

MAR 2021

The Dinner
Table Project

Table Talks

STARTING MEANINGFUL CONVERSATIONS WITH YOUR TEENAGER

DEVELOPMENTAL RELATIONSHIPS FRAMEWORK

Search Institute has identified five elements—expressed in 20 specific actions—that make relationships powerful in young people's lives. We refer to this as the developmental relationships framework.

ELEMENT 2: CHALLENGE GROWTH

WAYS TO PUSH YOUR TEEN TO KEEP GETTING BETTER

EXPECT MY BEST: EXPECT ME TO LIVE UP TO MY POTENTIAL.

STRETCH: PUSH ME TO GO FURTHER.

HOLD ME ACCOUNTABLE: INSIST I TAKE RESPONSIBILITY FOR MY ACTIONS.

REFLECT ON FAILURES: HELP ME LEARN FROM MISTAKES AND SETBACKS.

COMMUNICATION TIP: DO THINGS TOGETHER

TALKING ISN'T THE ONLY WAY TO COMMUNICATE WITH YOUR TEEN. WATCHING A MOVIE OR GOING ON A WALK TOGETHER CAN BE MORE POWERFUL THAN WORDS. IT IS IMPORTANT THAT YOUR TEEN KNOWS THAT THEY HAVE THINGS IN COMMON WITH YOU. THIS LETS THEM KNOW THAT YOU CAN HAVE POSITIVE EXPERIENCES TOGETHER WITHOUT HAVING TO FEEL LIKE YOU WILL POP AN UNWANTED QUESTION ON THEM.



MARCH 21ST-27TH

NATIONAL INHALANTS AND POISON AWARENESS WEEK

THIS WEEK IS USED TO RAISE AWARENESS ABOUT INHALANTS, SUCH AS AEROSOLS, PAINT, GLUE AND SOLVENTS – PRODUCTS HIDDEN AWAY IN CLOSETS, UNDER SINKS AND IN MOST AMERICAN GARAGES ARE NOT JUST DANGEROUS, BUT CAN BE DEADLY WHEN INHALED.

STUDIES HAVE SHOWN, TEENS ARE 50% LESS LIKELY TO EXPERIMENT WITH INHALANTS IF AN ADULT HAS SPOKEN TO THEM ABOUT THE POTENTIALLY BRAIN DAMAGING AND DEADLY CONSEQUENCES.

FOR CONVERSATION TIPS CHECK OUT SAHMSA'S 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.

97.2%

OF KY 10TH GRADERS HAVE NOT USED PRESCRIPTION PAINKILLERS, WITHOUT A PRESCRIPTION, IN THE PAST MONTH.



ALTHOUGH, MOST TEENS DON'T MISUSE PRESCRIPTION MEDICATIONS, THOSE THAT DO TYPICALLY GET THEM FROM FRIENDS OR FAMILY MEMBERS.

LIMIT THEIR ACCESS BY DISPOSING OF UNUSED MEDICINES SAFELY. IF YOU DO NOT WANT TO DISPOSE OF YOUR MEDICATIONS, LOCK THEM UP. BY LIMITING ACCESS YOU CAN PREVENT SUBSTANCE MISUSE.

CROCK POT ROAST BEEF

INGREDIENTS

- 1 3-lb. bone-in roast beef
- 6 russet potatoes, cut into large chunks
- 1 large onion, quartered
- 6 carrots, peeled and cut into 2" pieces
- 1 tbsp. thyme
- 1 tbsp. rosemary
- 3 cups low-sodium beef broth
- 2 tbsp. Worcestershire



DIRECTIONS

1. In a large slow cooker, place roast beef. Surround your roast with potatoes, onions, carrots, and herbs. Pour over beef broth and Worcestershire.
2. Cover and cook on high, 5 hours, or low, 8 hours.
3. Remove from slow cooker and let rest, then slice and serve with vegetables.

CONVERSATION STARTERS

IF YOU HAD YOUR OWN THEME SONG, WHAT WOULD IT BE?
WHAT IS YOUR FAVORITE THING ABOUT SCHOOL?
HOW DO YOU SHOW PEOPLE YOU CARE ABOUT THEM?
HOW CAN PEOPLE SHOW YOU THEY CARE ABOUT YOU?



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