



# *Celebrate* **Family Day!**



Children & youth who eat dinner with their families 5-7 times per week are...

*Less likely to:*

- ~ **Smoke cigarettes**
- ~ **Chew tobacco**
- ~ **Drink alcohol**
- ~ **Use marijuana**
- ~ **Use prescription drugs that belong to others**

*More likely to:*

- ~ **Do well in school**
- ~ **Have positive peer relationships**
- ~ **Have lower levels of stress**
- ~ **Be at a lower risk for thoughts of suicide**

For more information on what you can do to celebrate Family Day and help raise drug-free, healthy youth, visit Kansas Family Partnership's website at [www.kansasfamily.com/FamilyDay](http://www.kansasfamily.com/FamilyDay) or call **1-800-206-7231**.

