



Blog: Thanks, Taboos, and Festivals Findings: Family Meals and Adolescent Well-Being

“Some of the most important conversations I’ve ever had occurred at my family’s dinner table.” – Bob Ehrlich, Former Governor of Maryland

Building Patterns That Work: Festivals, Thanks and Taboos



The breakdown in cultures worldwide stems from two phenomena: the technological fruits of science and the sexual revolution --- deliberately fomented by some --- but ever-ongoing because of contraception which really is a new biotechnology. Combined, these have massively disrupted the patterns of human relationships at the sexual, mating, marrying, family, community and national levels. The old patterns --- worked out over centuries and embodying the hard-won wisdom of many generations ---- resulted in rhythms and rituals that made life predictable, peaceful and much more enjoyable. They survived because they worked.

These patterns are all but gone in many parts of society – most especially in the inner cities where their absence is their great poverty, for most of the poor there have the material comforts of the middle classes of a half-century ago, but do not have the patterns of peaceful life. This dis-ease is spreading across income levels and across the world because new cultures have not evolved that can subject the technological to the needs of man. Instead man is serving the “needs” of the technological. The core functions of society have been upended and turned inside out. The tool has become the tyrant. [Continue Reading Here...](#)

Family Meals Are Good for Adolescents



A [2016 cross-sectional study](#) examined the relationship between family meals and adolescent mental health. The study of 8,500 adolescents found that 60% of adolescents shared family meals 5 times a week or more. The greater the frequency of family meals the fewer were symptoms of depression or emotional difficulties, and the more frequent was emotional well-being. On the particular measure of being shielded from symptoms of depression girls benefited more from frequent family meals than boys did.

Family Breakfasts and Adolescent Well-Being



A [2013 study](#) examined differences in family meal patterns frequencies for high school students from Minneapolis, Minnesota who participated in the Eating and Activity in Teens (EAT) 2010 study. This study found that blacks, Hispanics, Native Americans, and mixed race ethnicities had the highest frequency of family breakfast meals. It further found that the more frequent were family breakfasts the greater the benefits for males, for younger children. They also were more likely to live with both parents, and to enjoy a better was the quality of diet. Finally, their risk of obesity was lower.

Family Dinners, Mental Health Benefits and Protection from Cyberbullying



The more that children lived in families that had frequent family dinners the less likely the incidence of cyberbullying, and mental health or substance abuse problems, according to a [2014 study](#) (18,834 students, aged 12 to 18 years, from 49 schools in Dane County, Wisconsin) published in JAMA Pediatrics. Cyberbullying, internalizing problems (e.g., anxiety, depressed, self-harm, suicidal thoughts, and suicide attempt), externalizing problems (e.g., physical fighting and vandalized property), and substance abuse tend to come together.



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