

MAY 2022

# The Dinner Table Project

## 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.



### COMMUNITY VALUES YOUTH

YOUR TEEN PERCEIVES THAT ADULTS IN THE COMMUNITY VALUE THEM

### PLANNING AND DECISION MAKING

YOUR TEEN KNOWS HOW TO PLAN AHEAD AND MAKE CHOICES

## THINGS TO AVOID SAYING TO YOUR TEEN

### "I WOULDN'T DO THAT IF I WERE YOU"



USING THIS KIND OF LANGUAGE CAN SEEM THREATENING TO YOUR TEEN. IT CAN MAKE THEM SECOND GUESS THEIR DECISION MAKING SKILLS AND SENDS THE MESSAGE THAT YOU DON'T BELIEVE THEY CAN MAKE THE DECISION ON THEIR OWN. TRY WORKING THROUGH AN ISSUE WITH THEM STEP BY STEP TO COME TO A DECISION RATHER THAN TELLING THEM WHAT YOU WOULD DO.

## NATIONAL MENTAL HEALTH AWARENESS MONTH!

MAY IS A TIME TO RAISE AWARENESS OF THOSE LIVING WITH MENTAL OR BEHAVIORAL HEALTH ISSUES AND TO HELP REDUCE THE STIGMA!

### WAYS YOU CAN PARTICIPATE THIS MONTH:

- Start the Conversations: Let the people in your life know you are open and willing to have those difficult conversations with them if they ever need help.
- Know The Resources Available: You can't expect yourself to know everything there is to know about mental health. Knowing the resources and professionals in your area and how to connect someone to help is important!
- Share Your Story: Help reduce the stigma around mental health by sharing your personal story!



## 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.

# 64.8%

OF KY 10TH GRADERS THINK THAT TOBACCO USE IS A PROBLEM AT THEIR SCHOOL.



FACT: KENTUCKY HAS SOME OF THE HIGHEST TOBACCO USE RATES IN THE COUNTRY

Talk with your teen about the risks involved with tobacco and e-cigarette use. The Kentucky Tobacco Prevention and Cessation Program offers several free resources for Kentuckians who want to quit using tobacco products, including cigarettes, e-cigarettes and vapes, cigars and dip, chew and other forms of smokeless tobacco

QUIT NOW KENTUCKY: (800) QUIT-NOW  
TEXT DITCHVAPE TO 88709

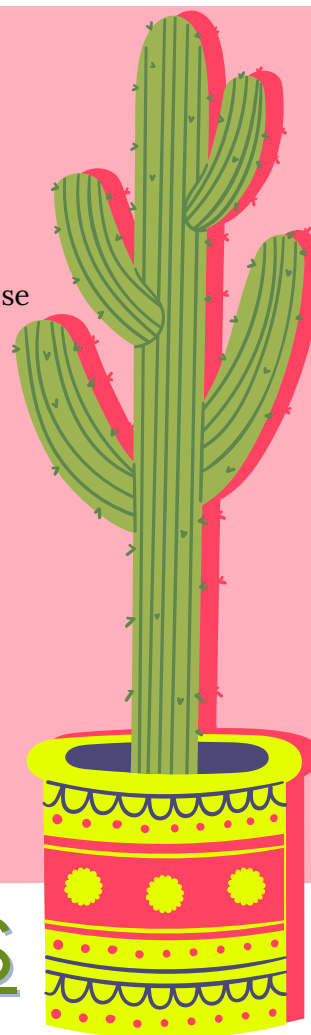
## STUFFED PEPPERS

### INGREDIENTS

- 4 large bell peppers (any color)
- 1lb lean (at least 80%) ground beef
- 2 tablespoons chopped onion
- 1 cup cooked rice
- 1 teaspoon salt
- 1 clove garlic, finely chopped
- 1can (15 oz) tomato sauce
- 3/4 cup shredded mozzarella cheese

### DIRECTIONS

1. Cut thin slice from stem end of each bell pepper to remove top of pepper. Remove seeds and membranes; rinse peppers. If necessary, cut thin slice from bottom of each pepper so they stand up straight. In 4-quart Dutch oven, add enough water to cover peppers. Heat to boiling; add peppers. Cook about 2 minutes; drain.
2. In 10-inch skillet, cook beef and onion over medium heat 8 to 10 minutes, stirring occasionally, until beef is brown; drain. Stir in rice, salt, garlic and 1 cup of the tomato sauce; cook until hot.
3. Stuff peppers with beef mixture. Stand peppers upright in ungreased 8-inch square glass baking dish. Pour remaining tomato sauce over peppers.
4. Cover tightly with foil. Bake 10 minutes in a 350 degree oven. Uncover and bake about 15 minutes longer or until peppers are tender. Sprinkle with cheese.



## CONVERSATION STARTERS

- WHAT IS AN ACTIVITY THAT YOU DO TO CHEER YOURSELF UP?
- DESCRIBE A TIME WHEN SOMEONE WAS GENEROUS TO YOU OR YOU WERE GENEROUS TO SOMEONE ELSE.
- IF YOU COULD ONLY WATCH ONE MOVIE FOR THE REST OF YOUR LIFE, WHAT MOVIE WOULD YOU PICK?



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



KENTUCKY  
REGIONAL  
PREVENTION  
CENTERS