The intact family appears to offer a myriad of benefits for adults and children. The married home tends to provide a safer and healthier home environment. On average, children in intact families fare better in school, exhibit fewer behavioural problems, and are more likely to form healthy romantic relationships as adults.

- **Children raised in intact families have, on average, higher academic achievement, better emotional health, and fewer behavioural problems.** Compared with peers in intact families and those in stepfamilies or single-parent families where either the biological father or mother was present, children who lived in households where no biological parent was present fared less well with regard to 24 out of 30 indicators of emotional well-being and behaviour. This was true even when demographic factors were held constant. When compared with their peers from families with two biological parents, students who lived with neither biological parent scored lower with regard to academic performance, educational aspiration, sense of self determination, and self-esteem, and they exhibited more behavioral problems.1

- **Fathers of intact families spend, on average, more time with their children.** They also enjoy greater family cohesion than peers with adopted children or stepchildren.2

- **Teens who frequently have dinner with their families are at a lower risk for substance abuse.** Compared with teens who had dinner with their families at least five times a week, those who had dinner with their families only two nights per week or less were twice as likely to be involved in substance abuse. They were 2.5 times as likely to smoke cigarettes, more than 1.5 times as likely to drink alcohol, and nearly three times as likely to try marijuana.3

- **Adolescents from intact families are less likely to become sexually active.** Among a sample of adolescent virgins, those who reported living with two married parents were roughly 40 percent less likely to engage in sexual activity before the follow-up interview approximately a year later than adolescents who were not living with two married parents.4
Children raised in intact families by happily married parents tend to be more religious in adulthood. This “religiosity inheritance” was even greater among children who were raised in families with two happily married biological parents. Religiosity in this study was determined with regard to six measures: daily influence of religious beliefs; frequency of reading the Bible; frequency of viewing/listening to religious broadcasts; frequency of engaging in prayer; frequency of participation in church-related activities (other than services); and frequency of church attendance.\(^5\)

Children raised in intact families are more likely to have stable and healthy romantic relationships as adults. Compared with peers who were raised in a home with married parents, males whose parents never married were significantly less likely to marry and were more likely to cheat and walk out on their romantic partners. Women with divorced parents had significantly higher rates of cohabitation and marriage but also had higher rates of dysfunction, such as walking out on their partner and divorce. Women whose parents never married were also more likely to cohabit with and walk out on their partners than women from homes with married parents.\(^6\)

Intact families are more likely to provide a safe home for children. Compared to peers in intact families, children in other family structures experienced significantly higher rates of exposure to domestic violence. While 9.9 percent of adolescents not living with both biological parents reported witnessing violence in their homes, only 4.4 percent of those living with both biological parents reported the same. In addition, 6.9 percent of adolescents not living with both biological parents reported that they had been the direct victims of domestic violence, compared to 3.5 percent of those living with both biological parents. Finally, 11.5 percent of adolescents who did not live with both parents reported that they had both witnessed and been the victims of violence in their homes—twice the percentage (5.8 percent) of peers living with both biological parents.\(^7\)

Married mothers tend to create a better home environment for their infants. Married mothers also tended to interact more positively with their infants compared to cohabiting or single mothers.\(^8\)

Married mothers are less likely to experience abuse and violence. Even when the very high rates of abuse of separated and divorced mothers were added into the statistic, the rates of abuse among mothers who had ever been married were still lower than the rates of abuse among women who had never married and those who were cohabiting. Among mothers who were currently married or had ever been married, the rate of abuse was 38.5 per 1,000 mothers. Among mothers who have never been married the rate was 81 per 1,000 mothers.\(^9\)

Married fathers tend to have better psychological well-being. Divorced fathers were, on average, more depressed than their married counterparts, whether or not their children resided with them.\(^10\)

Footnotes
TOP TEN FAMILY FACTS

1. **Spending time in everyday family leisure activities is associated with greater emotional bonding within the family.** A family’s “core” leisure activities (those that are typically everyday, low-cost, home-based activities such as playing board games, playing in the yard, gardening and watching television together) were related to the family’s cohesion (the emotional bonding that family members have toward one another). Both a family’s “core” activities and their “balance” activities (those that are novel experiences and require a greater investment of time, effort, planning and money—such as vacations, special events, and sports activities) were related to the family’s ability to adapt.

2. **Children in families that participate in religious activities together are more likely to report seeing expressions of love and affection between their parents.** Children in religious families were significantly more likely to report that their parents expressed their affection or love for one another than those in less religious families. Two dimensions of family religious involvement (family participation in religious activities at least once per week and parental prayer more than once per day) were associated with greater expression of love or affection between the parents, as reported by their children.

3. **Parents of families in which both the parents and children attend religious services are more likely to know their children’s social networks.** Parents of families in which both the parents and children participated in religious activities were more likely to know their children’s friends, those friends’ parents, and their children’s teachers, than parents of families in which only the parents or only the children, or neither, participated in religious activities.

4. **Children’s academic success is associated with having mothers who frequently talk and listen to them.** Children’s academic success was correlated with their mothers’ involvement in talking with them, listening to them, and answering their questions.

5. **Adolescents who spend quality time with their fathers are less likely to exhibit behavioral problems.** The greater the fathers’ involvement was, the lower the level of adolescents’ behavioral problems, both in terms of aggression and anti-social behavior and negative feelings such as anxiety, depression, and low self-esteem. Fathers’ involvement was measured by the frequency with which fathers discussed important decisions with and listened to their adolescents, know whom their adolescents are with when not at home, miss events or activities that are important to their adolescents, along with adolescents’ reports of closeness to their fathers and whether their fathers spend sufficient time with them and how well their share and communicate with one another.

6. **Children whose fathers spend time with them doing activities in the home tend to have better academic performance.** Compared to peers with less with less paternal attention, children whose fathers spent leisure time, shared meals, helped with homework or reading, and engaged in other home activities with them have significantly higher levels of academic performance.

7. **Adolescents whose parents are involved in their children’s lives tend to exhibit fewer behavioral problems.** Having parents who were involved in their lives was associated with a decrease in adolescents’ behavioral problems throughout a one-year period. Parent involvement was assessed by how often the parent or parental figure asked about their children’s lives, encouraged their interests, gave good advice, and spent free time with them in school activities.

8. **Youths who communicate, do activities and have close relationships with their parents are less likely to engage in violence.** Family integration through bonds with a parent (in particular, with a mother who was living in the home) was associated with a decrease in the likelihood that an adolescent will commit an act of violence. (Parent-child bonds were measured by adolescents’ reports of feeling close to their parents, being involved in family activities, and communicating with their parents.) Youths in two-parent families whose bond with their resident mothers was just one standard deviation higher than the mean level were 18% less likely.
to commit an act of violence than peers with average maternal bonds. Among youths living in single parent families, a bond with that parent that was one standard deviation above the mean was associated with a 17% decrease in violence, while a one-unit increase in bonding with a non-resident parent was associated with a 5% decrease in violent behavior.

9. **Teens who frequently have dinner with their families are at a lower risk for substance use.** The study found that frequent family dinners were associated with lower rates of teen smoking, drinking, and drug use. Compared with teens who frequently had dinner with their families, (5 nights or more per week), those who had dinner with their families only two nights per week or less were twice as likely to be involved in substance abuse. They were 2.5 times as likely to smoke cigarettes, more than 1.5 times as likely to drink alcohol, and nearly three times as likely to try marijuana.

10. **Teens whose parents are home with them after school and in the evening are less likely to experience emotional distress.** Teenagers were less likely to experience emotional distress if their parents were in the home when they awoke, when they came home from school, at dinnertime, and when they went to bed, if they engaged in activities with their parents, and if their parents had high expectations regarding their academic performance. In additional those who had low self-esteem were more likely to experience emotional distress.

(Source: Taken from the Heritage Foundation—a public policy research organization, or “think tank.” The Heritage Foundation’s familyfacts.org catalogs social science findings on the family, society and religion gleaned from peer-reviewed journals, books and government surveys.)

The Parents Formation Office welcomes personal write-ups about parenting principles and experiences. Please email them to mrinawat@southridge.ph

---

**FORMATIVE ACTIVITIES FOR FATHERS AT SOUTHRIDGE SCHOOL**

**HOLY MASS**
- Daily 12 noon Mass at the Chapel of the Holy Family.

**RECOLLECTIONS**
- 1st and 4th Sunday Recollection for Fathers (Holy Mass for the Families at 11 am)
- 3rd Thursday Recollection (with Benediction) at Molave Study Center

**BASIC CATHOLIC DOCTRINE CLASSES**
- Every Saturday, 10:10 – 11:00 am at the Business Office Conference Room, 2nd floor Main Building (for fathers)
- Every 4th Sunday, 8:30—9:10 am (for Afternoon School fathers)
- Every 4th Sunday, 9:15 - 10:45 am (for Afternoon School mothers)

**SPIRITUAL DIRECTION WITH SCHOOL CHAPLAIN**
- By appointment

---

**FORMATIVE ACTIVITIES FOR MOTHERS AT WOODROSE SCHOOL**

**THEOLOGY CLASS** - every 1st and 2nd Thurs, 9 to 10 am, Function Room

**RECOLLECTION** - every 3rd Thursday, 9:15 - 11:00 a.m. & every 4th Thursday, 4:30 - 6:30 p.m.

**CONFESSION** - Monday to Friday except Wednesday, 9 am - 12 noon

For inquiries, you can contact PAREF Woodrose School at 850-6380 to 83; 809-5508 or 807-6735 (local 123 for the Chaplain’s Office or 118 for the Family Orientation Office or locals 120,151,152 for the Central Communications Office)

---

**RETREAT SCHEDULES FOR FATHERS**

| Jan 28-31 | Thu-Sun | Makiling West Wing |
| Feb 4-7 | Thu-Sun | Tagaytay Conference Center |
| Feb 18-21 | Thu-Sun | Makiling Main House (inv't) |
| Mar 3-6 | Thu-Sun | Makiling West Wing |
| Mar 10-13 | Thu-Sun | Makiling West Wing |
| Mar 17-20 | Thu-Sun | Makiling Main House |
| Mar 24-26 | Thu-Sun | Makiling West Wing |
| Mar 24-26 | Thu-Sun | Tagaytay Conference Center |

For reservations and inquiries, please contact Ms. Leila Lerios of the Philippine Foundation at 817-2318 local 201 or 0928-5063688 or email philfoundation@pldtdsl.net.