parmesan cheese

### DIRECTIONS

1. Season chicken with salt and pepper; set aside.
2. In a 12" pan or skillet, heat olive oil over medium heat.
3. Add onions and stir until soft, about 3 minutes. Stir in garlic and cook one additional minute.
4. Add chicken to pan and cook until brown on both sides.
5. Add uncooked pasta, chicken broth, tomato sauce and spinach. Stir then bring to a boil.
6. Reduce heat to low, cover and simmer for 22 minutes. Uncover and cook until almost all of the liquid is absorbed, about 5 additional minutes.
7. Remove from heat, stir in cream cheese and Parmesan cheese. Stir until cheese is melted.

## CONVERSATION STARTERS

If you could live in any country in the world, where would you live?

If you could give one gift to everyone in the world, what would you choose?

What qualities do you look for in a friend? Why?

Who is your favorite book character?



[thedinnertableproject.org](http://thedinnertableproject.org)



KENTUCKY  
REGIONAL  
PREVENTION  
CENTERS