



The Dinner  
Table Project

# Table Talks

JAN 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.



### SERVICE TO OTHERS

YOUR TEEN SERVES IN THE  
COMMUNITY ONE HOUR OR  
MORE A WEEK

### BONDING TO SCHOOL

YOUR TEEN CARES ABOUT  
THEIR SCHOOL



## THINGS TO AVOID SAYING TO YOUR TEEN

### "I DON'T BELIEVE YOU"

WHEN YOU MAKE THIS STATEMENT TO YOUR TEEN YOU CREATE THE FEELING OF DISTRUST BETWEEN YOU AND YOUR TEEN. THIS CAN DAMAGE YOUR RELATIONSHIP AND LEAD TO TEENS HIDING THEIR ACTIONS AND FEELINGS FROM YOU BECAUSE THEY DO NOT FEEL SAFE OPENING UP. ASK FOR MORE DETAILS WHEN YOUR TEEN TELLS YOU SOMETHING THAT MIGHT SEEM HARD TO BELIEVE.



# HELLO 2022!!

**THE NEW YEAR IS A GREAT TIME TO START NEW HABITS!**

#### **START A GOOD NEWS JAR:**

WRITE DOWN ANYTIME SOMETHING GREAT HAPPENS THROUGHOUT THE YEAR AND STICK IT IN A JAR. AT THE END OF THE YEAR REFLECT ON ALL THE BEAUTIFUL MOMENTS THAT MADE UP YOUR YEAR!

#### **START HAVING THOSE DIFFICULT CONVERSATIONS:**

IT IS ALWAYS A GOOD TIME TO TALK TO YOUR TEENS ABOUT SUBSTANCE USE AND HEALTHY RELATIONSHIPS. FOR TIPS ON HOW TO DO THAT VISIT  
[WWW.SAMHSA.GOV/TALK-  
THEY-HEAR-YOU](http://WWW.SAMHSA.GOV/TALK-<br/>THEY-HEAR-YOU)

#### **START A THANKFULNESS JOURNAL:**

WRITE DOWN 3 THINGS YOU ARE THANKFUL FOR EVERY DAY AND YOU CAN TRAIN YOUR BRAIN TO LOOK FOR THINGS ALL AROUND YOU TO BE THANKFUL FOR.

## 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.

# 65.9%

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

### WHY THIS MATTERS:

WHEN A TEEN BELIEVES SOMETHING IS WRONG THIS DECREASES THEIR CHANCES OF DOING THAT BEHAVIOR. TEENS OPINION OF SUBSTANCE USE CAN PLAY A ROLE IN THEIR PEERS USE AS WELL. TEENS ARE LESS LIKELY TO USE SUBSTANCES IF THEIR PEERS AND GUARDIANS FIND THE BEHAVIOR UNACCEPTABLE.

## NEW YEAR'S SOUP

### INGREDIENTS

- 1 tablespoon extra-virgin olive oil
- 2 cloves garlic, crushed
- 1 small onion, chopped
- 2 carrots, peeled and sliced
- 3 leaves collard greens, coarsely chopped
- 1 (14.5 ounce) can vegetable broth
- 1 (15 ounce) can black-eyed peas, rinsed and drained
- ½ cup quinoa
- 1 cup water
- 1 tablespoon cider vinegar, or to taste
- salt and ground black pepper to taste

### DIRECTIONS

1. Heat olive oil in a soup pot over medium heat; cook and stir garlic until it begins to brown, about 3 minutes. Add onion and carrots. Cook and stir until carrots begin to brown and onion becomes translucent, 7 to 8 minutes. Cook and stir collard greens into onion mixture until wilted, about 5 minutes.
2. Pour vegetable broth and black-eyed peas into vegetables, bring to a boil, and reduce heat to low. Cover and simmer soup until vegetables are softened, 20 to 25 minutes.
3. While soup is simmering, mix quinoa and water in a saucepan, bring to a boil, and reduce heat to low. Cover and simmer until the water has absorbed into the quinoa, about 10 minutes. Stir cooked quinoa into soup and simmer until collard greens are tender, about 10 more minutes. Stir cider vinegar into soup to taste and season with salt and black pepper.

## CONVERSATION STARTERS

- WHAT ARE YOUR NEW YEARS RESOLUTIONS?
- WHAT ARE YOU EXCITED FOR THIS YEAR?
- IN WHAT WAYS DO YOU WANT TO GROW THIS YEAR?
- HOW CAN YOU HELP OTHERS GROW?



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



KENTUCKY  
REGIONAL  
PREVENTION  
CENTERS