*Krum ISD*

**FAMILY CHALLENGE 2013-14**

**Research shows that families who engage in positive conversation and activities together on a consistent basis have children who are more successful socially and academically. Statistics also show that children and adults function better in day-to-day life when they feel connected to their family — below are some interesting statistics:**

* From a survey done for SADD, 82% say their relationships with their parents make them feel good about themselves, 68% say their parents respect them and 60% say they feel close to their parents.  (Journal Star, September 6, 2008)
* Young people who spend time with their parents, talk with them and feel close to them are overwhelmingly less likely to drink (62% versus 43 %) or to use other drugs (87 % versus 77%) than are those who don't. (Teens Today study, September 6, 2008)
* From an online survey of 1,250 adults and teens conducted by Opinion Research Corporation, 67% of teens say they actually want to spend more time with their parents. (Journal Star, September 6, 2008)
* A recent Teens Research Unlimited survey found that 9 out of 10 teens say they’re “close” to their parents; 75% say the “like to do things with their family;” and 59% say family dinners are “in.” (USA Today, April 14, 2008)
* 45% of teen girls say they want to spend more time with their family.  Also, 87% say they experience some stress from relationships with their family.  Could spending more time together help this one stressor?  (Harris Interactive/WeTV survey, March 10, 2008)
* When asked what one thing makes them most happy, 20% mentioned spending time with family--more than anything else. About three-quarters –73%--said their relationship with their parents makes them happy. After family, it was relationships with friends that people mentioned most." --AP/MTV poll, Associated Press, August 20, 2007

**We would like to experience some of the great things that happen when families spend more time together. We are asking for your participation in what we call a “Family Challenge.” EEC, Dyer, and Dodd families will all have the opportunity to participate in these challenges. Watch for information to come home with your child(ren) from each of these campuses detailing each month’s challenge. When your child brings the monthly challenge letters back to their homeroom teacher, indicating that your family successfully completed the challenge, you are entered into an end-of-year drawing for a Family Challenge Prize Package. We also invite you to share photos of your family challenge activities by emailing them to your campus counselor. Thank you for your participation!**

***OCT-Read a book together NOV-Family board games DEC-Complete an art project***

***JAN-Write a story together FEB-Cook as a family MAR-Bike, hike, or play outside***

***APR/May-Plant something***

**Maegan Allen, EEC Counselor** [**maegan.allen@krumisd.net**](mailto:maegan.allen@krumisd.net)

**Lindsey Boone, Dyer Elem Counselor** [**lindsey.boone@krumisd.net**](mailto:lindsey.boone@krumisd.net)

**Laura Finlay, Dodd Intermediate Counselor** [**laura.finlay@krumisd.net**](mailto:laura.finlay@krumisd.net)