



Report

Family Gatherings

*A survey of Canadians and
Americans*

November 19, 2025



Methodology

We conducted a survey of Canadians and American to explore their behaviours concerning family gatherings.

Method

Online survey among respondents 18 years of age or older.
(Canadian sample: **n= 1,537** / American sample: **n= 1,016**)

Respondents had the option of completing the survey in French and English and were randomly recruited using LEO's online panel.

Weighting

Results were weighted according to **age, gender, mother tongue, region, education and presence of children in the household** in order to ensure a representative sample of the Canadian and American population.

When

Data collection from **October 10 to 12, 2025 for Canada** and **from November 14 to 16 2025 for the United States.**

Margin of error

For comparison purposes, a probability sample of this size yields a margin of error no greater than **±2.5%**, (19 times out of 20) for the Canadian sample, and **±3.1%**, (19 times out of 20) for the American sample,

Significant differences

Data in bold **red** characters indicate a significantly lower proportion than that of other respondents. Conversely, data in bold **green** characters indicate a significantly higher proportion than that of other respondents.

Rounded data

The numbers presented have been rounded up. However, the numbers before rounding were used to calculate the sums presented and might therefore not correspond to the manual addition of these numbers.

Questions

Have questions about the data presented in this report? Please contact Jennifer McLeod Macey jmcleodmacey@leger360.com, Andrew Enns aenns@leger360.com or Sébastien Dallaire sdallaire@leger360.com.

Notes

A more detailed sample breakdown is presented in the Appendix.

The **Most Accurate** Polling Firm in Canada

CANADA 2021

	LEGER POLL Published on September 18, 2021	OFFICIALS RESULTS 2021 Canada Federal Election
	33%	33.7%
	32%	32.6%
	19%	17.8%
	7%	7.7%
	6%	5.0%
	2%	2.3%

BRITISH COLUMBIA 2024

	LEGER POLL Published on October 18, 2024	OFFICIALS RESULTS 2024 British Columbia Provincial Election
	46%	45%
	42%	43%
	9%	8%
Others	3%	4%

UNITED STATES 2024

	LEGER POLL Published on November 4, 2024	OFFICIALS RESULTS 2024 United States Presidential Election
	49%	50%
	49%	48%
Others	2%	2%

New this week

Some of **the key highlights** of our survey...

- **Nearly three-quarters of Canadians (73%) say that gathering with immediate and extended family during major holidays is important to them, while 22% consider it unimportant.** Similar proportions are seen among Americans, with 72% saying that family gatherings are important and 21% saying they are not.
- **Nearly half of Canadians (45%) admit to having used a fake excuse to avoid attending a family gathering,** a habit most common among younger adults (54% aged 18–34) and among those who don't consider gathering with immediate or extended family over the holidays important (62%). **Among Americans, two in five (41%) admit to having used a fake excuse to avoid a family dinner.**
- **When asked about the topics most likely to spark an argument at family dinners, Canadians most often mention politics (49%), money (25%), and immigration (19%). Among Americans, politics (54%) also tops the list, followed by money (28%) and immigration (17%).**
- **A majority of Canadians (77%) and Americans (78%) say they have, at least once, kept their opinions to themselves during a family gathering to avoid conflict.**
- **A third of respondents also say they will share their opinion when a heated topic comes up during a family gathering , even if it adds fuel to the fire (36% for both Canadians and Americans), while a quarter (24% of Canadians and 25% of Americans) say they will try to change the subject.**
- **Finally, about half of Canadians (52%) and Americans (49%) feel that people are more cautious about what they say in discussions than they were a few years ago.**

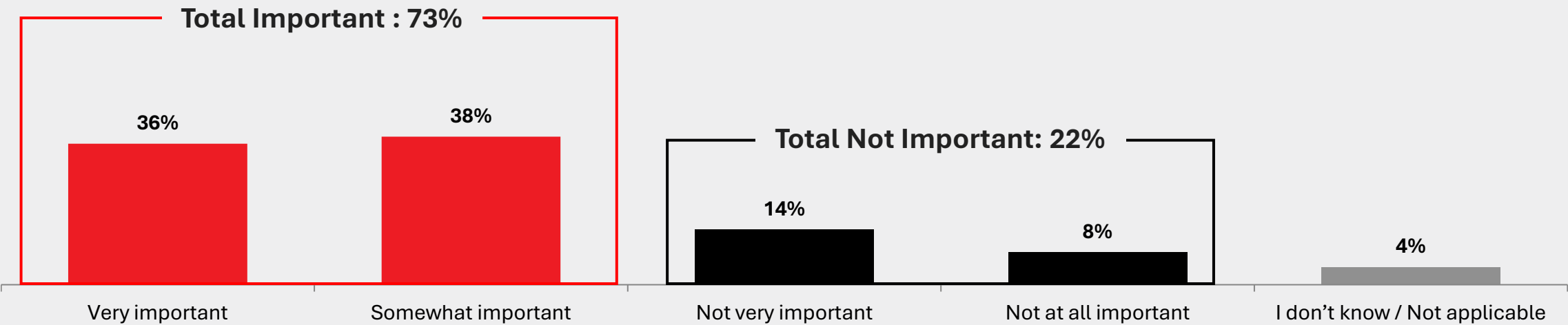
Detailed Results



Importance of Family Gatherings During Major Holidays

Q5. How important is it for you to gather with immediate and even some extended family over the big holidays?

Base: All respondents (n=1,537)

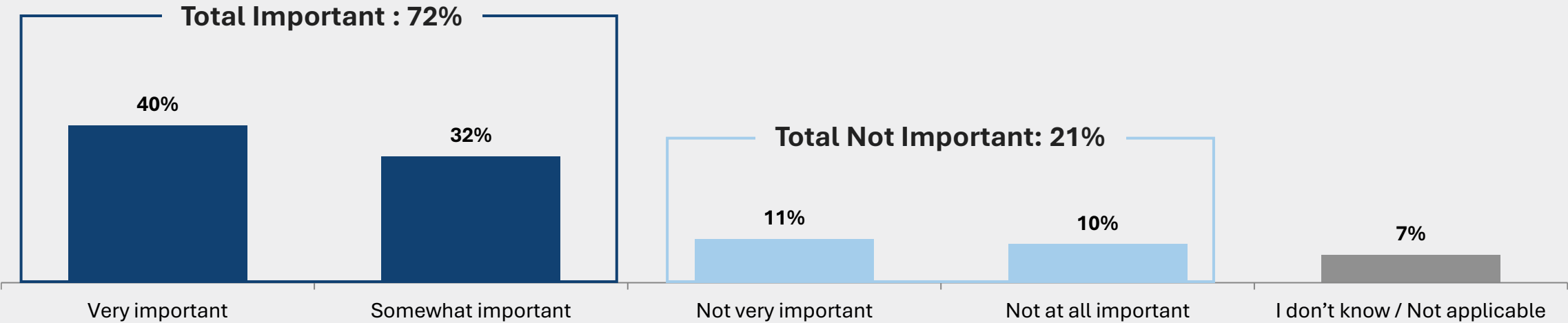




Importance of Family Gatherings During Major Holidays

Q5. How important is it for you to gather with immediate and even some extended family over the big holidays?

Base: All respondents (n=1,016)



Importance of Family Gatherings During Major Holidays – *Comparison Between the Two Countries*

Q5. How important is it for you to gather with immediate and even some extended family over the big holidays?

Base: All respondents

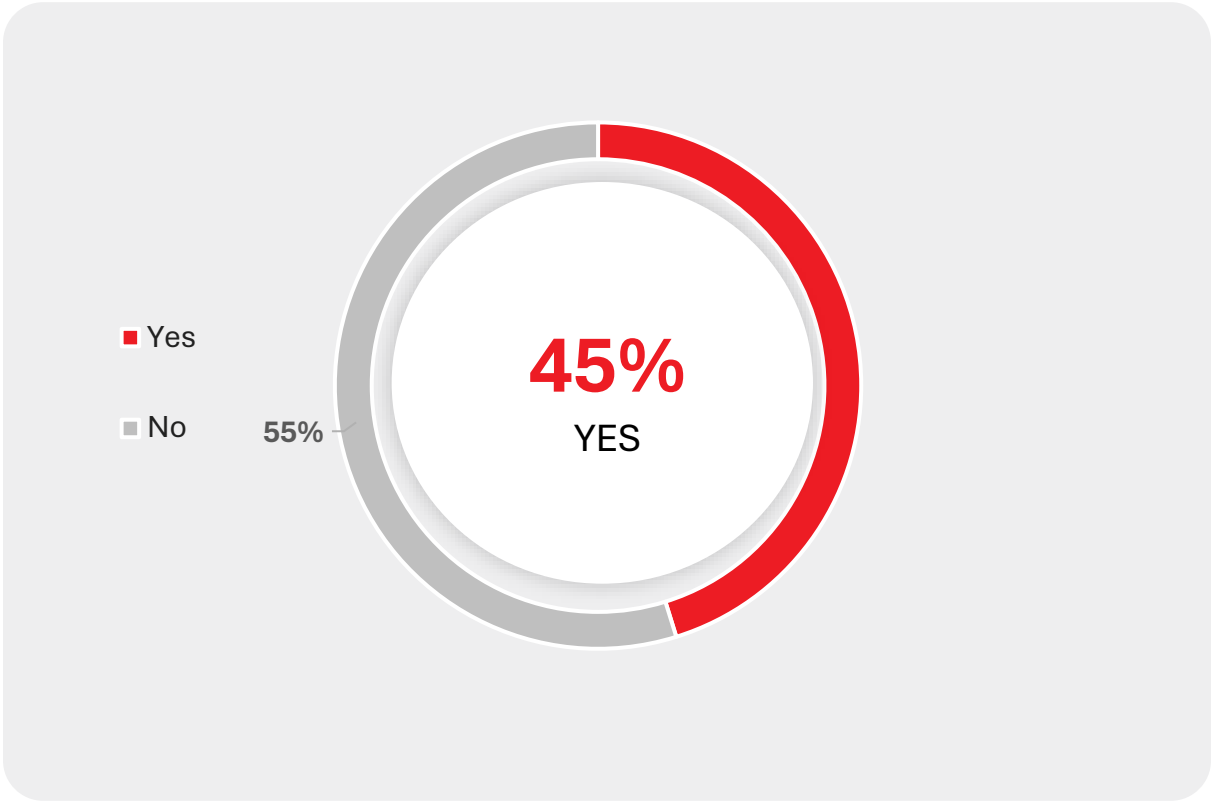
	 Total CANADA	 Total USA
Weighted n=	1,537	1,016
Unweighted n=	1,537	1,016
TOTAL IMPORTANT	73%	72%
Very important	36%	40%
Somewhat important	38%	32%
TOTAL NOT IMPORTANT	22%	21%
Not very important	14%	11%
Not at all important	8%	10%
Don't know	4%	7%



Using Fake Excuses to Avoid Family Gatherings

Q6. Have you ever used a fake excuse to avoid attending a family gathering?

Base: Respondents who attend their family gatherings (without non applicable mentions) (n=1,456)

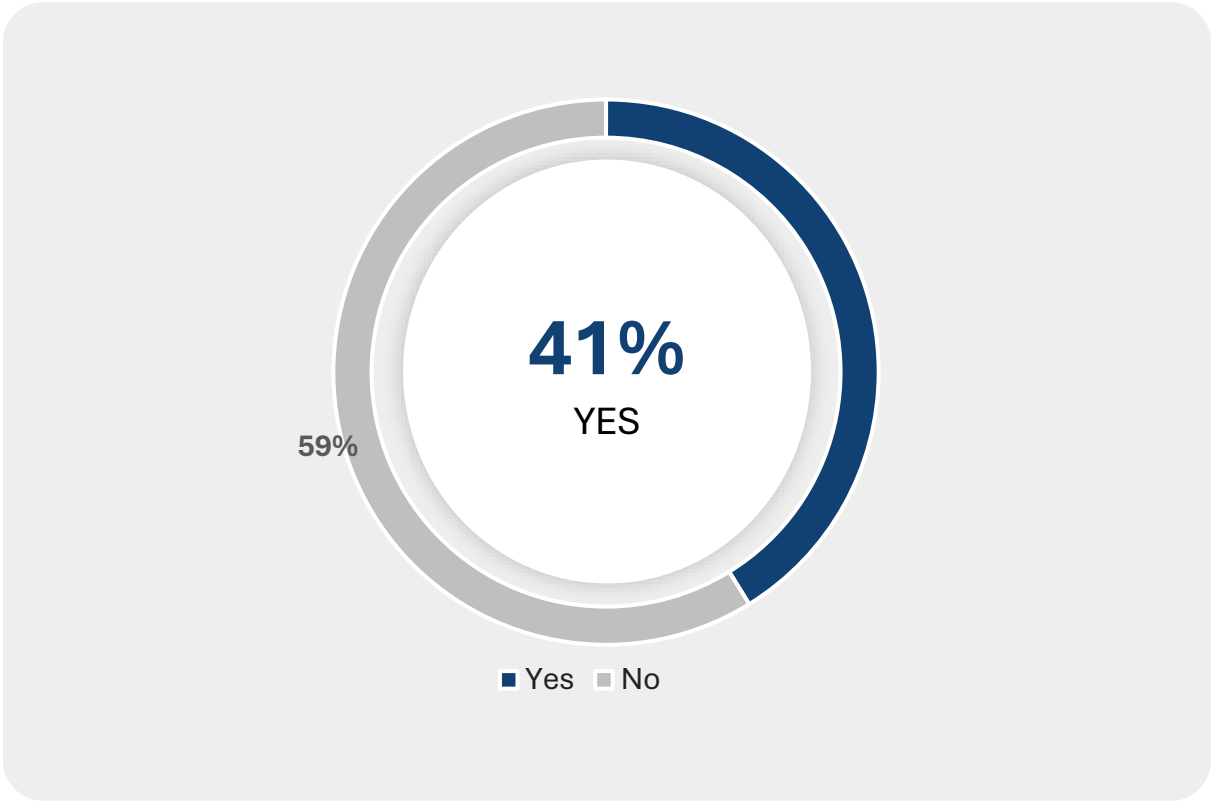




Using Fake Excuses to Avoid Family Gatherings

Q6. Have you ever used a fake excuse to avoid attending a family gathering?

Base: Respondents who attend their family gatherings (without non applicable mentions) (n=925)



Using Fake Excuses to Avoid Family Gatherings – *Comparison Between the Two Countries*

Q6. Have you ever used a fake excuse to avoid attending a family gathering?

Base: Respondents who attend their family gatherings (without non applicable mentions)

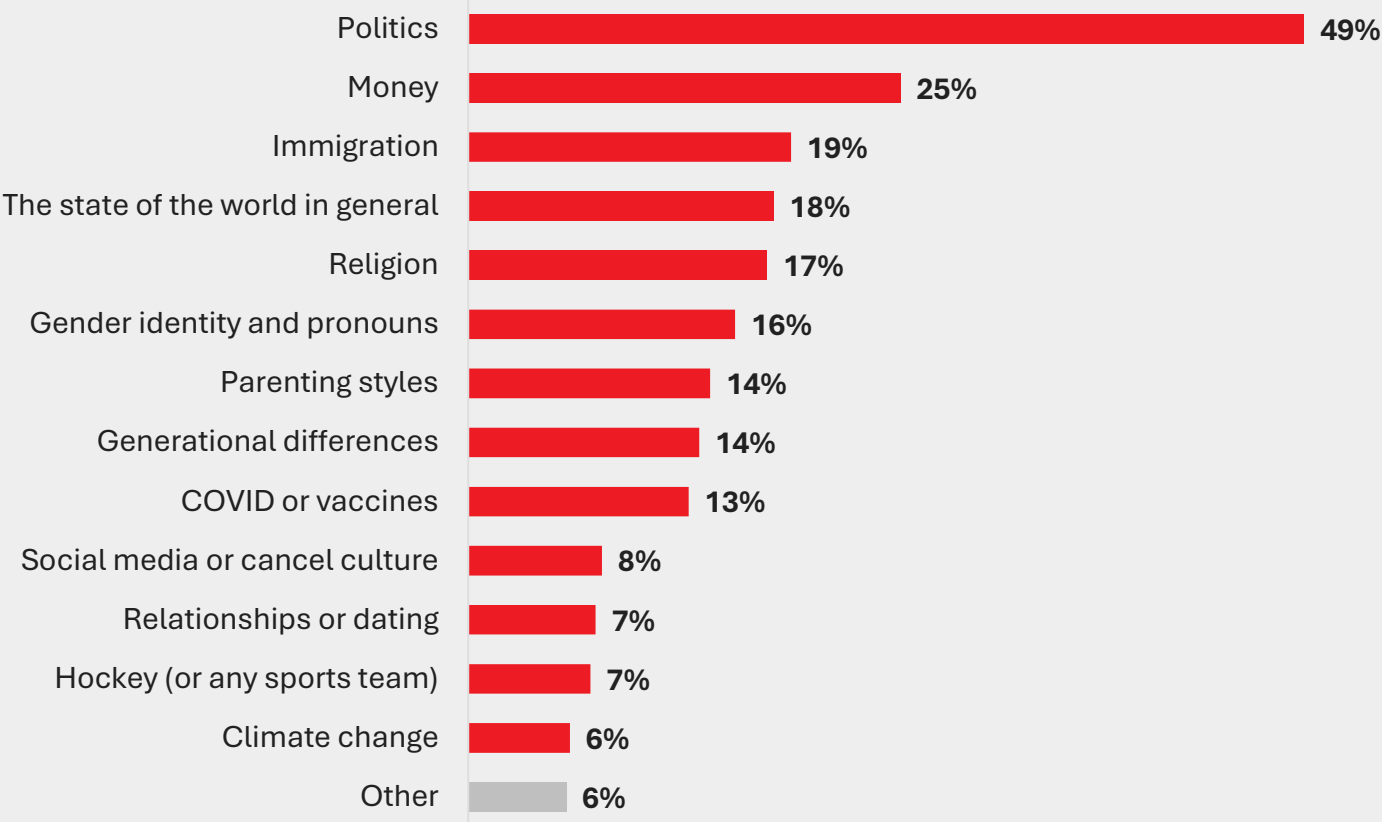
	 Total CANADA	 Total USA
Weighted n=	1,456	933
Unweighted n=	1,456	925
Yes	45%	41%
No	55%	59%



Topics Most Likely to Start an Argument at Family Dinner

Q1. What topics do you think are most likely to start an argument at your family dinner?

Base: Respondents who attend their family gatherings (without non applicable mentions) (n=1,366)

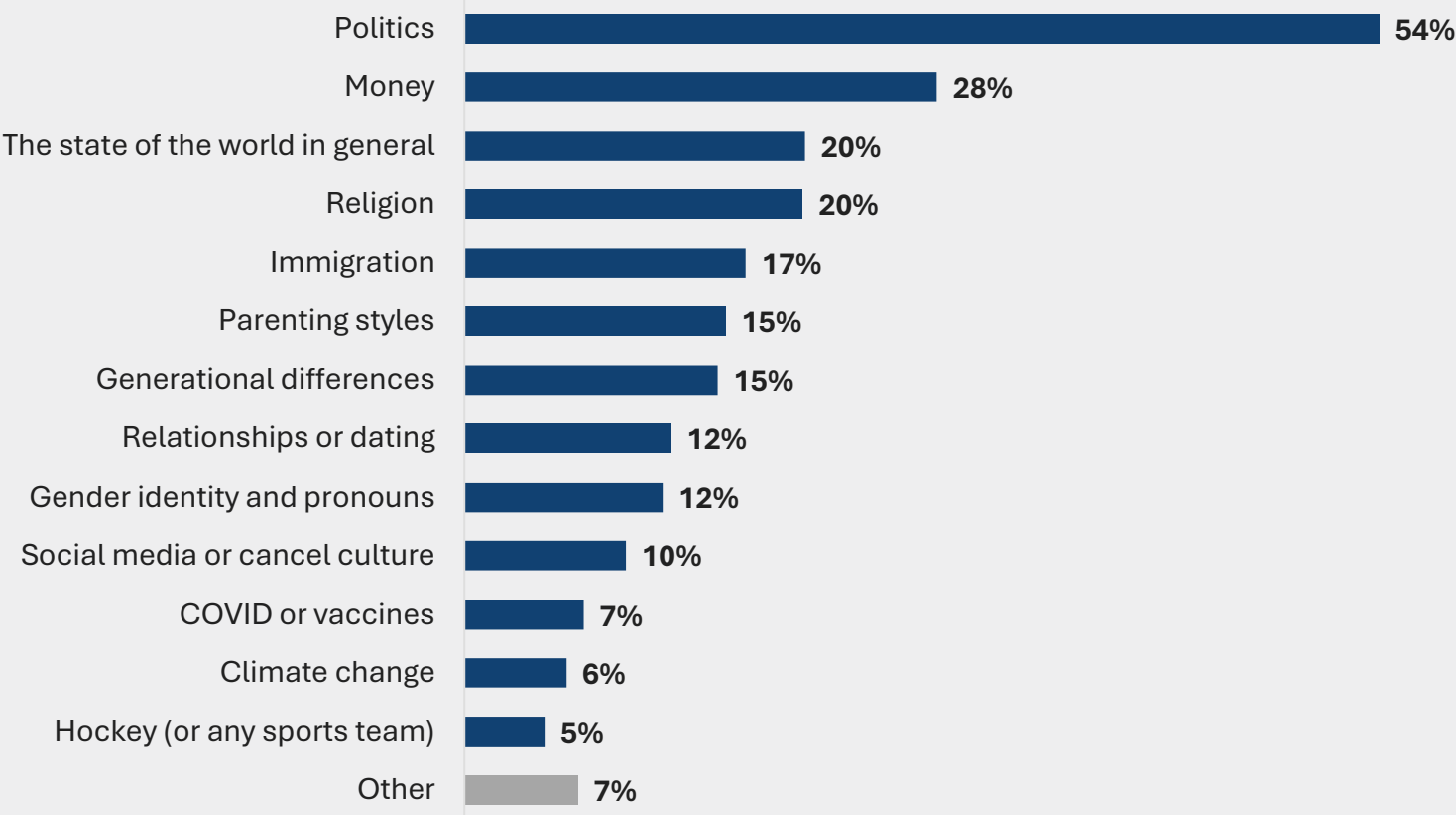




Topics Most Likely to Start an Argument at Family Dinner

Q1. What topics do you think are most likely to start an argument at your family dinner?

Base: Respondents who attend their family gatherings (without non applicable mentions) (n=848)



Topics Most Likely to Start an Argument at Family Dinner – Comparison Between the Two Countries

Q1. What topics do you think are most likely to start an argument at your family dinner?

Base: Respondents who attend their family gatherings (without non applicable mentions)

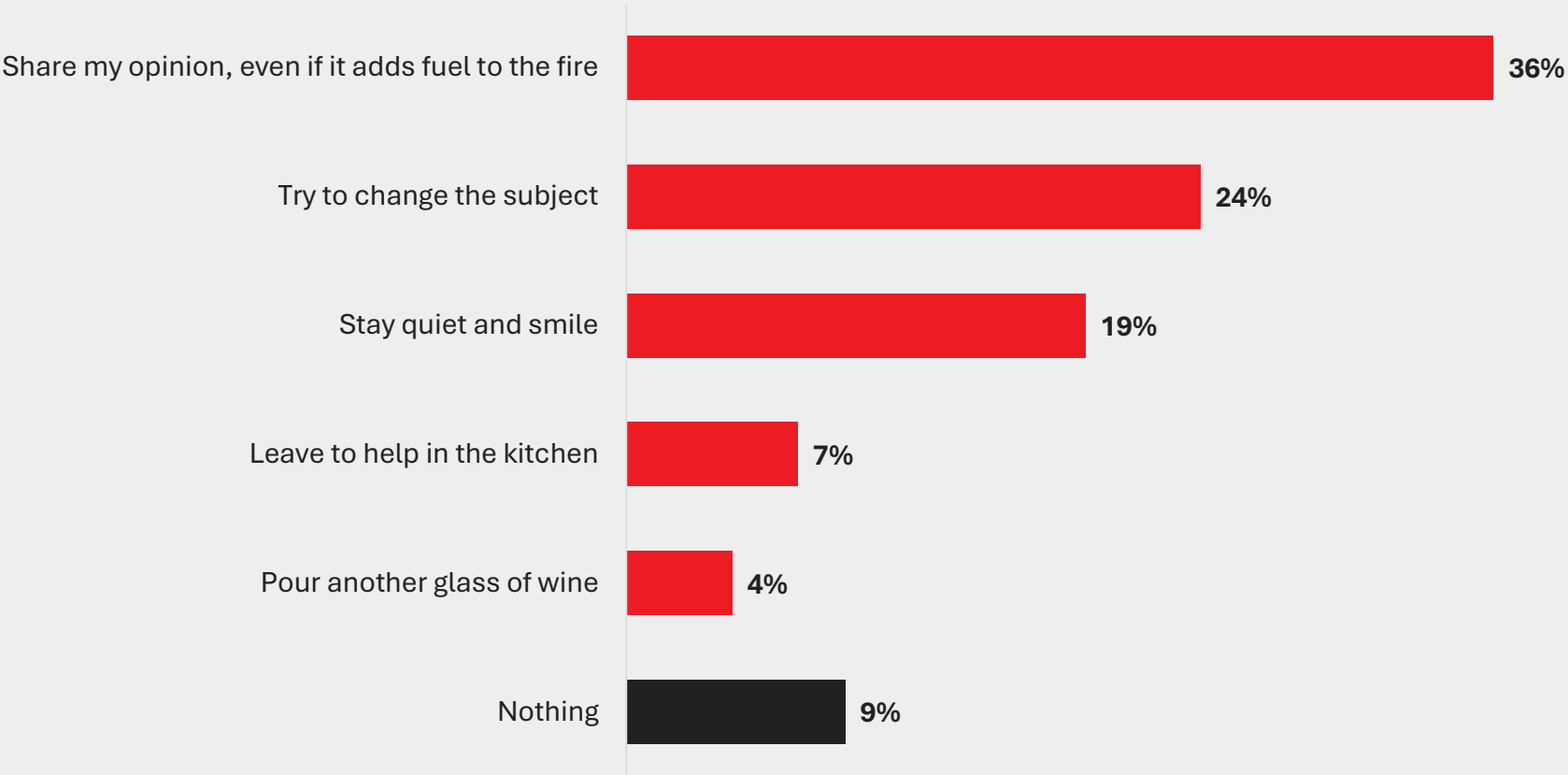
	 Total CANADA	 Total USA
Weighted n=	1,381	850
Unweighted n=	1,366	848
Politics	49%	54%
Money	25%	28%
Immigration	19%	17%
The state of the world in general	18%	20%
Religion	17%	20%
Gender identity and pronouns	16%	12%
Parenting styles	14%	15%
Generational differences	14%	15%
COVID or vaccines	13%	7%
Social media or cancel culture	8%	10%
Relationships or dating	7%	12%
Hockey (or any sports team)	7%	5%
Climate change	6%	6%
Other	6%	7%



Reactions to Heated Topics in Family Gatherings

Q2. When a “heated topic” comes up in a family gathering, what do you usually do?

Base: Respondents who attend their family gatherings (without non applicable mentions) (n=1,416)

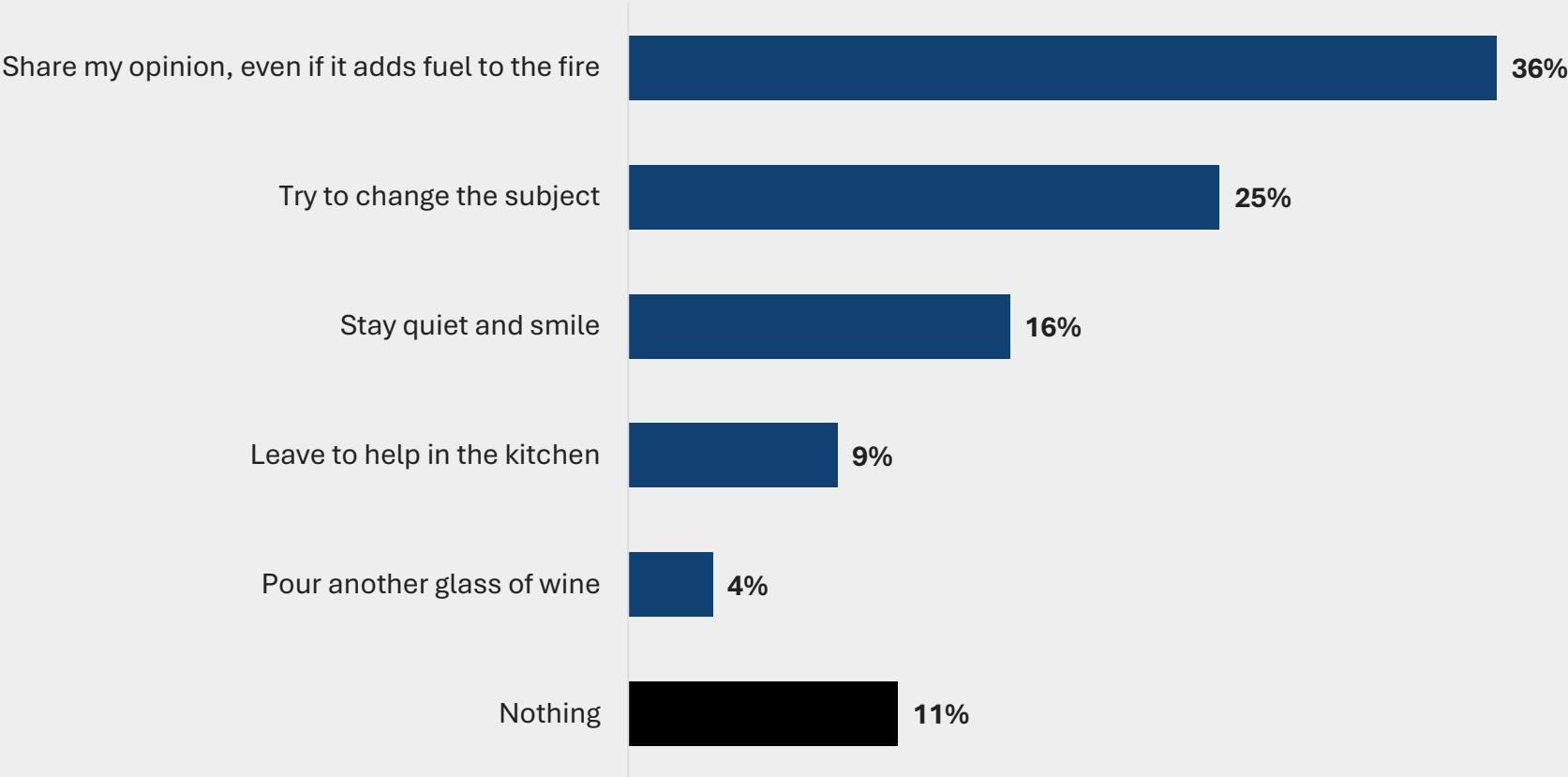




Reactions to Heated Topics in Family Gatherings

Q2. When a “heated topic” comes up in a family gathering, what do you usually do?

Base: Respondents who attend their family gatherings (without non applicable mentions) (n=862)



Reactions to Heated Topics in Family Gatherings – *Comparison Between the Two Countries*

Q2. When a “heated topic” comes up in a family gathering, what do you usually do?

Base: Respondents who attend their family gatherings (without non applicable mentions)

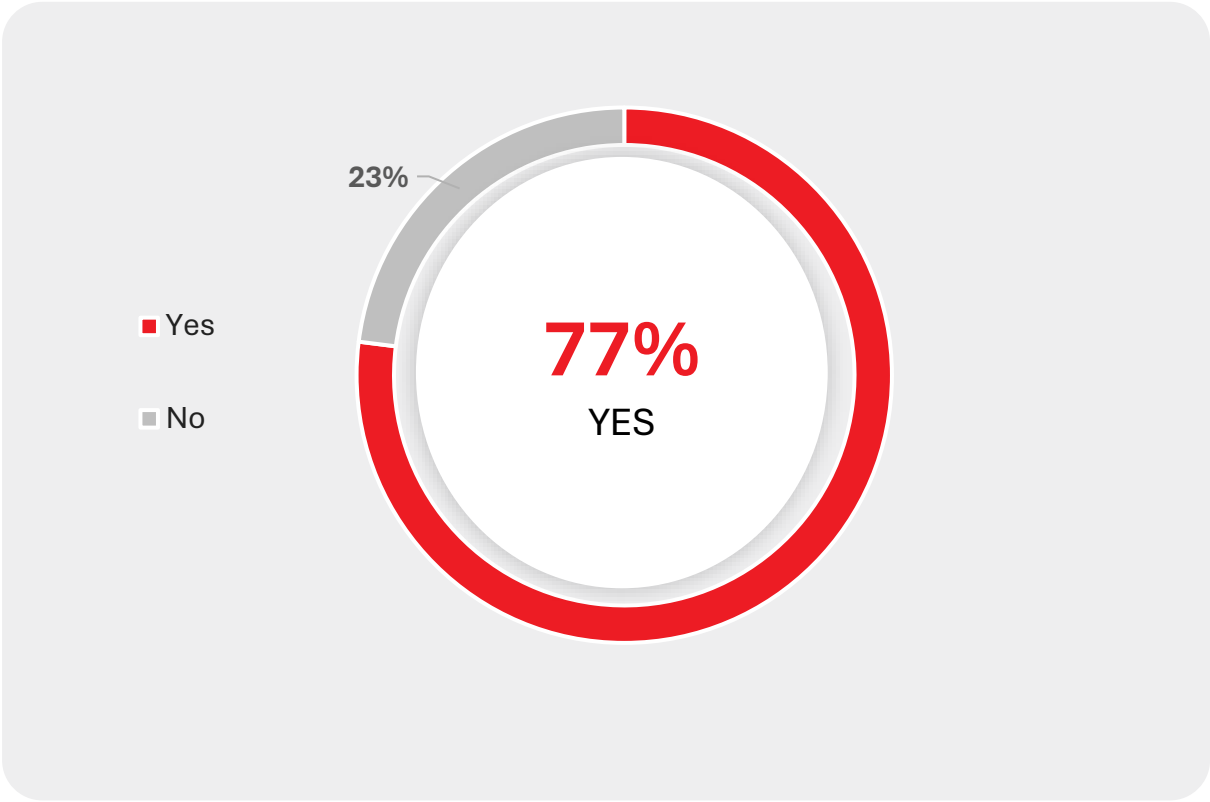
	 Total CANADA	 Total USA
Weighted n=	1,410	864
Unweighted n=	1,416	862
Share my opinion, even if it adds fuel to the fire	36%	36%
Try to change the subject	24%	25%
Stay quiet and smile	19%	16%
Leave to help in the kitchen	7%	9%
Pour another glass of wine	4%	4%
Nothing	9%	11%



Keeping Opinions to Yourself to Avoid Conflict During Family Gatherings

Q3. Have you ever kept your opinion to yourself to avoid conflict during a family gathering?

Base: Respondents who attend their family gatherings (without non applicable mentions) (n=1,437)

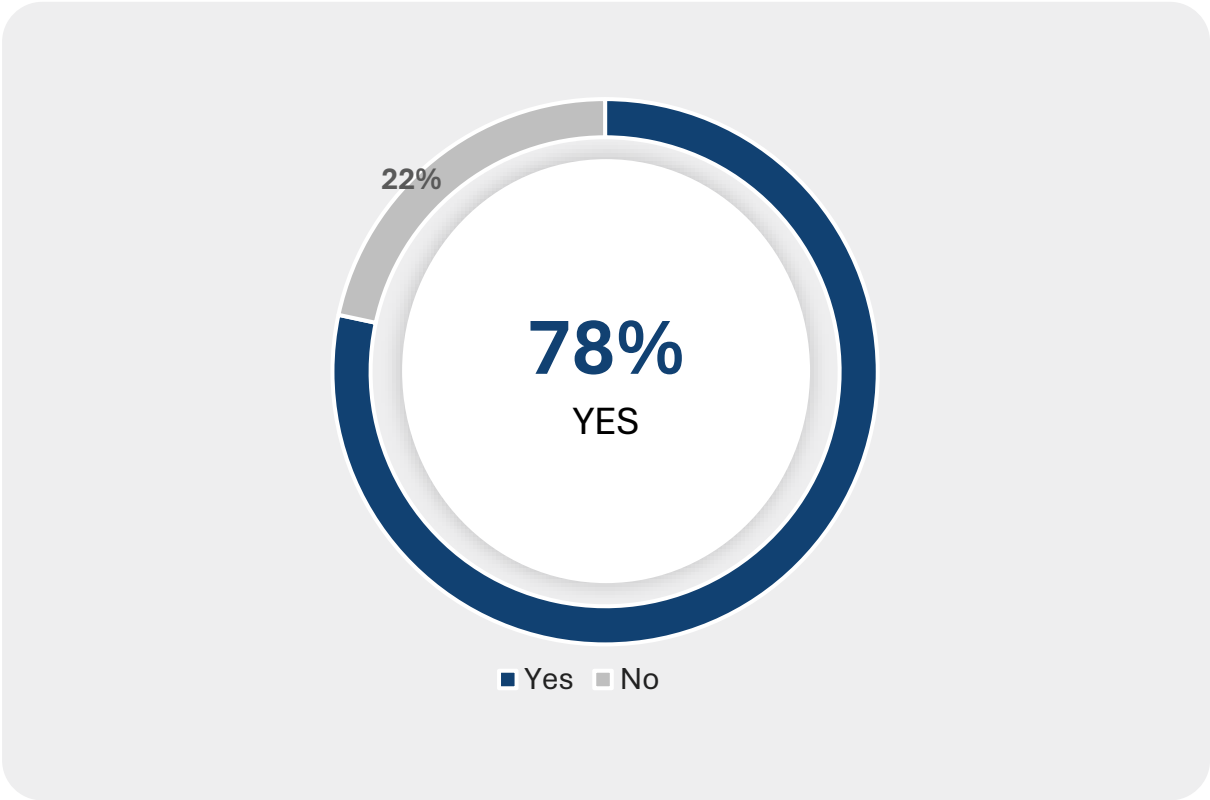




Keeping Opinions to Yourself to Avoid Conflict During Family Gatherings

Q3. Have you ever kept your opinion to yourself to avoid conflict during a family gathering?

Base: Respondents who attend their family gatherings (without non applicable mentions) (n=906)



Keeping Opinions to Yourself to Avoid Conflict During Family Gatherings – *Comparison Between the Two Countries*

Q3. Have you ever kept your opinion to yourself to avoid conflict during a family gathering?

Base: Respondents who attend their family gatherings (without non applicable mentions)

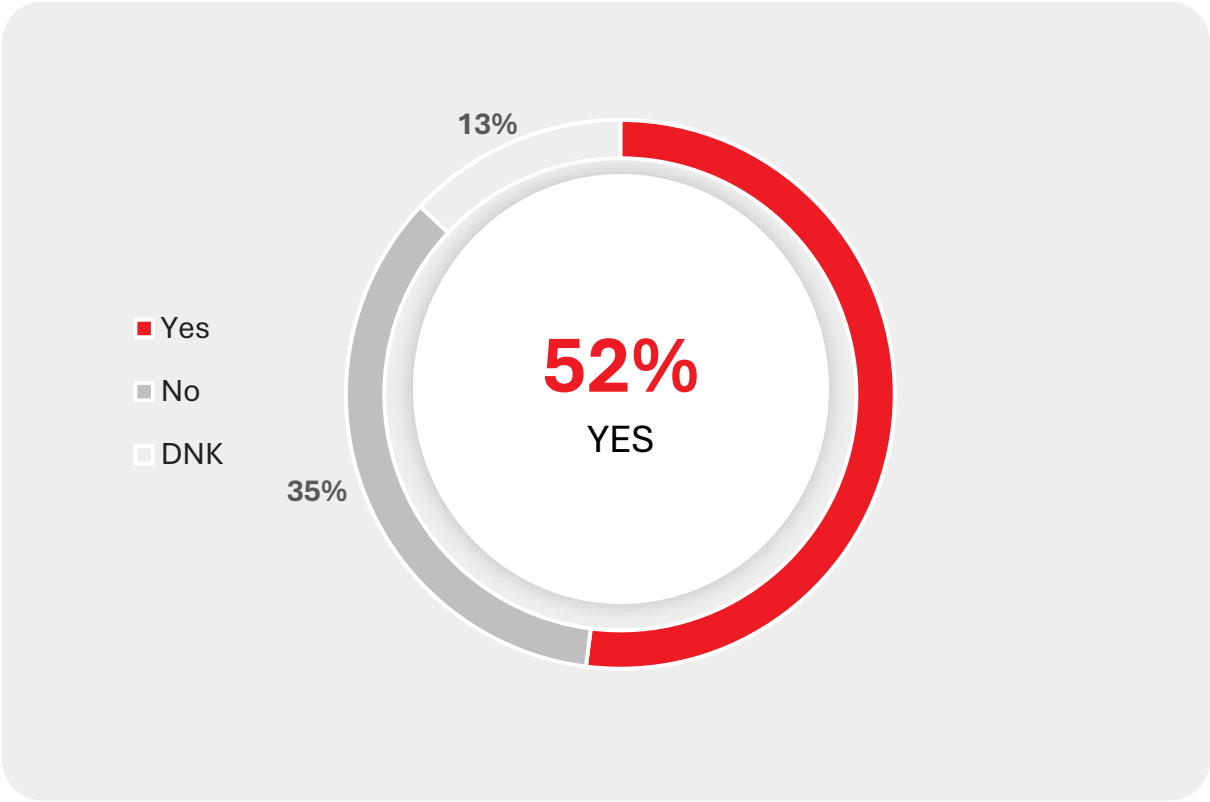
	 Total CANADA	 Total USA
Weighted n=	1,432	908
Unweighted n=	1,437	906
Yes	77%	78%
No	23%	22%



Perceived Increase in Caution During Conversations Compared to the Past

Q4. Compared to a few years ago, do you feel like people are more cautious about what they say in discussions?

Base: All respondents (n=1,537)

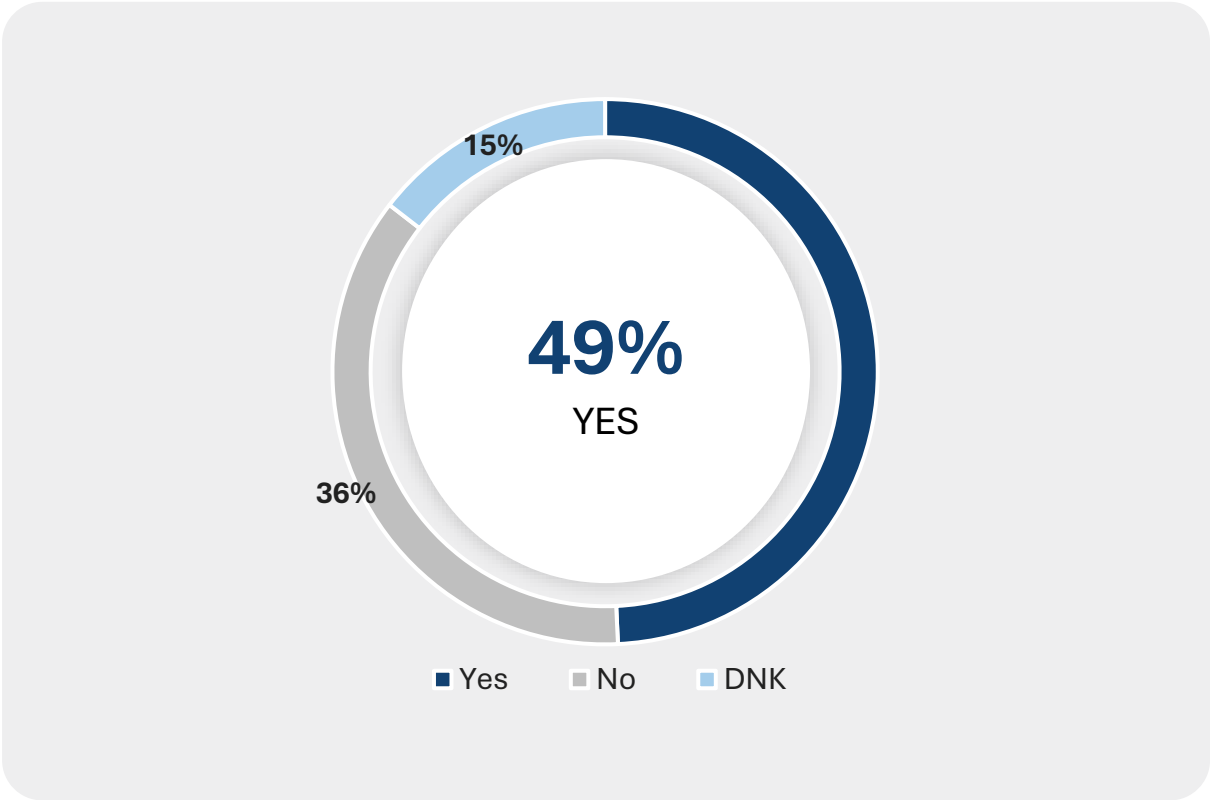




Perceived Increase in Caution During Conversations Compared to the Past

Q4. Compared to a few years ago, do you feel like people are more cautious about what they say in discussions?

Base: All respondents (n=1,016)



Perceived Increase in Caution During Conversations Compared to the Past – *Comparison Between the Two Countries*

Q4. Compared to a few years ago, do you feel like people are more cautious about what they say in discussions?

Base: All respondents

	 Total CANADA	 Total USA
Weighted n=	1,537	1,016
Unweighted n=	1,537	1,016
Yes	52%	49%
No	35%	36%
I don't know	13%	15%

Appendix – Detailed Results (CANADA)



Importance of Family Gatherings During Major Holidays

Q5. How important is it for you to gather with immediate and even some extended family over the big holidays?

Base: All respondents (n=1,537)

	Total CANADA	ATL	QC	ON	MB/SK	AB	BC	Male	Female	18-34	35-54	55+
Weighted n=	1,537	104	356	597	99	165	215	751	786	412	490	635
Unweighted n=	1,537	100	424	602	125	130	156	839	698	396	497	644
TOTAL IMPORTANT	73%	76%	76%	72%	71%	80%	68%	70%	77%	72%	76%	72%
Very important	36%	35%	39%	34%	33%	35%	37%	31%	41%	28%	39%	39%
Somewhat important	38%	42%	37%	38%	38%	45%	31%	39%	36%	44%	38%	33%
TOTAL NOT IMPORTANT	22%	22%	20%	23%	21%	16%	27%	25%	19%	21%	21%	25%
Not very important	14%	16%	14%	15%	12%	8%	14%	16%	12%	14%	13%	14%
Not at all important	8%	6%	6%	8%	9%	9%	13%	10%	7%	6%	8%	10%
Don't know	4%	1%	4%	5%	7%	4%	5%	5%	4%	8%	3%	4%



Using Fake Excuses to Avoid Family Gatherings

Q6. Have you ever used a fake excuse to avoid attending a family gathering?

Base: Respondents who attend their family gatherings (without non applicable mentions) (n=1,456)

Importance of gathering with immediate and even some extended family over the big holidays

	Total CANADA	ATL	QC	ON	MB/SK	AB	BC	Male	Female	18-34	35-54	55+	Important	Not Important
Weighted n=	1,456	99	343	555	91	165	203	693	763	377	476	603	1,110	313
Unweighted n=	1,456	95	408	563	115	129	146	776	680	367	482	607	1,128	302
Yes	45%	48%	42%	48%	49%	38%	46%	42%	48%	54%	46%	38%	40%	62%
No	55%	52%	58%	52%	51%	62%	54%	58%	52%	46%	54%	62%	60%	38%



Topics Most Likely to Start an Argument at Family Dinner

Q1. What topics do you think are most likely to start an argument at your family dinner?

Base: Respondents who attend their family gatherings (without non applicable mentions) (n=1,366)

	Total CANADA	ATL	QC	ON	MB/SK	AB	BC	Male	Female	18-34	35-54	55+
Weighted n=	1,381	89	390	542	109	119	132	736	645	354	451	576
Unweighted n=	1,366	91	327	532	86	151	180	646	720	358	445	563
Politics	49%	46%	57%	50%	45%	35%	46%	48%	50%	41%	42%	59%
Money	25%	28%	30%	25%	24%	21%	21%	26%	24%	26%	32%	20%
Immigration	19%	16%	24%	18%	18%	17%	16%	20%	18%	21%	19%	18%
The state of the world in general	18%	16%	16%	19%	19%	17%	17%	19%	17%	12%	17%	22%
Religion	17%	14%	19%	19%	23%	14%	14%	19%	17%	13%	16%	22%
Gender identity and pronouns	16%	22%	10%	15%	12%	24%	20%	13%	18%	23%	15%	12%
Parenting styles	14%	6%	13%	16%	10%	21%	13%	13%	15%	20%	17%	8%
Generational differences	14%	14%	11%	14%	15%	18%	11%	11%	15%	18%	15%	9%
COVID or vaccines	13%	20%	11%	11%	16%	19%	12%	12%	14%	13%	15%	11%
Social media or cancel culture	8%	9%	6%	10%	11%	6%	6%	8%	8%	13%	6%	6%
Relationships or dating	7%	5%	8%	7%	13%	5%	8%	7%	8%	11%	9%	4%
Hockey (or any sports team)	7%	18%	9%	6%	6%	5%	5%	9%	5%	8%	7%	7%
Climate change	6%	5%	6%	4%	6%	11%	7%	8%	4%	6%	4%	8%
Other	6%	2%	6%	4%	4%	9%	9%	6%	5%	3%	5%	8%



Reactions to Heated Topics in Family Gatherings

Q2. When a “heated topic” comes up in a family gathering, what do you usually do?

Base: Respondents who attend their family gatherings (without non applicable mentions) (n=1,416)

*Importance of gathering with
immediate and even some extended
family over the big holidays*

	Total CANADA	ATL	QC	ON	MB/SK	AB	BC	Male	Female	18-34	35-54	55+	Important	Not Important
Weighted n=	1,410	95	330	539	88	161	197	669	741	372	464	573	1,094	288
Unweighted n=	1,416	93	396	548	113	125	141	757	659	365	467	584	1,116	278
Share my opinion, even if it adds fuel to the fire	36%	41%	35%	36%	30%	37%	38%	41%	31%	35%	36%	37%	37%	36%
Try to change the subject	24%	27%	29%	22%	29%	20%	19%	20%	28%	22%	23%	26%	25%	19%
Stay quiet and smile	19%	19%	16%	19%	20%	22%	21%	19%	19%	23%	17%	18%	21%	15%
Leave to help in the kitchen	7%	3%	7%	8%	8%	4%	10%	6%	8%	7%	9%	6%	6%	10%
Pour another glass of wine	4%	3%	4%	5%	3%	2%	6%	2%	6%	3%	6%	4%	4%	6%
Nothing	9%	7%	9%	9%	10%	13%	6%	11%	8%	10%	8%	10%	7%	14%



Keeping Opinions to Yourself to Avoid Conflict During Family Gatherings

Q3. Have you ever kept your opinion to yourself to avoid conflict during a family gathering?

Base: Respondents who attend their family gatherings (without non applicable mentions) (n=1,437)

	Total CANADA	ATL	QC	ON	MB/SK	AB	BC	Male	Female	18-34	35-54	55+
Weighted n=	1,432	94	335	554	87	162	201	680	753	374	472	586
Unweighted n=	1,437	92	400	562	111	127	145	767	670	367	475	595
Yes	77%	75%	79%	77%	80%	75%	75%	73%	80%	74%	76%	79%
No	23%	25%	21%	23%	20%	25%	25%	27%	20%	26%	24%	21%



Perceived Increase in Caution During Conversations Compared to the Past

Q4. Compared to a few years ago, do you feel like people are more cautious about what they say in discussions?

Base: All respondents (n=1,537)

	Total CANADA	ATL	QC	ON	MB/SK	AB	BC	Male	Female	18-34	35-54	55+
Weighted n=	1,537	104	356	597	99	165	215	751	786	412	490	635
Unweighted n=	1,537	100	424	602	125	130	156	839	698	396	497	644
Yes	52%	50%	50%	54%	45%	57%	48%	53%	50%	48%	50%	54%
No	35%	29%	42%	33%	36%	33%	38%	34%	37%	38%	36%	34%
I don't know	13%	21%	8%	14%	20%	10%	15%	13%	13%	14%	14%	12%

Appendix – Detailed Results (United States)



Importance of Family Gatherings During Major Holidays

Q5. How important is it for you to gather with immediate and even some extended family over the big holidays?

Base: All respondents (n=1,016)

	Total USA	North East	Mid West	South	West	18-34	35-54	55+	Male	Female
Weighted n=	1,016	176	214	392	234	283	340	393	491	525
Unweighted n=	1,016	199	218	376	223	148	382	486	475	541
TOTAL IMPORTANT	72%	68%	71%	75%	72%	78%	66%	73%	69%	75%
Very important	40%	39%	37%	43%	39%	42%	35%	43%	39%	41%
Somewhat important	32%	29%	34%	32%	33%	36%	31%	30%	30%	34%
TOTAL NOT IMPORTANT	21%	21%	23%	19%	22%	16%	25%	20%	24%	18%
Not very important	11%	12%	16%	10%	8%	11%	14%	9%	14%	9%
Not at all important	10%	10%	7%	9%	15%	5%	12%	11%	11%	9%
Don't know	7%	11%	6%	7%	6%	5%	9%	7%	7%	8%



Using Fake Excuses to Avoid Family Gatherings

Q6. Have you ever used a fake excuse to avoid attending a family gathering?

Base: Respondents who attend their family gatherings (without non applicable mentions) (n=925)

Importance of gathering with
immediate and even some extended
family over the big holidays

	Total USA	North East	Mid West	South	West	18-34	35-54	55+	Male	Female	Important	Not Important
Weighted n=	933	161	196	366	211	272	307	354	448	485	719	182
Unweighted n=	925	185	193	349	198	142	345	438	431	494	710	184
Yes	41%	43%	39%	39%	45%	46%	48%	32%	37%	45%	40%	46%
No	59%	57%	61%	61%	55%	54%	52%	68%	63%	55%	60%	54%



Topics Most Likely to Start an Argument at Family Dinner

Q1. What topics do you think are most likely to start an argument at your family dinner?

Base: Respondents who attend their family gatherings (without non applicable mentions) (n=848)

	Total USA	North East	Mid West	South	West	18-34	35-54	55+	Male	Female
Weighted n=	850	149	168	343	191	244	287	319	411	440
Unweighted n=	848	170	171	322	185	130	318	400	401	447
Politics	54%	56%	59%	51%	54%	40%	53%	65%	56%	52%
Money	28%	22%	25%	35%	21%	28%	34%	23%	31%	25%
The state of the world in general	20%	27%	22%	20%	13%	20%	19%	21%	20%	20%
Religion	20%	21%	24%	18%	19%	18%	25%	18%	22%	18%
Immigration	17%	12%	14%	19%	18%	22%	12%	16%	16%	17%
Parenting styles	15%	16%	8%	18%	18%	22%	17%	9%	14%	16%
Generational differences	15%	15%	7%	17%	18%	22%	16%	8%	14%	16%
Relationships or dating	12%	6%	17%	13%	12%	14%	19%	4%	10%	15%
Gender identity and pronouns	12%	8%	15%	7%	19%	16%	13%	7%	8%	15%
Social media or cancel culture	10%	8%	7%	13%	8%	12%	9%	8%	11%	8%
COVID or vaccines	7%	11%	9%	6%	4%	2%	9%	9%	8%	6%
Climate change	6%	11%	3%	5%	8%	7%	6%	6%	8%	4%
Hockey (or any sports team)	5%	6%	5%	3%	6%	9%	6%	1%	6%	4%
Other	7%	7%	6%	7%	7%	5%	6%	9%	5%	8%



Reactions to Heated Topics in Family Gatherings

Q2. When a “heated topic” comes up in a family gathering, what do you usually do?

Base: Respondents who attend their family gatherings (without non applicable mentions) (n=862)

Importance of gathering with immediate and even some extended family over the big holidays

	Total USA	North East	Mid West	South	West	18-34	35-54	55+	Male	Female	Important	Not Important
Weighted n=	864	151	178	342	193	253	281	330	413	451	700	142
Unweighted n=	862	170	181	331	180	132	318	412	402	460	687	156
Share my opinion, even if it adds fuel to the fire	36%	33%	28%	44%	32%	40%	39%	30%	40%	33%	37%	31%
Try to change the subject	25%	27%	29%	20%	26%	24%	24%	26%	24%	25%	25%	24%
Stay quiet and smile	16%	14%	17%	14%	19%	15%	14%	18%	16%	16%	17%	15%
Leave to help in the kitchen	9%	8%	11%	8%	8%	8%	8%	10%	5%	12%	9%	7%
Pour another glass of wine	4%	4%	3%	3%	5%	4%	3%	4%	2%	4%	3%	5%
Nothing	11%	14%	12%	11%	10%	8%	12%	12%	12%	11%	9%	18%



Keeping Opinions to Yourself to Avoid Conflict During Family Gatherings

Q3. Have you ever kept your opinion to yourself to avoid conflict during a family gathering?

Base: Respondents who attend their family gatherings (without non applicable mentions) (n=906)

	Total USA	North East	Mid West	South	West	18-34	35-54	55+	Male	Female
Weighted n=	908	159	185	361	204	261	294	354	429	479
Unweighted n=	906	180	189	346	191	136	334	436	420	486
Yes	78%	78%	81%	76%	79%	80%	78%	77%	74%	83%
No	22%	22%	19%	24%	21%	20%	22%	23%	26%	17%



Perceived Increase in Caution During Conversations Compared to the Past

Q4. Compared to a few years ago, do you feel like people are more cautious about what they say in discussions?

Base: All respondents (n=1,016)

	Total USA	North East	Mid West	South	West	18-34	35-54	55+	Male	Female
Weighted n=	1,016	176	214	392	234	283	340	393	491	525
Unweighted n=	1,016	199	218	376	223	148	382	486	475	541
Yes	49%	53%	47%	49%	49%	56%	43%	50%	50%	48%
No	36%	28%	37%	37%	41%	30%	41%	37%	35%	37%
I don't know	15%	20%	16%	14%	10%	14%	16%	13%	15%	14%

Respondent Profile

Respondent profiles – Canadian Sample

(Base n=1,537)

The table below presents the Canadian distribution of respondents before weighting.

Gender

	Unweighted	Weighted
Male	839	751
Female	786	786

Language (Mother Tongue)

	Unweighted	Weighted
French	405	304
English	1,000	1,095
Other	132	137

Age

	Unweighted	Weighted
18 to 34	396	412
35 to 54	497	490
55+	644	635

Province

	Unweighted	Weighted
British Columbia	156	215
Alberta	130	165
Manitoba/Saskatchewan	125	99
Ontario	602	597
Quebec	424	356
Atlantic	100	104

Respondent Profile

Respondent profiles – *American Sample*

(Base n=1,016)

The following tables present the demographic distribution of respondents for the United States.

Gender

	Unweighted	Weighted
Male	475	491
Female	541	525

Region

	Unweighted	Weighted
Northeast	199	176
Midwest	218	214
South	376	392
West	223	234

Age

	Unweighted	Weighted
Between 18 and 34	148	283
Between 35 and 54	382	340
55 and older	486	393

Our Credentials



Canada

Leger is a member of the [Canadian Research Insights Council \(CRIC\)](#), the industry association for the market/survey/insights research industry.



Europe

Leger is a member of [ESOMAR](#) (European Society for Opinion and Market Research), the global association of opinion polls and marketing research professionals.



America

Leger is also a member of the [Insights Association](#), the American Association of Marketing Research Analytics.



International

Leger is a member of the [Worldwide Independent Network of Market Research \(WIN\)](#), a global alliance of leading independent market research and polling firms that collaborate to share expertise, methodologies, and insights across diverse markets.

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