



Family Life

Merit Badge Workbook

This workbook can help you but you still need to read the merit badge pamphlet (book). No one can add or subtract from the Boy Scout Requirements #33216. Each Scout must do each requirement. Merit Badge Workbooks and more: [Online Resources](#). Send comments to the workbook developer: craig@craiglincoln.com. Requirements revised: 01/1/10, Workbook updated: 02/10.

Scout's Name: _____ Unit: _____

Counselor's Name: _____ Counselor's Ph #: _____

1. Prepare an outline on what a family is and discuss this with your merit badge counselor. _____

Tell why families are important to individuals _____

and to society. _____

Discuss how the actions of one member can affect other members. _____

2. List several reasons why you are important to your family and discuss this with your parents or guardians and with your merit badge counselor. _____

3. Prepare a list of your regular home duties or chores (at least five) and do them for 90 days. Keep a record of how often you do each of them.

Chore 1 _____ Chore 2 _____

Chore 3 _____ Chore 4 _____

Chore 5 _____

Sample Home Duty or Chore List

Week:	/	/	-	/	/			Week:	/	/	-	/	/			Week:	/	/	-	/	/		
Day:	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Day:	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Day:	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Duty 1								Duty 1								Duty 1							
Duty 2								Duty 2								Duty 2							
Duty 3								Duty 3								Duty 3							
Duty 4								Duty 4								Duty 4							
Duty 5								Duty 5								Duty 5							

Week:	/	/	-	/	/			Week:	/	/	-	/	/			Week:	/	/	-	/	/		
Day:	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Day:	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Day:	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Duty 1								Duty 1								Duty 1							
Duty 2								Duty 2								Duty 2							
Duty 3								Duty 3								Duty 3							
Duty 4								Duty 4								Duty 4							
Duty 5								Duty 5								Duty 5							

Week:	/	/	-	/	/			Week:	/	/	-	/	/			Week:	/	/	-	/	/		
Day:	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Day:	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Day:	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Duty 1								Duty 1								Duty 1							
Duty 2								Duty 2								Duty 2							
Duty 3								Duty 3								Duty 3							
Duty 4								Duty 4								Duty 4							
Duty 5								Duty 5								Duty 5							

Week:	/	/	-	/	/			Week:	/	/	-	/	/			Week:	/	/	-	/	/		
Day:	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Day:	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Day:	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Duty 1								Duty 1								Duty 1							
Duty 2								Duty 2								Duty 2							
Duty 3								Duty 3								Duty 3							
Duty 4								Duty 4								Duty 4							
Duty 5								Duty 5								Duty 5							

Week:	/	/	-	/	/		
Day:	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Duty 1							
Duty 2							
Duty 3							
Duty 4							
Duty 5							

- Enter the dates for the weeks across the top of each block.
- Under the day of the week the duty is performed, enter the duty number from the list above. Each duty may not need to be done each day.
- Clarifications from National: These 90 days do not have to be in a row but can be from any time while a Boy Scout. Your parent or guardian may want to initial this chart each time duties are completed.

Notes:

4. With the approval of your parents or guardians _____
and your merit badge counselor, _____
decide on and carry out a project that you would do around the home that would benefit your family. _____

Submit a report to your merit badge counselor outlining how the project benefited your family. _____

5. Plan and carry out a project that involves the participation of your family. After completing the project, discuss the following with your merit badge counselor:

a. The objective or goal of the project _____

b. How individual members of your family participated _____

c. The results of the project _____

6. Do the following:

a. Discuss with your merit badge counselor how to plan and carry out a family meeting. _____

b. After this discussion, plan and carry out a family meeting to include the following subjects:

1. Avoiding substance abuse, including tobacco, _____
 alcohol, _____
 and drugs, _____
 all of which negatively affect your health and well-being _____

2. Understanding the growing-up process and how the body changes, and making responsible decisions dealing with sex _____

3. Personal and family finances _____

4. A crisis situation within your family _____

5. The effect of technology on your family _____

Discussion of each of these subjects will very likely carry over to more than one family meeting.

7. Discuss the following with your counselor:

a. Your understanding of what makes an effective father and why, _____

and your thoughts on the father's role in the family _____

b. Your understanding of the responsibilities of a parent _____

Online Resources (Use any Internet resource with caution and only with your parent's or guardian's permission.)

Boy Scouts of America: ► scouting.org ► [Guide to Safe Scouting](#) ► [Age-Appropriate Guidelines](#) ► [Safe Swim Defense](#)
 ► [Scout](#) ► [Tenderfoot](#) ► [Second Class](#) ► [First Class](#) ► [Rank Videos](#) ► [Safety Afloat](#)

Boy Scout Merit Badge Workbooks: usscouts.org -or- meritbadge.org **Merit Badge Books:** www.scoutstuff.org

American Association of Family and Consumer Sciences: <http://www.aafcs.org>

American Red Cross: <http://www.redcross.org>

Family, Career, & Community Leaders: <http://www.fcclainc.org>

The Parenting Project: <http://www.parentingproject.org>

TeensHealth: <http://www.teenshealth.org>