

## **FAMILY DAY—A DAY TO EAT DINNER WITH YOUR CHILDREN**

- WHEREAS: Family Day is a national campaign to encourage families across the country to sit down and eat dinner together. The strongest force in the battle against teenage drug, alcohol and tobacco use is the family; tight family bonds formed early in a child's life are essential in curbing substance abuse in teenagers; and
- WHEREAS: Parents and guardians, older siblings, aunts and uncles, cousins and grandparents are all role models to young children. Families who stay involved in the daily lives of their children build powerful relationships and communication skills that can help prevent teenage substance abuse; and
- WHEREAS: Families are also advised to continue this practice. A 1999 National Center on Addiction and Substance Abuse survey showed that teens from families who rarely eat dinner together are 72 percent more likely than the average teen to use illegal drugs, cigarettes and alcohol, while teens from families that rarely miss a meal together are 31 percent less likely to be substance abusers; and
- WHEREAS: While many schools and agencies do have substance abuse programs, the most effective and long lasting substance abuse prevention comes from ground zero of the war on drugs, the home; now
- THEREFORE: I, SONNY PERDUE, Governor of the State of Georgia, do hereby proclaim September 22, 2003, as FAMILY DAY in Georgia and encourage all Georgia families to stay connected and build strong, positive family interactions.

In witness thereof, I have hereunto set my hand and caused the Seal of the Executive Department to be affixed this 22nd day of September in the year of our Lord two thousand three.