

# **JIM C'S QUIZ OF THE WEEK**

## **FAMILY DAY - 9/24/2007**

*Family Day* — *A Day to Eat Dinner with Your Children*<sup>™</sup> is celebrated on the fourth Monday in September.

### **HOW DID “FAMILY DAY” ORIGINATE?**

*Definition:* A national movement to remind parents that what their kids really want at the dinner table is their parents.

*Origin:* 2001 – The National Center on Addiction and Substance Abuse (CASA) at Columbia University launched *Family Day*.

*Purpose of CASA:* To encourage parents to frequently eat dinner with their kids and be involved in their children's lives. Children and teens who have 5-7 family dinners per week are:

- At 70 percent lower risk for substance abuse
- Half as likely to try cigarettes or marijuana
- One third less likely to try alcohol
- Half as likely to get drunk monthly

*Partnership for a Drug-Free America (PDFA):* Virtually all parents in America (98 percent) say they've talked with their children about drugs; however, only 27 percent of teens say they're learning a lot at home about the risks of drugs.

**Conventional Wisdom:** Family Day = An opportunity and a warning

**Moment of Zen:** A family that eats together shares values