

# The Dinner Table Project

AUG 2021

## 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.

#### CARING SCHOOL CLIMATE

YOUR TEEN'S SCHOOL PROVIDES A CARING, ENCOURAGING, ENVIRONMENT

#### ACHIEVEMENT MOTIVATION

YOUR TEEN IS MOTIVATED TO DO WELL AT SCHOOL

#### SENSE OF PURPOSE

YOUR TEEN REPORTS THAT "MY LIFE HAS PURPOSE"



### THINGS TO AVOID SAYING TO YOUR TEEN "YOU'RE SELFISH"

EVERYONE HAS MOMENTS WHERE THEY BEHAVE SELFISHLY. WHEN THIS HAPPENS WITH YOUR TEEN, BE SURE TO LET THEM KNOW THAT YOU ARE DISAPPOINTED IN WHAT THEY DID AND NOT WHO THEY ARE AS A PERSON.

AUGUST IS...

## **FAMILY FUN MONTH**

QUALITY TIME WITH LOVED ONES CAN DO A WORLD OF GOOD. BE SURE TO TAKE ADVANTAGE THIS AUGUST:

- HAVE A PICNIC
- FAMILY GAME NIGHT
- CAMPING
- COOK DINNER TOGETHER
- KARAOKE NIGHT

SAFE HOMES  
ARE FUN HOMES!  
BE SURE TO  
LOCK UP YOUR:

- ✓ PRESCRIPTION MEDICATIONS
- ✓ ALCOHOL
- ✓ GUNS

## 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.

# 24.2%

OF KY 10TH GRADERS HAVE FELT NERVOUS MOST OF OR ALL OF THE TIME.



## ANXIETY CAN LOOK LIKE:

- OVERTHINKING
- MEMORY ISSUES
- SWEATING
- STOMACH ISSUES
- PROCRASTINATING
- NOT SLEEPING
- LACK OF PATIENCE

## ONE-POT CHICKEN & VEGETABLE SKILLET

### INGREDIENTS

- 2 tbs. olive oil
- 4 boneless skinless chicken breasts, cut into 1-inch pieces
- 1/2 cup finely chopped onion
- 1 tsp. salt
- 1/2 tsp. Italian seasoning
- 1/4 tsp. pepper
- 1 can (14.5 oz) diced tomatoes
- 1 bag (16 oz) frozen broccoli, cauliflower and carrots
- 1 cup shredded mozzarella cheese (4 oz)

### DIRECTIONS

1. In 12-inch nonstick skillet, heat olive oil over medium-high heat. Add chicken, onion, salt, Italian seasoning and pepper. Cook 4 to 5 minutes, turning occasionally, until chicken is no longer pink in center and browned. Reduce heat to medium.
2. Stir in tomatoes and frozen vegetables. Cover and cook 15 to 20 minutes or until vegetables are tender and heated through.
3. Sprinkle with cheese. Cover and cook 1 to 2 minutes or until cheese is melted.

## CONVERSATION STARTERS

WHAT IS YOUR FAVORITE THING ABOUT THE FIRST DAY OF SCHOOL?

DO YOU KNOW ANYONE THAT IS LIVING THEIR LIFE TO THE FULLEST? WHAT DOES THAT LOOK LIKE?

WHERE DO YOU SEE YOURSELF IN 5 YEARS? 10 YEARS?



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KENTUCKY  
REGIONAL  
PREVENTION  
CENTERS