

# 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 1: EXPRESS CARE

WAYS TO SHOW YOUR TEEN THAT THEY MATTER TO YOU

BE DEPENDABLE- BE SOMEONE YOUR TEEN CAN TRUST

LISTEN- GIVE YOUR TEEN ATTENTION WHEN YOU ARE TOGETHER

BELIEVE IN YOUR TEEN- MAKE YOUR TEEN FEEL KNOWN AND VALUED

BE WARM- SHOW YOUR TEEN YOU ENJOY BEING WITH THEM

ENCOURAGE- PRAISE YOUR TEEN FOR THEIR EFFORTS AND ACHIEVEMENTS

## Teens and Dating



LOVE IS IN THE AIR THIS MONTH  
(AND MOST MONTHS WHEN YOU'RE A TEENAGER)

DATING IS A COMPLETELY NORMAL PART OF YOUNG ADULT LIFE THAT HELPS TEENS DEVELOP RELATIONSHIP SKILLS. AS SCARY AS IT CAN BE, IT IS IMPORTANT TO PREPARE YOUR TEEN BY HAVING DISCUSSIONS ABOUT EMOTIONS, SUBSTANCE USE, SEXUAL HEALTH, AND PRIVACY WHEN IT COMES TO DATING. BE OPEN AND SUPPORTIVE FOR THEM!

FOR 6 TRUTHS ABOUT TEENS AND DATING VISIT [HTTPS://WWW.VERYWELLFAMILY.COM/FIVE-TRUTHS-TEENS-AND-DATING-261146](https://www.verywellfamily.com/five-truths-teens-and-dating-261146)

## COMMUNICATION TIP: ASK QUESTIONS

WHEN YOU ARE TALKING WITH YOUR TEEN IT IS IMPORTANT FOR THEM TO KNOW YOU ARE ACTIVELY LISTENING. ASKING QUESTIONS CAN BE A GREAT WAY TO LET THEM KNOW THEY ARE BEING HEARD AND YOU ARE INTERESTED IN WHAT THEY HAVE TO SAY. WHEN TEENS FEEL YOU CARE ABOUT WHAT THEY HAVE TO SAY THEY ARE MORE LIKELY TO SHARE WITH 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.



OF KY 10TH GRADERS  
THINK IT IS WRONG,  
OR VERY WRONG, FOR  
SOMEONE THEIR AGE  
TO DRINK ALCOHOL  
REGULARLY.

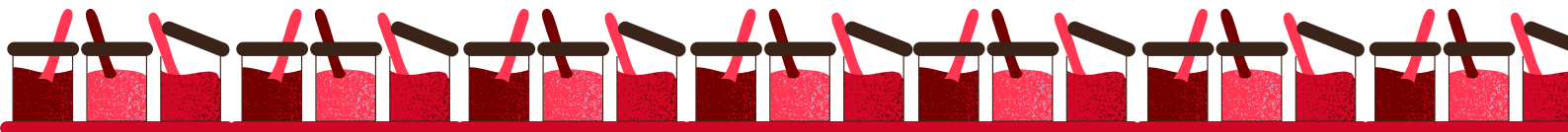


PERCEPTION OF HARM AND AGE PLAY AN IMPORTANT PART WHEN COMES TO SUBSTANCE USE. TYPICALLY, TEEN'S OPINIONS ON HOW HARMFUL A SUBSTANCE IS DECREASES AS THEY GET OLDER. THE YOUNGER A PERSON IS WHEN THEY START TO USE SUBSTANCES THE MORE RISKY IT IS. TALK TO YOUR TEEN ABOUT THE IMPORTANCE OF UNDERSTANDING THE RISKS INVOLVED WITH SUBSTANCE USE.

## EASY GOULASH

- 2 tbsp. extra-virgin olive oil
- 1 medium yellow onion, chopped
- 1/4 tsp garlic powder
- 1 lb. ground beef
- Salt
- Black Pepper
- 1 tbsp. tomato paste
- 1 1/4 c. low-sodium beef broth
- 1 (15-oz.) can tomato sauce
- 1 (15-oz.) can diced tomatoes
- 1 tsp. Italian seasoning
- 1 tsp. paprika
- 1 1/2 c. elbow macaroni, uncooked
- 1 c. shredded cheddar

1. In a large skillet over medium heat, heat oil. Add onion and cook until soft, about 5 minutes. Add garlic powder and cook about 1 minute more.
2. Add ground beef and cook until no longer pink, about 6 minutes. Drain fat and return beef to pan. Season with salt and pepper.
3. Add tomato paste and stir to coat, then pour in broth, tomato sauce, and diced tomatoes. Season with Italian seasoning and paprika, and stir in macaroni. Bring to a simmer and cook, stirring occasionally, until pasta is tender, about 15 minutes. Stir in cheese and remove from heat.



## CONVERSATION STARTERS

WHAT IS YOUR DREAM JOB?

WHAT IS THE FIRST THING ON YOUR BUCKET LIST?

WHAT IS YOUR EARLIEST MEMORY?

WHAT WAS YOUR FAVORITE BOOK WHEN YOU WERE LITTLE?



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



KENTUCKY  
REGIONAL  
PREVENTION  
CENTERS