



A national initiative to remind parents that **YOU** have the power to help keep your kids substance free!

Family Day is a national initiative created by CASA * to promote simple acts of parental engagement as key ways to help prevent risky substance use in children and teens ~~~

By EATING DINNER TOGETHER ~

What started out in 2001 as a grassroots initiative to inform parents about all the benefits of frequent family dinners, has grown into a national movement that is supported by partners and sponsors across the country.

Family Day has evolved and expanded to reflect how important it is to connect with your kids at various times throughout the day including while driving your kids to soccer practice, tucking little ones into bed or having frequent family dinners.

These every day activities have a lasting effect on your children. Each of these moments offers an opportunity to communicate with your kids and to really listen to what's on their mind.

As children age, it is vital to keep those lines of communication open, especially during adolescence when they are at risk of engaging in risky behavior including smoking, drinking or using other drugs.

While there are no silver bullets – addiction can strike any family regardless of ethnicity, affluence, age or gender – parental engagement can be a simple, effective tool to help you prevent substance use in your kids.

Make every day **Family Day** in your home!

“America’s drug problem is not going to be solved in courtrooms or legislative hearing rooms by judges and politicians. It will be solved in living rooms and dining rooms and across kitchen tables.

Become a Family Day STAR!

I commit to:

S- Spend time with my kids

T- Talk to them about their friends, interests and the dangers of nicotine, alcohol, other drugs

A- Answer their questions and listen to what they say

R- Recognize that I have the power to help keep my kids substance free!

* From Columbia University: *The National Center on Addiction and Substance Abuse*