

Family Day

AS YOU ENJOY DINNER TOGETHER, INVITE EACH FAMILY MEMBER TO ANSWER EACH QUESTION

CELEBRATED ON THE FOURTH MONDAY OF SEPTEMBER, FAMILY DAY® ENCOURAGES FAMILIES TO EAT DINNER TOGETHER AT LEAST FOUR TIMES A WEEK. THIS SIMPLE ACT HAS BEEN SHOWN TO DRAMATICALLY REDUCE DRUG AND ALCOHOL USE AMONG OUR YOUTH.



If you could have one superpower, what would it be and why?

What would your superhero name be?

Who is your everyday hero, and why are they special to you?

What makes someone a real-life hero?

What does the phrase "Be a Hero. Stay Drug Free." mean to you?

 What would you eat to fuel your superhero powers?

How does choosing to stay drug free make you stronger, like a superhero?


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