

DEC 2021

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 PEER INFLUENCE

YOUR TEEN'S FRIENDS MODEL
RESPONSIBLE BEHAVIOR

EQUALITY AND SOCIAL JUSTICE

YOUR TEEN PLACES HIGH VALUE
ON PROMOTING EQUALITY AND
REDUCING HUNGER AND POVERTY



THINGS TO AVOID SAYING TO YOUR TEEN "YOU'RE OKAY"

WHEN SOMEONE IS UPSET OR CRYING, THIS CAN BE AN AUTOMATIC RESPONSE. TELLING SOMEONE THAT THEY ARE OKAY WHEN THEY DO NOT FEEL OKAY CAN MAKE THINGS CONFUSING FOR THEM. IT TELLS THEM THAT YOU ARE NOT OKAY WITH WHAT THEY ARE FEELING, AND MAKES THEM LESS LIKELY TO COME BACK TO YOU FOR HELP WHEN THEY ARE STRUGGLING WITH THEIR FEELINGS.

REFLECTING ON 2021

TAKE SOME TIME BEFORE THE END OF THE YEAR TO REFLECT ON ALL THAT HAS BEEN ACCOMPLISHED AND THE MEMORIES THAT WERE MADE.
A COUPLE OF WAYS YOU AND YOUR LOVED ONES CAN DO THIS ARE:

- HAVE EVERYONE WRITE A LETTER TO THEMSELVES- WRITE 5 REASONS YOU ARE PROUD OF YOURSELF THIS YEAR.
- MAKE A MEMORY WALL- GRAB SOME POST-IT NOTES AND HAVE EVERYONE WRITE THEIR FAVORITE MEMORIES OF THE YEAR AND STICK THEM TO THE WALL. TAKE TURNS READING THEM OUT LOUD!

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.

88.6% OF KY 10TH GRADERS HAVE NOT USED MARIJUANA IN THE PAST 30 DAYS.

THE IMPORTANCE OF **POSITIVE NORMING**

IT'S IMPORTANT TO KNOW HOW MANY TEENS ARE USING SUBSTANCES, BUT IT IS JUST AS IMPORTANT TO PAY ATTENTION TO HOW MANY ARE NOT USING SUBSTANCES.

TEENS OFTEN FEEL PRESSURED TO USE SUBSTANCES BECAUSE THEY THINK IT IS MUCH MORE COMMON THAN IT ACTUALLY IS. SHOWING TEENS THAT MOST OF THEIR PEERS ARE NOT USING SUBSTANCES CAN HELP THEM MAKE BETTER DECISIONS AROUND SUBSTANCE USE.

CHICKEN POT PIE CASSEROLE

INGREDIENTS

- 1 lb Chicken Breast (diced and cooked)
- 12 oz Frozen Peas and Carrots, thawed
- 2 cup rozen Diced Potatoes, thawed
- 1 Onion (diced and cooked)
- 2 can Cream of Chicken Soup
- 1 cup of water
- 2 cans refrigerated crescent rolls
- 1/2 tsp poultry seasoning
- Salt and Pepper to taste

DIRECTIONS

1. Preheat oven to 350. Grease a 11x13" baking dish.
2. Unroll 1 can of crescent rolls and pinch perforations to seal into a sheet. Press into bottom and up sides of prepared dish.
3. Bake for 20 minutes or until crust is light brown. Allow to cool.
4. In a large skillet, combine chicken cubes, diced onion, water, potatoes and peas and carrots. When ingredients are warm, add soup and poultry seasoning.
5. Pour chicken mixture over baked crust and spread evenly.
6. Unroll other can of crescent rolls and pinch perforations to seal into a sheet. Place over top of chicken mixture and press into sides of dish.
7. Bake for 25 minutes or until top is golden brown.

CONVERSATION STARTERS

WHAT IS YOUR FAVORITE FOOD THAT YOU ONLY GET AROUND THE HOLIDAYS?

WHAT IS SOMETHING GENEROUS YOU HAVE DONE FOR SOMEONE OR SOMEONE HAS DONE FOR YOU?
HOW DID THAT MAKE YOU FEEL?

WHAT IS YOUR FAVORITE HOLIDAY MEMORY?