

APR 2021

The Dinner Table Project

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 3: PROVIDE SUPPORT

WAYS TO HELP YOUR TEEN COMPLETE TASKS AND ACHIEVE GOALS

NAVIGATE: GUIDE THEM THROUGH HARD SITUATIONS

EMPOWER: BUILD THEIR CONFIDENCE TO TAKE CHARGE IN LIFE

ADVOCATE: STAND UP FOR THEM WHEN THEY NEED IT

SET BOUNDARIES: PUT LIMITS IN PLACE TO HELP THEM STAY ON TRACK

BARRIERS TO COMMUNICATING JUMPING IN WITH ADVICE

WHEN YOUR TEEN IS SHARING WITH YOU IT CAN BE TEMPTING TO OFFER UP SOLUTIONS WITHOUT EVEN CONSIDERING THAT MIGHT NOT BE WHAT YOUR TEEN NEEDS. THERE IS TIME TO PROBLEM SOLVE WITH YOUR TEEN, BUT THEY OFTEN WANT SOMEONE TO COMFORT THEM AND LISTEN WITHOUT JUDGEMENT. BE SURE TO FOCUS MORE ON WHAT THEY ARE SAYING AND LESS ON WHAT YOU WANT TO SAY.



SHARE THE DANGERS OF
VAPING WITH YOUR TEEN BY
HAVING THEM VISIT
BEHINDTHEHAZE.COM

APRIL 24TH IS
DEA NATIONAL ^{Rx}

TAKEBACK
DAY

THE NATIONAL PRESCRIPTION DRUG TAKE BACK DAY ADDRESSES THE PUBLIC SAFETY AND PUBLIC HEALTH ISSUE THAT IS HAPPENING ACROSS THE COUNTRY. STUDIES SHOW MAJORITY OF ABUSED PRESCRIPTION DRUGS WERE OBTAINED FROM FAMILY AND FRIENDS, OFTEN FROM THE HOME MEDICINE CABINET. THIS DAY IS THE PERFECT DAY TO CLEAN OUT YOUR MEDICINE CABINET AND SAFELY DISPOSE OF RX MEDS.

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.

8.6%

OF KY 10TH GRADERS
HAVE BINGE DRANK IN
THE PAST 2 WEEKS.

BINGE DRINKING = DRINKING 5 OR
MORE DRINKS IN ONE SITTING.

WHEN SOMEONE BINGE DRINKS IT
INCREASES THE RISK OF:

- ✗ MEMORY PROBLEMS
- ✗ LEARNING PROBLEMS
- ✗ ACCIDENTS AND VIOLENCE
- ✗ ALCOHOL USE DISORDERS

APRIL IS NATIONAL ALCOHOL AWARENESS MONTH

TALKING TO YOUR TEENS ABOUT THE RISKS INVOLVED WITH UNDERAGE DRINKING CAN HELP MORE THAN YOU THINK. FOR ADVICE ON HOW TO START THE CONVERSATION VISIT SAMHSA'S "TALK, THEY HEAR YOU." CAMPAIGN AT [HTTPS://WWW.SAMHSA.GOV/UNDERAGE-DRINKING](https://www.samhsa.gov/underage-drinking)

BAKED PORK CHOPS



INGREDIENTS

- 1 1/2 cups of panko bread crumbs
- 5 tablespoons vegetable oil
- 3 tablespoons grated Parmesan
- 2 teaspoons dried Italian seasoning
- Kosher salt and freshly ground black pepper
- Four 3/4-inch bone-in pork chops (about 2 1/4 pounds)

DIRECTIONS

1. Preheat the oven to 450 degrees F.
2. Combine the bread crumbs, oil, Parmesan, Italian seasoning and 3/4 teaspoon each salt and pepper in a large resealable plastic bag. Put the pork chops in a large bowl and toss to coat with 1 tablespoon water. Place the pork chops in the bag and shake well to coat, pressing the breadcrumb mixture firmly into the meat.
3. Place the pork chops on a wire rack set on a baking sheet and top evenly with any breadcrumbs remaining in the bag. Bake for about 15 to 20 minutes. (until the breadcrumbs are golden brown)
4. Serve with your favorite sides.

CONVERSATION STARTERS

WHAT WOULD YOU SAY TO A FRIEND THAT WAS
THINKING ABOUT DRINKING AT A PARTY?

IF YOU COULD LIVE IN ANY COUNTRY IN THE WORLD,
WHERE WOULD YOU LIVE?

WHAT IS SOMETHING THAT MAKES YOU FEEL LIKE YOU
ARE LIVING LIFE TO THE FULLEST?



thedinnertableproject.org



KENTUCKY
REGIONAL
PREVENTION
CENTERS

The Dinner Table Project

April 2021

A program for families to eat together, have fun, and grow closer through conversation.



Questions to ask everyday...

- What did you learn today?
- What are 3 things you are thankful for?
 - How did you make someone smile today?

HELLO Spring



Conversation Starters

- How do we treat people who are different from us?
 - How can we show appreciation?
- What is something you would like to do outside when it gets warm?
- What is your favorite way to stay connected with family when they aren't close?

Oven-Baked Chicken Fajitas

- 1 large onion
- 1 medium red bell pepper
- 1 lb boneless skinless chicken breasts
- 1 package (1 oz) fajita seasoning mix
- 2 tablespoons vegetable oil

- Tortillas for soft tacos & fajitas
- Sour Cream
- Thick 'n Chunky salsa
- Chopped fresh cilantro

Heat oven to 400°F. Spray 13x9-inch (3-quart) glass baking dish with cooking spray. Cut onion and bell pepper into even slices; place in baking dish. Cut chicken breasts into thin strips; add to vegetables in dish. Sprinkle with seasoning mix; drizzle with oil. Stir until combined and pieces are coated. Bake 35 to 40 minutes, stirring once halfway through baking, until chicken is no longer pink in center. Spoon small amount of chicken and veggies onto each tortilla. Top each with sour cream, salsa and cilantro, or your favorite fajita toppings.



Got Jokes?

What do you call a dog that goes to church?
A prayer-y dog!
Elijah, Christian County



KENTUCKY
REGIONAL
PREVENTION
CENTERS

The Dinner
Table Project



Make Seed Paper!



Gather a large amount of recyclable paper and tear it into small pieces. Fill your blender half full with the paper. Pour warm water into the blender until the fill line. Blend the mixture into a pulp. Then stir in seeds and strain. Spread the pulp thin on a cookie sheet and allow to dry. You can use this paper to make cards to send to family, or write notes and then plant in the garden.



*Earth Day
April 22, 2021*



Military Child Appreciation Month



Our military families work hard to keep connected during deployment and to build bonds when they are together. DTP talked with some military kids about some of their favorite ways to stay connected!

- What's your favorite way to talk to your dad when he's deployed?

Our puppy stuffed animals dad can send messages to (cloud pets) or Facebook video chats.

- What's your favorite thing to do when dad is home?

Play outside, finding turtles and wrestling.

- What's a new tradition your family could start to make you feel more connected?

Having a clock with dad's time zone and hanging more pictures up!

- What is something your mom does to make you feel safe?

She makes a point to do fun things!

- What about your family makes you proud?

We always stick together!



The Biggers, Graves County

Purple Up!

Wear purple on April 17th as a way to show support for our military families!

A Dab of Vocab

Appreciation

the recognition and enjoyment of the good qualities of someone or something. To value or respect someone or something.



Autism Awareness



April is Autism Awareness Month! This is a great time to talk to our young people about how our differences make the world beautiful. Help your young person see how they are similar, too.



thedinnertableproject.org

