

APR 2021

The Dinner
Table Project

Table Talks

STARTING MEANINGFUL CONVERSATIONS WITH YOUR TEENAGER

DEVELOPMENTAL RELATIONSHIPS FRAMEWORK

Search Institute has identified five elements—expressed in 20 specific actions—that make relationships powerful in young people's lives. We refer to this as the developmental relationships framework.

ELEMENT 3: PROVIDE SUPPORT

WAYS TO HELP YOUR TEEN COMPLETE TASKS AND ACHIEVE GOALS

NAVIGATE: GUIDE THEM THROUGH HARD SITUATIONS

EMPOWER: BUILD THEIR CONFIDENCE TO TAKE CHARGE IN LIFE

ADVOCATE: STAND UP FOR THEM WHEN THEY NEED IT

SET BOUNDARIES: PUT LIMITS IN PLACE TO HELP THEM STAY ON TRACK

BARRIERS TO COMMUNICATING JUMPING IN WITH ADVICE

WHEN YOUR TEEN IS SHARING WITH YOU IT CAN BE TEMPTING TO OFFER UP SOLUTIONS WITHOUT EVEN CONSIDERING THAT MIGHT NOT BE WHAT YOUR TEEN NEEDS. THERE IS TIME TO PROBLEM SOLVE WITH YOUR TEEN, BUT THEY OFTEN WANT SOMEONE TO COMFORT THEM AND LISTEN WITHOUT JUDGEMENT. BE SURE TO FOCUS MORE ON WHAT THEY ARE SAYING AND LESS ON WHAT YOU WANT TO SAY.



SHARE THE DANGERS OF VAPING WITH YOUR TEEN BY HAVING THEM VISIT BEHINDTHEHAZE.COM



THE NATIONAL PRESCRIPTION DRUG TAKE BACK DAY ADDRESSES THE PUBLIC SAFETY AND PUBLIC HEALTH ISSUE THAT IS HAPPENING ACROSS THE COUNTRY. STUDIES SHOW MAJORITY OF ABUSED PRESCRIPTION DRUGS WERE OBTAINED FROM FAMILY AND FRIENDS, OFTEN FROM THE HOME MEDICINE CABINET. THIS DAY IS THE PERFECT DAY TO CLEAN OUT YOUR MEDICINE CABINET AND SAFELY DISPOSE OF RX MEDS.

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.

8.6%

OF KY 10TH GRADERS
HAVE BINGE DRANK IN
THE PAST 2 WEEKS.

BINGE DRINKING = DRINKING 5 OR
MORE DRINKS IN ONE SITTING.

WHEN SOMEONE BINGE DRINKS IT
INCREASES THE RISK OF:

- ✗ MEMORY PROBLEMS
- ✗ LEARNING PROBLEMS
- ✗ ACCIDENTS AND VIOLENCE
- ✗ ALCOHOL USE DISORDERS

APRIL IS NATIONAL ALCOHOL AWARENESS MONTH

TALKING TO YOUR TEENS ABOUT THE RISKS INVOLVED WITH UNDERAGE DRINKING CAN HELP MORE THAN YOU THINK. FOR ADVICE ON HOW TO START THE CONVERSATION VISIT SAMHSA'S "TALK, THEY HEAR YOU." CAMPAIGN AT [HTTPS://WWW.SAMHSA.GOV/UNDERAGE-DRINKING](https://www.samhsa.gov/underage-drinking)

BAKED PORK CHOPS



INGREDIENTS

- 1 1/2 cups of panko bread crumbs
- 5 tablespoons vegetable oil
- 3 tablespoons grated Parmesan
- 2 teaspoons dried Italian seasoning
- Kosher salt and freshly ground black pepper
- Four 3/4-inch bone-in pork chops (about 2 1/4 pounds)

DIRECTIONS

1. Preheat the oven to 450 degrees F.
2. Combine the bread crumbs, oil, Parmesan, Italian seasoning and 3/4 teaspoon each salt and pepper in a large resealable plastic bag. Put the pork chops in a large bowl and toss to coat with 1 tablespoon water. Place the pork chops in the bag and shake well to coat, pressing the breadcrumb mixture firmly into the meat.
3. Place the pork chops on a wire rack set on a baking sheet and top evenly with any breadcrumbs remaining in the bag. Bake for about 15 to 20 minutes. (until the breadcrumbs are golden brown)
4. Serve with your favorite sides.

CONVERSATION STARTERS

WHAT WOULD YOU SAY TO A FRIEND THAT WAS
THINKING ABOUT DRINKING AT A PARTY?

IF YOU COULD LIVE IN ANY COUNTRY IN THE WORLD,
WHERE WOULD YOU LIVE?

WHAT IS SOMETHING THAT MAKES YOU FEEL LIKE YOU
ARE LIVING LIFE TO THE FULLEST?



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KENTUCKY
REGIONAL
PREVENTION
CENTERS