

The Dinner Table Project

Table Talks

FEB 2022

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.

POSITIVE PEER INFLUENCE

YOUR TEEN'S FRIENDS MODEL
RESPONSIBLE BEHAVIOR

PERSONAL POWER

YOUR TEEN FEELS AS
THOUGH THEY HAVE
CONTROL OVER THE THINGS
THAT HAPPEN TO THEM



THINGS TO AVOID SAYING TO YOUR TEEN

"YOUR FRIENDS DON'T DO THAT"

THIS STATEMENT CAN CREATE A SENSE OF COMPETITION BETWEEN YOUR TEEN AND THEIR PEERS. PRESSURING YOUR TEEN TO DO SOMETHING, OR NOT DO SOMETHING, BY COMPARING THEM TO OTHERS THEIR AGE CAN REDUCE THEIR SELF-ESTEEM. IT CAN ALSO CREATE CONFUSION WHEN IT COMES TO YOUR EXPECTATIONS OF THEM AND HOW THEY SHOULD HANDLE PEER PRESSURE.

HEALTHY RELATIONSHIPS HAVE...

- MUTUAL TRUST
- HONESTY
- GOOD COMMUNICATION
- UNDERSTANDING
- CALM DURING ARGUMENTS
- CONSENT



SMALL CONVERSATIONS CAN MAKE A BIG IMPACT!

TALKING TO YOUR TEEN ABOUT THE RISKS OF UNDERAGE DRINKING IS ALWAYS A GOOD IDEA, BUT DID YOU KNOW A LOT OF SMALL TALKS CAN MAKE A BIGGER IMPACT THAN ONE BIG TALK? HELP BUILD TRUST BETWEEN YOU AND YOUR TEEN BY FINDING OUT HOW TO HAVE THESE TALKS AT WWW.SAMHSA.GOV/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.

58.9%

OF KY 10TH GRADERS
THINK THEIR FRIENDS
WOULD FIND IT WRONG
OR VERY WRONG FOR
THEM TO SMOKE
MARIJUANA

THE POWER OF POSITIVE FRIENDS

THE URGE TO FIT IN WITH A GROUP OF FRIENDS CAN BE DIFFICULT TO NAVIGATE AS A TEEN. IT IS IMPORTANT FOR TEENS TO HAVE FRIENDS THAT SUPPORT THEIR HEALTHY DECISIONS. WHAT TEENS THINK THEIR FRIENDS APPROVE OR DISAPPROVE OF CAN INFLUENCE THEIR DECISION MAKING. IT IS IMPORTANT TO HAVE DISCUSSIONS WITH YOUR TEEN ABOUT THE PERSONAL QUALITIES OF POSITIVE FRIENDS AND WHAT HEALTHY RELATIONSHIPS LOOK LIKE.

MEXICAN LASAGNA

INGREDIENTS

- 2 pounds ground beef
- 1 can (16 ounces) refried beans
- 1 can (4 ounces) chopped green chiles
- 1 package taco seasoning
- 2 tablespoons hot salsa
- 12 ounces uncooked lasagna noodles
- 4 cups shredded Colby-Monterey Jack cheese, divided
- 1 jar (16 ounces) mild salsa
- 2 cups water
- 2 cups sour cream
- 1 can (2-1/4 ounces) sliced ripe olives, drained
- 3 green onions, chopped
- 1 medium tomato, chopped, optional

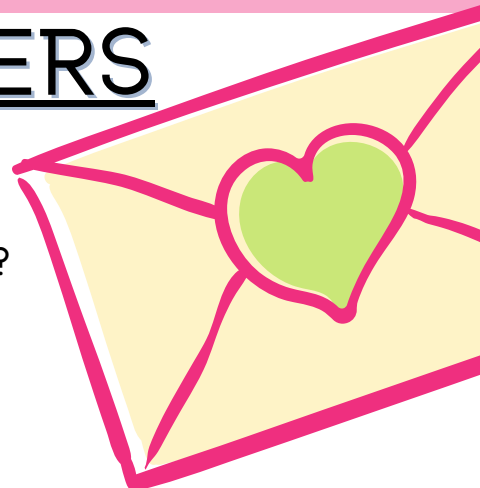
DIRECTIONS

1. Preheat oven to 350°. In a large skillet, cook beef over medium heat until no longer pink; drain. Stir in beans, chiles, taco seasoning and hot salsa.
2. In a greased 13x9-in. baking dish, layer a third of the noodles and meat mixture. Sprinkle with 1 cup of cheese. Repeat layers twice.
3. Combine mild salsa and water; pour over top. Cover and bake 1 hour or until heated through.
4. Top with sour cream, olives, onions, tomatoes if desired, and remaining cheese. Bake, uncovered, 5 minutes. Let stand 10-15 minutes before cutting.



CONVERSATION STARTERS

- WHAT ARE THE QUALITIES YOU LOOK FOR IN A FRIEND?
- HOW DO YOU HANDLE STRESS IN A HEALTHY WAY?
- WHO IS SOMEONE WHO LOOKS UP TO YOU? WHY DO YOU THINK THEY DO?
- WHAT IS A MEMORABLE ACT OF KINDNESS YOU HAVE WITNESSED?



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KENTUCKY
REGIONAL
PREVENTION
CENTERS