



MAY 2021

Table Talks

STARTING MEANINGFUL CONVERSATIONS WITH YOUR TEENAGER

DEVELOPMENTAL RELATIONSHIPS FRAMEWORK

Search Institute has identified five elements—expressed in 20 specific actions—that make relationships powerful in young people’s lives. We refer to this as the developmental relationships framework.

ELEMENT 5: EXPAND POSIBILITIES

CONNECT YOUR TEEN WITH PEOPLE AND PLACES THAT
BROADEN THEIR WORLD.

INSPIRE: INSPIRE THEM TO SEE THE POSSIBILITIES FOR THEIR FUTURE.

BROADEN HORIZONS: EXPOSE YOUR TEEN TO NEW EXPERIENCES, IDEAS, & PLACES.

CONNECT: INTRODUCE YOUR TEEN TO PEOPLE WHO CAN HELP THEM GROW.

THINGS TO AVOID SAYING TO YOUR TEEN

"YOU'RE SO DRAMATIC"

TEENS LOOK TO THEIR PARENTS WHEN IT COMES TO MANAGING EMOTIONS. LABELING THEM AS "DRAMATIC" WHEN THEY ARE TRYING TO EXPRESS THEIR EMOTIONS CAN LEAD TO THEM GROWING UP BELIEVING THAT THEIR FEELINGS DON'T MATTER.

3 WAYS FOR YOUR TEEN TO MAXIMIZE THEIR SUMMER BREAK!

- VOLUNTEER- DONATING TIME TO THOSE IN NEED CAN BE A VERY REWARDING EXPERIENCE, AND LOOKS GREAT ON RESUMES!
- WORK TOWARDS A GOAL- SETTING PERSONAL GOALS AND SETTING OUT TO ACHIEVE THEM IS GREAT FOR SELF-ESTEEM!
- PICK UP A NEW HOBBY- NEW HOBBIES CREATE OPPORTUNITIES FOR LEARNING HEALTHY COPING SKILLS!



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 PROPERTY.



53.4%
OF KY 10TH GRADERS
BELIEVE THEIR SCHOOL'S
BULLYING REPORTING
SYSTEM IS NOT EFFECTIVE.

Teens might not speak up about bullying because they fear adults will just worry about them or that they don't want think anyone will listen. These thoughts can make it difficult for a teen to seek help when they need it. Try to be a supportive adult when it comes to promotive behaviors that encourage your teen reaching out for help.



SAUSAGE AND POTATO FOIL PACKETS

INGREDIENTS

- 12 ounces smoked sausage, cut into 1-inch pieces
- 1 1/2 pounds baby Yukon gold potatoes, quartered
- 8 ounces green beans, trimmed and halved
- 1 tablespoon Cajun seasoning
- 2 tablespoons unsalted butter, melted and cooled



DIRECTIONS

1. Preheat oven to 425 degrees.
2. Place the sausages, baby potatoes, and green beans in a large bowl. Add the Cajun seasoning and butter and toss to coat everything in the spicy, buttery goodness.
3. Divide the potato and green bean mixture between the 4 pieces of foil. Fold each piece of foil up into a tight packet that is completely sealed – fold 2 opposing sides together and then crimp the edges closed.
4. Place the packets in the oven for 20 to 25 minutes, or until the potatoes are cooked through. Use caution when opening the packets, as they are quite steamy.

CONVERSATION STARTERS

IF YOU COULD VACATION ANYWHERE, WHERE WOULD YOU GO?

WHY DO YOU THINK PEOPLE YOUR AGE CHOOSE TO USE SUBSTANCES? WHY DO SOME CHOOSE TO NOT USE?

IF YOU COULD CHANGE ONE THING ABOUT THE WORLD, WHAT WOULD IT BE?



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