

APR 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.

SCHOOL BOUNDARIES

YOUR TEEN'S SCHOOL HAS CLEAR RULES AND CONSEQUENCES

YOUTH AS RESOURCES

YOUR TEEN IS GIVEN USEFUL ROLES IN THEIR COMMUNITY

RESISTANCE SKILLS

YOUR TEEN CAN RESIST NEGATIVE PEER PRESSURE AND DANGEROUS SITUATIONS



RISK + PROTECTIVE FACTORS

Risk factors increase the likelihood young people will develop health and social problems. Protective factors buffer the impact of risk factors and lower the chances of young people developing health and social problems.

COMMUNITY VIOLENCE

CAN BE COMBATED WITH

PRESENCE OF MENTORS & SUPPORT

**flatten
the
curve**

While we are preventing the spread of COVID-19 through our great state, it is important that we take advantage of the time we have together with our loved ones. Here are some great bonding activities that can be done indoors

PLAY BOARD GAMES
WRITE LETTERS TO NURSING HOME PATIENTS
MAKE A TIME CAPSULE
TAKE A VIRTUAL MUSEUM TOUR

#TEAMKENYTUCKY

#TOGETHERKY

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.

11.4%

of KY 10th Graders have smoked marijuana in the past 30 days.



MARIJUANA USE CAN IMPAIR THESE FUNCTIONS:

ATTENTION
MEMORY
LEARNING
DECISION MAKING

DISCUSSING THIS WITH YOUR TEEN:

Why do you think some teenagers choose to use marijuana?
Why would some choose not to?

Are you surprised by this statistic? Why or why not?

What is something that you think could be done to prevent teen usage?

CROCK-POT CREAMY CHICKEN & RICE

INGREDIENTS

3-4 boneless, skinless chicken breasts, cubed if desired
10¾ oz can cream of chicken soup
14 oz can chicken broth
½ c onion, chopped
3 c long grain white rice, uncooked
3 c water

DIRECTIONS

- 1.) Put all ingredients in your slow cooker and mix together gently
- 2.) Cover and cook on low for 4-6 hours, until chicken and rice are both done.
- 3.) If you have not done so already, cut or shred chicken before serving.

CONVERSATION STARTERS

What is your dream job? Why?

If you could be any animal, what would you be?

Someday you might have children, what would you say to them about underage drinking or using drugs?



thedinnertableproject.org

