

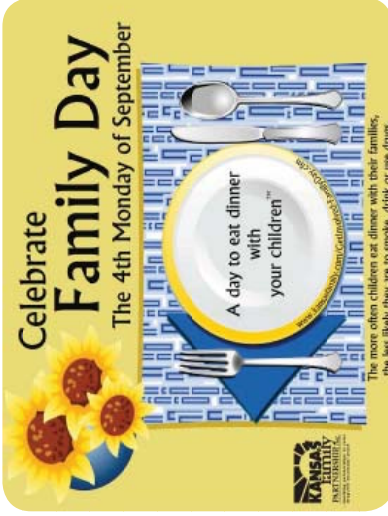
Family Day is a national effort launched in 2001 to promote parental engagement as a simple, effective way to reduce substance abuse in children and teens and raise healthier children. Kansas Family Partnership, Inc. took on the initiative in 2002, and ever since, has helped to promote to Kansas families across the state. Family Day is celebrated the 4th Monday of each September.

Research finds that children who eat dinner often with their families are more likely to:

- Do well in school
- Be emotionally content
- Have positive peer relationships
- Have lower levels of stress and are bored less often
- Be at lower risk for thoughts of suicide
- Not engage in substance abusing behavior

For more information regarding Family Day or to learn more about how you can prevent youth substance abuse, go to: <http://www.kansasfamily.com/GetInvolved-FamilyDay.cfm> or call (800) 206-7231.

The recipe for raising drug-free kids is frequent family dinners combined with lots of conversation!



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