

# The Dinner Table Project

PRESENTS

## Table Talks

STARTING MEANINGFUL CONVERSATIONS WITH YOUR TEENAGER



### WELCOME

Welcome to Table Talks-The Dinner Table Project extension geared toward having important conversations with your teenager.

Studies link regular family dinners with many healthy behaviors: lower rates of substance use, teen pregnancy, and depression, higher grade-point averages, and self-esteem.

### DEVELOPMENTAL ASSETS

Search Institute® has identified the following building blocks of healthy development—known as Developmental Assets®—that 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.

#### -HONESTY-

YOUR TEEN CAN TELL THE TRUTH, EVEN WHEN IT IS NOT EASY.

#### -HIGH EXPECTATIONS-

YOUR TEEN IS ENCOURAGED TO DO WELL BY FAMILY AND EDUCATORS.

#### -POSITIVE PEER INFLUENCE-

YOUR TEEN'S BEST FRIENDS MODEL RESPONSIBLE BEHAVIOR

### **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.

**IMPULSIVNESS**

**CAN BE  
COMBATED  
WITH**

**EMOTIONAL  
CONTROL**

## 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.

### Kentucky 10th Graders: Past 30 Day Alcohol Use

■ Did Not Use Alcohol (83%) ■ Did Use Alcohol (17%)



**17%** OF KY 10TH GRADERS DRANK ALCOHOL IN THE PAST 30 DAYS.

#### DISCUSSING THIS WITH YOUR TEEN:

Why do you think some teenagers choose to drink alcohol? Why would some choose not to?

What are some good ways to resist peer pressure to drink alcohol?

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

### CONVERSATION STARTERS

- ✓ If you could travel anywhere in the world, where would you go? Why?
- ✓ What do you hope you are doing in 5 years?
- ✓ If you could give one thing to everyone in the world, what would you give?
- ✓ Who is your favorite person? Why?
- ✓ What are the qualities of a good friend?
- ✓ What helps you get through a bad day?

### BAKED SPAGHETTI

#### INGREDIENTS

16 oz. spaghetti  
2 tbsp. extra-virgin olive oil  
1 finely chopped yellow onion  
2 cloves garlic, minced  
1 lb. ground beef  
salt  
black pepper  
1 tsp. Italian seasoning  
1 (28-oz.) can crushed tomatoes  
1 tbsp. dried basil  
1 c. shredded mozzarella  
1/4 c. Parmesan



#### DIRECTIONS

Preheat oven to 350°. Grease a medium baking dish with cooking spray. Cook spaghetti according to package directions until firm and slightly chewy, drain, and set aside. Meanwhile, in a large skillet over medium heat, heat oil. Add onions and cook until soft and translucent, about 5 minutes. Stir in garlic and cook until fragrant, 1 minute more. Add ground beef, season with salt, pepper, and Italian seasoning, and cook until no longer pink, about 8 minutes. Drain fat in a bowl lined with paper towels and return to pan. Pour in crushed tomatoes and basil and simmer until slightly reduced, about 10 minutes. Season with more salt and pepper to taste. Toss with spaghetti, then transfer to baking dish and top with mozzarella and Parmesan. Bake until cheese is melted and pasta is warmed through, about 20 minutes.



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