

NOV 2020

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.



### ADULT ROLE MODELS

GUARDIANS AND OTHER ADULTS MODEL POSITIVE AND RESPONSIBLE BEHAVIOR.

### CONFLICT RESOLUTION

YOUR TEEN UNDERSTANDS THE IMPORTANCE OF RESOLVING CONFLICTS PEACEFULLY.

### POSITIVE VIEW OF THEIR FUTURE

YOUR TEEN IS OPTIMISTIC ABOUT THEIR FUTURE.

## COMMUNICATION TIP: VALIDATE THEIR FEELINGS

WE OFTEN WANT TO DOWNPLAY OUR TEEN'S EMOTIONS AND TRY TO PROBLEM-SOLVE FOR THEM. THE NEXT TIME THEY GO THROUGH A BREAK UP RATHER THAN TELLING THEM "THERE ARE PLENTY OF FISH IN THE SEA!" TRY SHARING IN THEIR FEELINGS AND DOING SOMETHING WITH THEM TO HELP THEM THROUGH THEIR TOUGH TIME.

## NOVEMBER 13TH IS...

World Kindness Day is a global day that promotes the importance of being kind to each other, to yourself, and to the world. This day has the purpose is to help everyone understand that compassion for others is what binds us all together. What are some ways can you and your teen can create a more kind world?



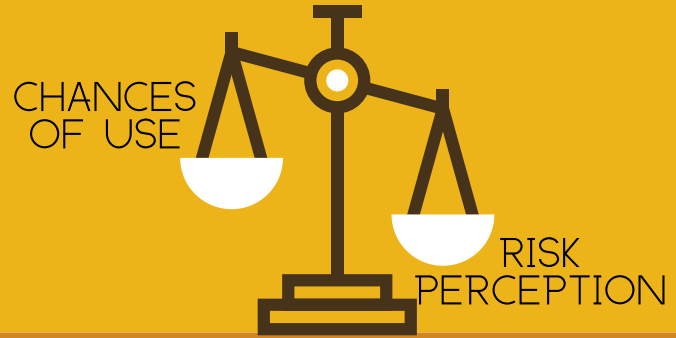
## KIP DATA

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.

**51%** OF KY 10TH GRADERS, IN 2018, SAID THERE IS LITTLE TO NO RISK TO SMOKING MARIJUANA ONCE OR TWICE A WEEK.

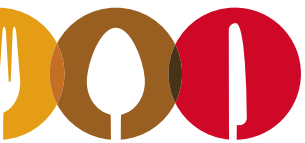
### WHY RISK PERCEPTION MATTERS

With slightly more than half of 10th Graders across the state believing there is not much risk to smoking marijuana regularly, the chances of these teens using marijuana is higher than for teens who see this behavior as more risky. As risk perception decreases the chances of use increase.

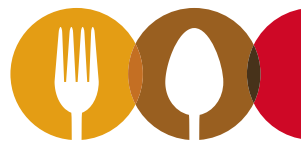


**ASK YOUR TEEN:**

ARE YOU SURPRISED BY THIS STATISTIC? WHY OR WHY NOT?  
WHAT ARE SOME OF THE RISKS OF SMOKING MARIJUANA?



## CHICKEN FAJITAS



### INGREDIENTS

- 1/2 c. plus 1 tbsp. extra-virgin olive oil
- 1/4 c. lime juice
- 2 tsp. cumin
- 1/2 tsp. crushed red pepper flakes
- 1 lb. boneless, skinless, chicken breasts
- salt
- ground black pepper
- 2 bell peppers, thinly sliced
- 1 large onion, thinly sliced
- Tortillas, for serving

### DIRECTIONS

1. In a large bowl, whisk together 1/2 cup oil, lime juice, cumin, and red pepper flakes. Season chicken with salt and pepper, then add to bowl and toss to coat. Let marinate in the fridge at least 30 minutes and up to 2 hours.
2. When ready to cook, heat remaining tablespoon oil in a large skillet over medium heat. Add chicken and cook until golden and cooked through, 8 minutes per side. Let rest 10 minutes, then slice into strips.
3. Add bell peppers and onion to skillet and cook until soft, 5 minutes. Add chicken and toss until combined. Serve with tortillas.

## CONVERSATION STARTERS

WHAT IS ONE THING YOU WOULD LIKE TO BE BETTER AT?

WHAT ARE THREE THINGS YOU LIKE ABOUT YOURSELF?

WHAT IS YOUR FAVORITE MEMORY OF US?



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KENTUCKY  
REGIONAL  
PREVENTION  
CENTERS

