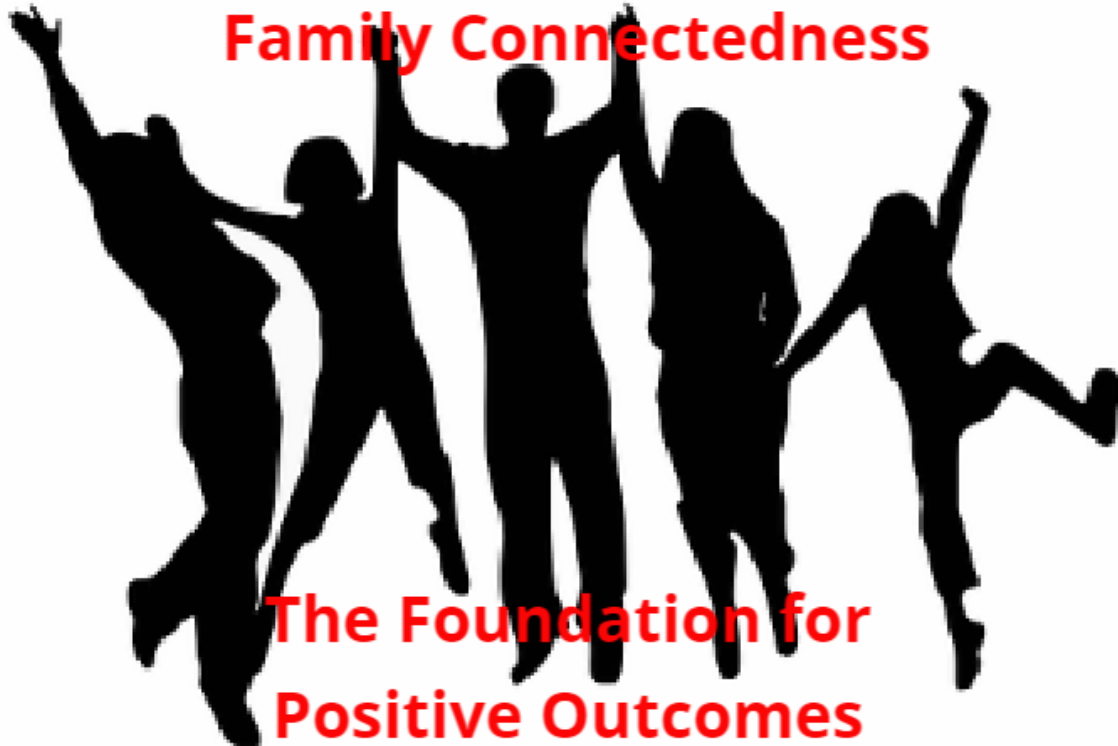


marri *Findings* FAITH & FAMILY

Family Connectedness



The Foundation for Positive Outcomes

"True belonging doesn't require that we change who we are; it requires we be who we are" – [Brene Brown](#), Researcher, Author, Storyteller

Family Connectedness
Promotes a Potpourri of
Desirable Behaviors



Family Connectedness
Buffers Youths from Risky
Behaviors



A [2007 New Zealand study](#) found that adolescents, 16 years and older, who had a strong family connection were more likely to wear bike helmets and more likely to engage in physical activity, and less likely to have suicidal ideation and less likely to smoke.

A [2017 Centers for Disease Control and Prevention \(CDC\) study](#) found that youths, 12 to 15 years old, recruited from a large, urban hospital emergency department (ED) who had a strong family connection reported having higher levels of self-esteem, and lower levels of depressive symptoms, suicidal ideation, non-suicidal self-injury, and conduct problems.

Family Connectedness Decreases Sexual Risk- Taking Among Adolescents



A [2003 study of urban high school students](#) in Houston, Texas found that females who had a high level of family connectedness had reduced odds of ever having had sexual intercourse or having initiated sexual intercourse prior to age 13.

Adolescent males who had a high level of family connectedness were less likely to cause the conception of a child.

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