

NOV 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.

#### POSITIVE FAMILY COMMUNICATION

YOUR TEEN COMMUNICATES POSITIVELY AND IS WILLING TO SEEK ADVICE FROM GUARDIANS

#### RESISTANCE SKILLS

YOUR TEEN CAN RESIST NEGATIVE PEER PRESSURE AND DANGEROUS SITUATIONS.



November 13th is...

### WORLD KINDNESS DAY

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?



### COMMUNICATION TIP: GIVE PRAISE

Parents tend to praise children more when they are younger, but adolescents need the self-esteem boost just as much. Teens might act like they're too cool to care about what their parents think, but the truth is they still want your approval. Also looking for opportunities to be positive and encouraging is good for the relationship, especially when it is feeling strained.



Download the *Talk. They Hear You.* Mobile App for tips on how to start conversations about alcohol and other drug use with your teens. Get Informed. Be Prepared. Take Action.



## 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 2021 Survey.

**95%** OF KY 10TH GRADERS HAVE NOT SMOKED A CIGARETTE IN THE PAST 30 DAYS.

## The Power of Positive Social Norms

Teens often think that substance use is widespread amongst their peers. Social Norms campaigns are done all across the state by youth groups and coalitions that aim to spread the good news: that most Kentucky teens do not use alcohol, tobacco, or other drugs! These campaigns aim to inform youth that substance use is not as common as they may think, ultimately reducing the peer pressure to use substances.

## SLOW COOKER CHICKEN & DRESSING

### INGREDIENTS

- 1 can cream of chicken soup (reduced fat is fine)
- 4-6 boneless skinless chicken breasts (I used 4 the last time and for our family of 5 that wasn't nearly enough - will definitely add in 6 next time!)
- 1 1/4 cup water
- 1/4 cup butter or margarine, melted
- 6 oz box dry stuffing/dressing mix (Stovetop style)

### DIRECTIONS

1. Place chicken breast in the bottom of the crockpot (frozen chicken breast works fine too, just add a little extra cooking time).
2. Pour soup on top of the chicken breast.
3. In a bowl, mix together melted butter & water and add in dressing mix.
4. Pour Dressing mixture over the chicken and cream soup.
5. Cook on low for 4 hours
6. Serve

## CONVERSATION STARTERS

- WHAT ARE YOU THANKFUL FOR?
- WHAT IS YOUR FAVORITE SONG AT THE MOMENT?
- DESCRIBE A TIME YOU WERE THANKFUL TO HAVE SOMEONE'S HELP.
- WHAT JOKE NEVER FAILS TO MAKE YOU LAUGH?