

Dear Friends,

Strong family bonds produce safe, happy, and healthy children. Today we report on new studies on family belonging, on adolescents' participation in risky behaviors, and on the effects of childhood adversities on health (insomnia) in adulthood.

## **NEW RESEARCH HIGHLIGHTS**



### **Family Belonging Among Adolescents**

The quality of relationships between mother and child and father and child directly affects a child's sense of belonging. This is especially so in two-biological-parent families. The quality of the relationship between mother and father also shapes a child's sense of belonging, [according to Valerie King and Lisa Boyd](#) of Pennsylvania State University.



### **Risky Behavior Among Youth**

Although sexual intercourse among American adolescents has decreased, other dangerous trends have emerged (obesity, avoiding school for fear of safety), as reported in the annual [Youth Risk Behavior Survey](#).



### **Adolescent Adversities Linked to Sleep Deprivation in Adulthood**

Parental divorce and child abuse increase a child's risk of experiencing insomnia as an adult, [reports Dr. Michael Grandner](#) of the University of Arizona. Parental death as well as parental anxiety and depression also add to the risk.

## **MARRIPEDIA ENTRIES RELATED TO THESE FINDINGS**

- 1) ["State of the Family in America"](#)
- 2) ["Effects of Divorce on Family Relationships"](#)
- 3) ["Effects of Divorce on Children's Behavior"](#)

With an eye to the future,

Pat Fagan

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