

FEB 2020

# The Dinner Table Project

PRESENTS

## Table Talks

STARTING MEANINGFUL CONVERSATIONS WITH YOUR TEENAGER



February is...  
**TEEN DATING  
VIOLENCE  
AWARENESS**  
month

Teens who experience dating violence are at a higher risk for stress and depression which can lead to the use/misuse of alcohol, tobacco, or other drugs. Help us celebrate healthy relationships and join us in taking action to help spread awareness and prevent dating violence by visiting [www.breakthecycle.org](http://www.breakthecycle.org)

### 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.

#### ♥ FAMILY BOUNDARIES ♥

YOUR FAMILY HAS CLEAR RULES AND CONSEQUENCES AND MONITORS YOUR TEEN'S WHEREABOUTS

#### ♥ CREATIVE ACTIVITIES ♥

YOUR TEEN SPENDS 3 OR MORE HOURS PER WEEK IN LESSONS OR PRACTICE FOR MUSIC, DANCE, ART, ETC.

#### ♥ CARING ♥

YOUR TEEN PLACES HIGH VALUE ON HELPING OTHER PEOPLE

### **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.

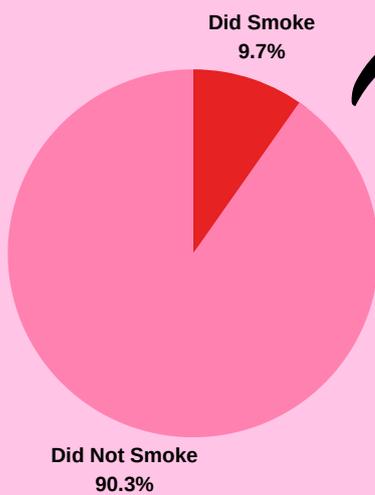
#### LOW COMMITMENT TO SCHOOL

**CAN BE COMBATED WITH**

#### OPPORTUNITIES FOR SOCIAL INVOLVEMENT AT SCHOOL

## 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.



# 9.7%

of KY 10th Graders smoked cigarettes in the past 30 days. This is twice the national average.

## DISCUSSING THIS WITH YOUR TEEN:

Why do you think some teenagers choose to smoke tobacco?  
Why would some choose not to?

Do you think this statistic is accurate for your school? Why or why not?

What is it about Kentucky that could effect this statistic? Why?

## ♥ Baked Italian Chicken and Veggie Foil Packets ♥

### INGREDIENTS

1/2 cup onion sliced or chopped  
1 tablespoon olive oil  
1 tablespoon Italian seasoning  
salt and pepper to taste  
1 teaspoon garlic powder or fresh minced garlic  
1 teaspoon of paprika (optional)

2 small or 1 large chicken breasts cut into 1 inch cubes  
1 cup broccoli florets  
1 cup bell peppers sliced or chopped (colors of choice)  
1 small zucchini sliced  
1/2 cup tomatoes sliced into large chunks  
aluminum foil

### DIRECTIONS

- 1.) Pre-heat oven to 400F.
- 2.) In a large bowl or ziplock bag, combine all the ingredients and mix fully.
- 3.) Cut and lay out 2 12x12 inch squares of aluminum foil on a sheet pan. Place half the mixture on each foil and gently fold the foil around ingredients to form a tight seal.
- 4.) Bake for 20 minutes or until chicken is cooked through. Serve with a side of rice or noodles.



## *Conversation Starters*



What are the best qualities of the people sitting at the table?



When you feel down or stressed, what do you do to feel better? What is it about these activities that make you feel better?



If you could have a meal with one person from history, dead or alive, who would you choose? Why?



[thedinnertableproject.org](http://thedinnertableproject.org)