

MAY 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.



HIGH EXPECTATIONS

GUARDIAN(S) AND TEACHERS ENCOURAGE YOUR TEEN TO DO WELL.

READING FOR PLEASURE

YOUR TEEN READS FOR PLEASURE THREE OR MORE HOURS PER WEEK.

CULTURAL COMPETENCE

YOUR TEEN IS COMFORTABLE WITH PEOPLE OF DIFFERENT CULTURAL/RACIAL/ETHNIC BACKGROUNDS.

RISK + PROTECTIVE FACTORS

Risk factors increase the likelihood that 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.

LOW SELF-ESTEEM

CAN BE COMBATED WITH

A SENSE OF PURPOSE

TIPS FOR STAYING MENTALLY WELL DURING A TIME THAT CREATES A LOT OF ANXIETY AND UNCERTAINTY FOR US ALL.

KEEP A ROUTINE

Make a to-do list of things you would like to accomplish each day

STAY CONNECTED

Keep in touch with loved ones daily online or on the phone

FIND A NEW HOBBY

Use this down time to try something you have been wanting to do

#TEAMKENTUCKY

#TOGETHERKY

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.

20.9%

of KY 10th Graders have
been bullied on school
grounds.



PEOPLE WHO ARE BULLIED ARE
MORE LIKELY TO EXPERIENCE:

ANXIETY
DEPRESSION
TROUBLE WITH SCHOOL

DISCUSSING THIS WITH YOUR TEEN:

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

Do you know your school's policy on bullying? Do you think that it is followed?

What do you think could be done to prevent bullying?

BAKED CHICKEN WITH VEGETABLES

INGREDIENTS

4 potatoes, sliced
6 carrots, sliced
1 large onion, quartered
3 to 4 chicken breasts
1/2 cup water
1 tsp. thyme
1/4 tsp. pepper
1 to 4 cloves garlic (to taste)

DIRECTIONS

- 1.) Preheat oven to 400 degrees. Spray roasting pan with cooking spray or grease with canola oil.
- 2.) Place potatoes, garlic, carrots and onions in a large roasting pan.
- 3.) Put chicken pieces on top of the vegetables.
- 4.) Mix water, thyme and pepper. Pour over chicken and vegetables. Bake until browned and tender, about one hour. Spoon juices over chicken once or twice during cooking.

CONVERSATION STARTERS

What is the most embarrassing thing that has happened to you?

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

What is the first thing on your bucket list?



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