

# FLOURISHING FAMILY FACTS



Highest prevalence of flourishing were for those adolescents who reported never having family finance worry, always having enough food and living with their parents

Care, support, safety, respect and participation are the family connection parameters assessed for adolescent's flourishing score. Flourishing indicates thriving even in adversity and is assessed by Ruff's psychological well being scale of

- self acceptance
- managing daily responsibilities
- positive relations with others
- autonomy and choice regarding time usage
- personal growth
- purpose in life



Importance of family connection not just to develop resilience to adversity but to promote flourishing with or without adversity



Weekly family meals  $\geq 5$  is associated with increased self esteem, commitment to learning and higher GPA, less drug and alcohol use and less disordered eating

77% of adults report anxiety about their finances and 24% of adolescents reported family financial worry

69% of the arguments married couples have are the same as 5 years ago and will be the same 5 years from now

