

**PROCLAMATION**  
*Declaring Saturday, August 15, 2015*  
*Family Day*  
in the Village of Orland Park

**WHEREAS**, bullying is a serious problem in our schools and communities, with 1 in 3 students in the United States being bullied on a regular basis; and

**WHEREAS**, studies show that students who are bullied experience negative physical, mental health, and school issues; and

**WHEREAS**, the average parent spends less than 38.5 minutes per week in meaningful conversation with their children; and

**WHEREAS**, lack of family interaction time can be directly linked to increased depression, anxiety, eating disorders and thoughts of suicide; and

**WHEREAS**, students are most likely to talk to their parents during dinnertime and experience less stress and have a better relationship with them; and

**WHEREAS**, regular family mealtime is a powerful predictor of high achievement scores; and

**WHEREAS**, research indicates that spending time with family around the dinner table greatly reduces the effects of bullying among young people; and

**WHEREAS**, *Family Day is the collaboration of the Bridge Teen Center, the South/Southwest Bully Coalition, the Village of Orland Park and the U.S. Conference of Mayors' Campaign to End Bullying.*

**NOW, THEREFORE, I, Daniel J. McLaughlin, Mayor of the Village of Orland Park, ask families to set aside one meal together, unplugged from cell phones and electronic devices. The hope is that this effort will encourage and strengthen families and relationships in our community and do hereby proclaim August 15, 2015 to be designated Family Day in the Village of Orland Park.**

***Dated this 3<sup>rd</sup> day of August, 2015.***

---

***Daniel J. McLaughlin, Mayor***