

JAN 2021

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.



PARENT INVOLVEMENT IN SCHOOLING

GUARDIANS ARE ACTIVELY INVOLVE IN
HELPING TEEN SUCCEED IN SCHOOL.

SAFETY

YOUR TEEN FEELS SAFE AT SCHOOL, HOME,
AND IN THEIR NEIGHBORHOOD.

EQUALITY AND SOCIAL JUSTICE

YOUR TEEN PLACES HIGH VALUE ON
PROMOTING EQUALITY & REDUCING HUNGER
AND POVERTY .

COMMUNICATION TIP: GIVE THEM YOUR UNDIVIDED ATTENTION

IT IS IMPORTANT FOR YOUR TEEN TO KNOW THAT YOU ARE LISTENING TO WHAT THEY ARE SAYING. PART OF ACTIVELY LISTENING IS NOT ALLOWING YOURSELF TO BE DISTRACTED BY OTHER THINGS GOING ON AROUND YOU. YOUR TEEN WILL BE MORE LIKELY TO SPEAK UP ABOUT THINGS GOING ON WITH THEM IF THEY KNOW YOU LISTEN AND CARE.

JANUARY 17-23 IS...

HUNT FOR HAPPINESS WEEK!

This week is about exploring what and who in our lives gives us true happiness. It isn't likely that we will be happy all of the time, but we can make positive changes in our lives in order to seek out happiness. Take this time to consider what you enjoy doing & who you enjoy doing it with in order to make 2021 a great year.

- BE A MENTOR FOR SOMEONE.
- MAKE TIME FOR THE THINGS YOU LOVE TO DO.
- DONATE YOUR TIME TO HELPING OTHERS.
- LEAN ON THOSE WHO GIVE YOU STRENGTH.



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.

20% OF KY STUDENTS WHO DRANK ALCOHOL RECEIVED THE ALCOHOL FROM FAMILY MEMBERS OR FRIENDS.



Many adults believe that there are no risks to teens drinking so long as there is adult supervision. The still developing teen brain is endangered by alcohol usage whether there is adult supervision or not. The parts of the brain that control the following functions are effected when teens drink alcohol:

✗ LEARNING & MEMORY

✗ IMPULSE CONTROL

✗ DECISION-MAKING

THE BRAIN IS NOT FULLY DEVELOPED UNTIL AROUND THE AGE 25.

HOPPIN' JOHN

- 1/2 pound sliced bacon, cut into 1-inch pieces
- 1 small green or sweet red pepper, chopped
- 2 celery ribs, chopped
- 6 green onions, sliced
- 1 cup uncooked long-grain rice
- 2 cups water
- 1/4 teaspoon salt

- 1/2 to 1 teaspoon cayenne pepper
- 1/2 teaspoon dried basil
- 1/4 teaspoon dried thyme
- 1/4 teaspoon dried oregano
- 1 can (15 ounces) black-eyed peas, rinsed and drained

DIRECTIONS

In a large skillet, cook bacon over medium heat until crisp. Drain on paper towels; discard all but 2 tablespoons drippings. Saute pepper, celery and onions in drippings until almost tender. Add rice, water and seasonings. Cover and simmer 10 minutes. Add peas and bacon; simmer 10 minutes longer.

CONVERSATION STARTERS

WHAT IS YOUR NEW YEARS RESOLUTION?

WHAT ARE YOU LOOKING FORWARD TO THE MOST THIS YEAR?

IF YOU COULD BE A CHARACTER FROM ANY MOVIE OR TV SHOW, WHO WOULD
YOU WANT TO BE AND WHY?



thedinnertableproject.org



KENTUCKY
REGIONAL
PREVENTION
CENTERS