

MAR 2020

# The Dinner Table Project

PRESENTS

## 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.



#### SCHOOL BOUNDARIES

YOUR TEEN'S SCHOOL HAS CLEAR RULES AND CONSEQUENCES

#### YOUTH AS RESOURCES

YOUR TEEN IS GIVEN USEFUL ROLES IN THEIR COMMUNITY

#### RESISTANCE SKILLS

YOUR TEEN CAN RESIST NEGATIVE PEER PRESSURE AND DANGEROUS SITUATIONS

### 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.

INCONSISTENT  
DISCIPLINE

CAN BE COMBATED WITH

STRONG FAMILY  
VALUES

### THANKFULNESS CHALLENGE

Finding things to be thankful for every day can change the way you view the world. Take some time to calm yourself and reflect on your daily. Then, write down 3 things you are thankful for. After 21 days you will have trained your brain to think more positively and will know how lucky you really are.

 **TIP: GET THE WHOLE FAMILY PARTICIPATING AND SHARING WITH EACH OTHER.**

## KIP DATA

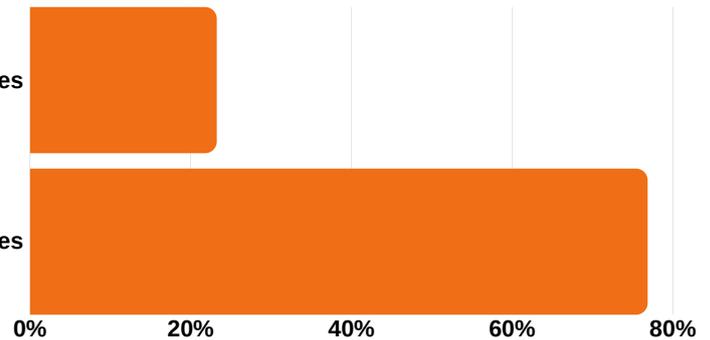
Kentucky Incentives for Prevention (KIP) Survey is a bi-annual survey taken by most 6th, 8th, 10th, and 12th graders in Kentucky public schools (Not all school districts participate). These results are from the 2018 Survey.

# 76.8%

of KY 10th Graders  
have not used  
e-cigarettes/ vapes  
in the past 30 days.

Have Used E-Cigs/Vapes

Have Not Used E-Cigs/Vapes



### DISCUSSING THIS WITH YOUR TEEN:

Why do you think some teenagers choose to use e-cigarettes/vapes/JUUL?  
Why would some choose not to?

Are you surprised by this statistic? Why or why not?

What is something that you think could be done to prevent teen usage?

## SLOW-COOKER BBQ CHICKEN SOUP

### INGREDIENTS

2 lb boneless skinless chicken breast  
1/3 cup diced onion  
3 cloves garlic, finely chopped  
1 can (15.25 oz) Southwestern style corn  
1 can (15.5 oz) white beans, drained, rinsed  
5 cups Progresso™ chicken broth  
1 cup barbecue sauce  
1 teaspoon salt  
1/2 teaspoon pepper  
Shredded Cheddar cheese, if desired

### DIRECTIONS

- 1.) In 6-quart slow cooker, add chicken breast, onion, garlic, corn and white beans.
- 2.) In large bowl, mix broth, barbecue sauce, salt, and pepper. Pour into slow cooker.
- 3.) Cover; cook on low heat setting 6 hours.
- 4.) Remove chicken breast from slow cooker, and shred using two forks. Place back into slow cooker. Cover; cook 30 minutes.
- 5.) Serve soup topped with shredded cheese.

## CONVERSATION STARTERS

If you could star in any movie, what movie would it be?

What qualities do you look for in a boyfriend/girlfriend?

Have you been in situations where there were opportunities for drug or alcohol use? Did you feel pressured? Why or why not?



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