

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.



RESPONSIBILITY

It's important to help your child understand that they cannot change the actions of others but only themselves.

FAMILY BOUNDARIES


Set family boundaries by sitting down with your child and creating a list of family rules together. Allow your child to have input on possible consequences for breaking the family rules. Monitor your child's whereabouts by creating check-in times

SUMMER SAFETY TIPS

- **Stay Hydrated:** In the summer heat, it's crucial to stay hydrated. Encourage everyone to drink plenty of water throughout the day, especially if they're engaging in outdoor activities.
- **Sun Protection:** Always wear sunscreen with at least SPF 30 to protect your skin from harmful UV rays. Don't forget to reapply every two hours, especially after swimming.
- **Swimming Safety:** If you're hitting the pool or beach, make sure everyone knows basic water safety. Always swim in designated areas with lifeguards, and always have a flotation device available when in open water.
- **Insect Protection:** Be mindful of insects, especially in wooded or grassy areas. Use insect repellent to prevent bites and stings. Check for ticks after spending time outdoors.
- **Fire Safety:** If you're planning a barbecue or camping trip, follow fire safety guidelines. Keep a safe distance from the grill, and never leave a fire unattended.
- **First Aid Kit:** Pack a basic first aid kit with essentials like bandages, antiseptic wipes, and any necessary medications. It's always better to be prepared.
- **Emergency Contacts:** Make sure everyone has a list of emergency contacts, including local medical facilities and a family member or friend who can be reached in case of an emergency.

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.



77.1%

of Kentucky 10th graders responded that having **5 or more alcoholic drinks in a row** puts people at “moderate or great risk” of harming themselves.

CRISPY OVEN ZUCCHINI FRIES

Servings: 8 Serving Size: 1 cup

Ingredients

- ½ cup all-purpose flour
- Pinch of salt
- ½ teaspoon black pepper
- 1 egg + 1 egg white
- ½ cup plain or panko breadcrumbs
- ¼ cup grated parmesan cheese
- ½ teaspoon paprika
- Dash of salt
- 4 medium zucchini
- Nonstick spray



Directions

- Preheat oven to 450° F.
- In a pie pan, whisk together flour, salt and pepper. In a second pie pan, beat egg and egg white together. In a third pie pan, whisk together breadcrumbs, parmesan cheese, paprika and a dash of salt.
- Slice zucchini lengthwise into ½-inch thick pieces. Cut into 4-inch lengths and then into “fries” or strips.
- Dip zucchini strips into the flour, then the egg and then through the breadcrumb mixture. Place on a baking sheet treated with nonstick spray.
- Bake for 10 minutes. Turn slices and continue baking for another 10 minutes until golden-brown and crisp. Serve immediately.

CONVERSATION STARTERS

- What are the characteristics of a good friend?
- How do you decide to help someone?
- What is your favorite summer activity and why?



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KENTUCKY
REGIONAL
PREVENTION
CENTERS