

Fall 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.

HEALTHY RELATIONSHIPS IN SCHOOLS

When young people feel supported in schools, they are more likely to be more present and engage in the lesson. This makes them perform better in school. Having a healthy relationship with teachers will also help decrease behavior problems. Having support when it comes to school takes pressure off teens and allows them to feel comfortable asking questions and learning.



CARING SCHOOLS

RELATIONSHIPS WITH TEACHERS AND PEERS PROVIDE A CARING, ENCOURAGING ENVIRONMENT.



PERSONAL POWER

YOUNG PERSON FEELS HE OR SHE "HAS CONTROL OVER THINGS THAT HAPPEN TO ME."

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.

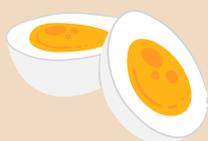
25.2%

of Kentucky 10th Graders met the threshold for serious psychological distress.

COMMUNICATION TIP: VALIDATE THEIR FEELINGS

It can be difficult to empathize with emotions that we are not experiencing. Rather than brushing off what your teen might be feeling, be sure to validate their struggles by saying something along the lines of "Wow, that must be difficult. What can we do to help you through it?"





BAKED EGG CUPS



Servings: 6 Serving Size: 1 egg cup Recipe Cost: \$3.00 Cost per Serving: \$.50

INGREDIENTS:

- Cooking spray
- 6 slices of thin cut deli-style turkey or ham
- 6 eggs
- Pepper
- ½ cup finely shredded 2% cheddar cheese
- ½ cup diced red and green bell pepper (or vegetables of choice)



DIRECTIONS:

1. Preheat oven to 350°F.
2. Spray 6 muffin tin cups with cooking spray.
3. Arrange meat slices so they line the muffin cup.
4. Break an egg into each cup, gently breaking the yolk with a sharp knife.
5. Season lightly with pepper, if desired, and sprinkle in diced peppers (or vegetables of choice).
6. Place muffin tin in the oven and cook for 15 minutes. If eggs are not firm, return to oven and check them every minute until they are firm.
7. Remove from oven and quickly sprinkle with shredded cheese. Serve right away.

FAMILY SUPPORT

It's important for your child to feel love and support.

Love and support can be shown by stopping what you're doing and giving your child your undivided attention when they come to you with a problem, question, or concern; eye contact goes a long way! Love and support can also be shown by asking your child what their "highs" and "lows" of the day were and helping your child find ways to improve on their "lows."

CONVERSATION STARTERS

1. What do you like best about your school?
2. Think of an assignment or conversation you had today that you liked. Why did you enjoy it?
3. If you could do away with one subject in school, which one would it be and why?

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PREVENTION
CENTERS