PROCLAMATION
FAMILY DAY
SEPTEMBER 24, 2018

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WHEREAS, 90% of Americans who meet the medical criteria for addiction started smoking, drinking, or using other drugs before the age of 18. Preventing or delaying teens from using nicotine, alcohol, or other drugs for as long as possible is crucial to their health and safety; and

WHEREAS, *Family Day* celebrates simple, everyday things parents can do to build strong, healthy relationships with their children that prevent future drug use; and

WHEREAS, studies conducted by the Center on Addiction and other entities consistently have found a relationship between children having frequent dinners with their parents and a decreased risk of their smoking, drinking or using other drugs; likewise, teenagers who have five or more dinners per week with their families are more likely to report having high-quality relationships with their parents; and

WHEREAS, *Family Day* reflects the importance of connecting with your children at various times throughout the day and illustrates how parental engagement fostered around the dinner table is one of the most potent tools to help parents raise healthy, drug-free children; and

NOW, THEREFORE, I, KELLI GLASS LEIGHTON, Mayor of the City of Stuart, Florida do hereby proclaim September 24, 2018, as *Family Day* in the City of Stuart, Florida, and encourage its citizens to honor the importance of spending time connecting as a family and re-initiating efforts in making every day *Family Day* while acknowledging the value of parent-child relationships and the vital role that families play in our community.

IN WITNESS WHEREOF, I have hereto set my hand and caused the seal of the City of Stuart, Florida to be affixed this 24th day of September 2018.

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KELLI GLASS LEIGHTON
MAYOR