

FAMILY DAY PROCLAMATION

WHEREAS: Children are coming of age in a world where electronic devices have replaced the playground, televisions and cell phones have preempted conversations and the importance of children having two parents appears to be diminishing. Bullying is on the increase and pressure to use drugs and alcohol is far too prevalent; and

WHEREAS: Research has shown children can succeed with the love and support of both fit parents and extended families; and

WHEREAS: Family provides the strongest influences on a child's life. Families from every walk of life have shown us that children raised in a loving and caring home will have the ability to reject negative behaviors and reach their highest potential; and

WHEREAS: The National Center on Addiction and Substance Abuse at Columbia University consistently find through research that the more children eat dinner with their families, the less likely they are to smoke, drink, and use illegal drugs; and

WHEREAS: It is our responsibility to talk with adolescents about the risk factors and find out about their lives. Active parents and voicing disapproval of bullying and drug use, have proven to be the most effective preventative method for keeping our children from engaging in negative behaviors; and

WHEREAS: By coming together as a family and discussing the events of the day, parents can foster open communication, share joys and concerns, and help guide their children toward healthy decision-making; and

WHEREAS: Family Day has evolved and expanded to reflect the importance of connecting with kids throughout the day. Everyday activities such as driving to and from practices, tucking little ones into bed, or encouraging interaction with other family members have lasting effects on children; and

WHEREAS: Strong communities in our state are made up of strong families, and on this Family Day, we rededicate ourselves to ensuring that every Alabama family has the chance to build a better, healthier future for themselves and their children; and

WHEREAS: Become a Family Day STAR! **S**pend time with your kids and allow them to spend time with other family members. **T**alk to them about their friends, their interests and the dangers of drugs and alcohol. **A**nswer their questions and listen to what they say, and **R**ecognize that children should be raised free of drugs, bullying, and emotional abuse; and

WHEREAS: The Alabama Family Rights Association and the Shelby County Drug Free Coalition is asking parents, families, leaders and the community to join our efforts to protect and safeguard our children's future. Join us on September 28, 2015, in standing up for families by sitting down to dinner. Remember, parental engagement matters!

NOW, THEREFORE, I, Stencil Handley, Mayor of the City of Columbiana,
do hereby proclaim September 28, 2015, as
FAMILY DAY