

THE GENERAL ASSEMBLY OF PENNSYLVANIA

# SENATE RESOLUTION

No. 185 Session of 2013

INTRODUCED BY STACK, KITCHEN, TEPLITZ, WOZNIAK, WASHINGTON,  
RAFFERTY, COSTA, DINNIMAN, ERICKSON, GREENLEAF, SCARNATI,  
SOLOBAY, FONTANA, FARNESE, TARTAGLIONE, BREWSTER AND BAKER,  
SEPTEMBER 23, 2013

INTRODUCED AND ADOPTED, SEPTEMBER 23, 2013

## A RESOLUTION

1 Designating September 23, 2013, as "Family Day - A Day to Eat  
2 Dinner with Your Children" in Pennsylvania, in recognition of  
3 the importance of family dinners in preventing substance  
4 abuse.

5 WHEREAS, The use of illegal and prescription drugs and the  
6 abuse of alcohol and nicotine constitute the greatest threats to  
7 the well-being of America's children; and

8 WHEREAS, Fifteen years of surveys conducted by The National  
9 Center on Addiction and Substance Abuse (CASA) at Columbia  
10 University have consistently found that the more often children  
11 and teenagers eat dinner with their families, the less likely  
12 they are to smoke, drink and use illegal drugs;

13 WHEREAS, Frequent family dining is associated with lower  
14 rates of teen smoking, drinking, illegal drug use and  
15 prescription drug abuse; and

16 WHEREAS, The correlation between frequent family dinners and  
17 reduced risk for teen substance abuse is well documented; and

18 WHEREAS, Parents who are engaged in their children's lives

1 through such activities as frequent family dinners are less  
2 likely to have children who abuse substances; and

3 WHEREAS, Family dinners have long constituted a substantial  
4 pillar of family life in America; therefore be it

5 RESOLVED, That the Senate designate September 23, 2013, as  
6 "Family Day - A Day to Eat Dinner with Your Children" in  
7 Pennsylvania, in recognition of the importance of family dinners  
8 in preventing substance abuse.