

DEC 2020

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.

CARING NEIGHBORHOOD

YOUR TEEN HAS ACCESS TO CARING NEIGHBORS.

SENSE OF PURPOSE

YOUR TEEN FEELS THAT THEIR LIFE HAS A PURPOSE.

HONESTY

YOUR TEEN UNDERSTANDS THE IMPORTANCE OF TELLING THE TRUTH EVEN WHEN IT IS HARD TO DO.



COMMUNICATION TIP: CONTROL YOUR EMOTIONS

IT IS VERY EASY TO GET ANGRY WHEN YOUR TEEN ISN'T BEHAVING. IT IS MORE DIFFICULT FOR A TEEN TO CONTROL THEIR EMOTIONS WHEN THEY ARE UPSET, SO IT IS IMPORTANT FOR YOU TO BE ABLE TO. COUNT TO TEN OR TAKE SOME DEEP BREATHS BEFORE YOU SPEAK. IF YOU ARE TOO UPSET TO TALK, PUT THE CONVERSATION ON PAUSE UNTIL YOU HAVE BOTH CALMED DOWN.

DECEMBER IS... NATIONAL DRUNK & DRUGGED DRIVING MONTH

The time between Thanksgiving Day and New Years Day is recognized as the most dangerous time to be on the road due to the increase in people driving while impaired. Talk with your teens about the importance of not driving under the influence of substances and the importance of driving defensively.

The “Talk. They Hear You.” campaign aims to reduce underage drinking and substance use among youths under the age of 21 by providing parents and caregivers with information and resources they need to address alcohol and other drug use with their children early.
<https://www.samhsa.gov/underage-drinking>



i talk
they hear you®

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, IN 2018, HAD BINGE DRANK, AT LEAST ONCE, IN THE PAST 2 WEEKS.

BINGE DRINKING IS HAVING 5 OR MORE ALCOHOLIC DRINKS IN A ROW.

BINGE DRINKING CAN LEAD TO OTHER RISKY BEHAVIORS.

BINGE DRINKING EFFECTS THE STILL DEVELOPING TEEN BRAIN.

ASK YOUR TEEN:

ARE YOU SURPRISED BY THIS STATISTIC? WHY OR WHY NOT?
WHAT WOULD YOU DO IF YOU FOUND YOURSELF IN A SITUATION WHERE YOU COULD DRINK?

ONE-PAN ITALIAN CHICKEN

INGREDIENTS

- 3 skinless, boneless chicken breasts
- ¾ pound fresh green beans, trimmed
- 4 red potatoes, quartered
- ½ (.7 ounce) package dry Italian-style salad dressing mix
- 6 tablespoons butter, melted

DIRECTIONS

- 1.) Preheat oven to 350 degrees.
- 2.) Place chicken breasts in the middle of a rimmed sheet pan. Add green beans on one side and potatoes on the other. Pour melted butter over everything and sprinkle with Italian dressing mix. Cover with aluminum foil.
- 3.) Bake in the preheated oven until chicken is no longer pink in the center and the juices run clear, about 60 minutes. An instant-read thermometer inserted into the center should read at least 165 degrees.

CONVERSATION STARTERS

WHAT IS ONE THING YOU LEARNED ABOUT YOURSELF THIS YEAR?

WHAT IS SOMETHING YOU WANT TO ACHIEVE NEXT YEAR?

WHO HAS BEEN A SUPPORT FOR YOU THIS YEAR? WHY?



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CENTERS