

Table Talks

MAR 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.



GUARDIAN INVOLVEMENT IN SCHOOL

GUARDIAN(S) ARE ACTIVELY INVOLVED IN HELPING TEEN SUCCEED IN SCHOOL.

SCHOOL ENGAGEMENT

YOUR TEEN IS ACTIVELY ENGAGED IN LEARNING.

THINGS TO AVOID SAYING TO YOUR TEEN

"YOU SHOULD BE ASHAMED"

ALTHOUGH YOUR TEEN WILL LIKELY FEEL SHAME FROM TIME TO TIME, YOU SHOULD NOT BE THE REASON THEY FEEL SHAMED. SHAMING SOMEONE ELSE CAN GIVE THE MESSAGE THAT "MY FEELINGS ARE MORE IMPORTANT THAN YOURS." TRY MODELING THE BEHAVIOR YOU WANT YOUR TEEN TO DO, RATHER THAN PLACING GUILT ON THEM.

MARCH IS... SEVERE WEATHER PREPAREDNESS MONTH

THERE IS NEVER A CONVENIENT TIME FOR A DISASTER TO STRIKE, BUT BEING PREPARED CAN HELP MAKE THINGS EASIER. HERE ARE SOME TIPS TO HELP YOU PREP FOR SEVERE WEATHER:

- HAVE A COMMUNICATIONS PLAN IN PLACE
- HAVE AN EMERGENCY SUPPLIES KIT READY FOR PLACES YOU FREQUENT THE MOST
- TAKE WARNINGS FROM LOCAL OFFICIALS SERIOUSLY

TAKING CARE OF EMOTIONAL NEEDS AFTER A DISASTER:

FOLLOWING A DISASTER, YOU AND YOUR TEEN CAN EXPERIENCE A WIDE RANGE OF EMOTIONS THAT CAN BE DIFFICULT TO PUT INTO WORDS. HERE ARE SOME TIPS FOR HELPING YOUR TEEN COPE AND BE RESILIENT IN THE FACE OF TRAUMATIC EXPERIENCES:

- PAY ATTENTION TO THEM AND BE A GOOD LISTENER
- ALLOW THEM TO ASK QUESTIONS
- ENCOURAGE OPPORTUNITIES OF GENEROSITY
- MODEL SELF-CARE (SET A ROUTINE, EAT & SLEEP WELL, ETC.)

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.

65.5%

OF KY 10TH GRADERS HAVE NOT CONSUMED ALCOHOL IN THE PAST YEAR

“HEY, MOST KENTUCKY TEENS DON'T DRINK!”



TEENS OFTEN THINK A LOT MORE OF THEIR PEERS ARE DRINKING THAN ACTUALLY ARE. MOVIES AND TV SHOWS HAVE A WAY OF MAKING UNDERAGE DRINKING SEEM LIKE IT IS ALWAYS HAPPENING, WHEN IN REALITY MOST KENTUCKY TEENS DON'T DRINK ALCOHOL. WHEN TEENS KNOW THAT EVERYONE IS NOT ACTUALLY DOING IT, IT CAN TAKE OFF SOME OF THE PRESSURE THEY FEEL TO USE SUBSTANCES.

BAKED PESTO CHICKEN



INGREDIENTS

- Salt
- Pepper
- Chicken Breasts
- Basil Pesto
- Tomato Slices
- Mozzarella Cheese

DIRECTIONS

1. Preheat oven to 350°. Place uncooked chicken breasts on a cooking sheet, seasoning each side with salt and pepper.
2. Top each chicken breast with a layer of basil pesto, a slice of mozzarella cheese, and a slice of tomato (in that order).
3. Bake in a 350° oven for at least 30 minutes, or until the chicken is thoroughly cooked



CONVERSATION STARTERS

- WHAT'S A CAREER THAT DOESN'T EXIST (YET) THAT YOU THINK SHOULD? WOULD YOU WANT THE JOB?
- TELL ME ABOUT THE TIME YOU LAUGHED THE HARDEST.
- WHAT IS THE MOST CHALLENGING PART OF YOUR LIFE RIGHT NOW?
- WHAT DO YOU LOOK FORWARD TO MOST EACH DAY?



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CENTERS