



Family Life Merit Badge Guide

Scouts and parents:

Please review all requirements and Discussion Points and a sample chore chart in this Guide.

Completion of **requirements 2, 4, 5, 6b** involve family discussions or projects. Each Scout should work toward completing these requirements before class and should bring statements signed and dated by a parent or guardian that these discussions and projects have occurred.

Requirements

https://filestore.scouting.org/filestore/Merit_Badge_ReqandRes/Family_Life.pdf

2023 02 02

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. Discuss with your counselor the effect your chores had on your family.
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*

*This conversation may take place with only one or both of your parents or guardians.

(3) How your chores in requirement 3 contributed to your role in the family

(4) Personal and family finances

(5) A crisis situation within your family

(6) The effect of technology on your family

(7) Good etiquette and manners

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

7. Discuss with your counselor your understanding of what makes an effective parent and why, and your thoughts on the parent's role and responsibilities in the family.



Family Life Merit Badge Guide

Discussion Points

Before any merit badge discussions take place in group settings, parents and counselors must advise Scouts to maintain confidentiality of private personal and family matters, such as, personal or family stresses such as financial problems, substance abuse, health issues, interpersonal relationships.

If any Scout leader becomes aware of situations suggesting physical, mental, emotional abuse, or deprivation of a Scout, then any further comments about the situation should be heard in private, following BSA Youth Protection guidelines for 2-deep adult leadership and with a clear understanding that awareness of the situation must lead to reporting to a Scout professional.

Requirement # 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.

To facilitate discussion, please encourage each Scout to answer.

Definition of "family"

What are your ideas?

People

Live together, maybe or maybe not.

Related by birth or marriage or friendship or love or finances or common interest.

Grandparents, parents, children, grandchildren, aunts, uncles, cousins.

"Adopted" parents or adopted children.

Foster parents and children.

Young and middle age and old.

Importance:

Biology. We have children to perpetuate our species.

Safety, protection

Moral and emotional support, love

Financial stability for food, shelter, warmth, clothes, travel, education

Discipline.

Foster growth in maturity and values.

Role model

Life skills, managing money, caring for a home or car or an elderly relative or neighbor or a baby, vocation (job) or avocation (hobby)

Fun: meals, travel, sharing experiences, learning, playing games, attending sports events

Celebrations: Birthdays, holidays (Mother's Day, Father's Day, Thanksgiving, religious holidays), Courts of Honor (rank advancement, merit badges), Eagle Scout ceremonies, graduations, school achievements, team successes, work promotions and awards, engagements, weddings, sad events (funerals, financial setbacks, divorces)

Actions of one family member:

Positive effects:

Educated or skilled family members (parents or other adults) provide financial stability, role models for youth to seek education or skills.

Youth learn values, right and wrong, that make them good citizens, good workers, good parents, good people.

Negative effects:

Crime, drug use, alcohol use, smoking, addictions, screen addiction (television, social media), hostile behaviors, bad language, unsafe environment, guns—all of these can

lead to unemployment, incarceration, poor health, poverty, with impact on everyone in the family.

Speeding or driving while intoxicated can lead to car crashes with injuries or death or financial ruin.

Poor role models can lead to poor learned behaviors.

Requirement # 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.

To facilitate discussion, please encourage each Scout to answer.

Do you earn money for your family?

Do you drive your family members to work or school?

Do you repair your home or car?

Do you take care of your parents, grandparents, or brothers or sisters, such as, shopping for food or clothes, cooking meals, washing dishes, changing diapers?

If you do not perform any of these functions for or with your family, are you important? Why or why not?

Family members love you.

Family members are counting on you to grow physically and mentally and emotionally. In some societies, mature family members work together to take care of family members who cannot take care of themselves (elderly, babies, children).

Does this happen in America? In your family?

Important for what you were, are, will be.

Requirement # 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. Discuss with your counselor the effect your chores had on your family.

Discuss the chores that each Scout plans to perform and indicate start and end dates. Some Scouts may have already been doing chores to a 90-day goal.

Cleaning, sweeping, vacuuming, mopping floors

Preparing foods for cooking meals

Setting table

Taking out trash

Washing dishes, pots, pans

Washing and detailing car

Washing dog, clothes, shower, tub, toilet

Walking dog, pushing baby in carriage on walks

Cutting grass, raking yard, weeding garden

Making bed, changing sheets

Hanging up clothes, putting dirty clothes in hamper, washing and drying and folding and putting away clothes

Requirement # 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.

Discuss potential acceptable projects for individuals and for families.

Wash and detail car, perform car safety check of tire pressures, fluid levels, condition of windshield wipers, headlight lenses

If headlight lenses are foggy, check out youtube videos or websites that explain how to polish these to clear again.

Repair and prepare and paint furniture or a room

Sort out old or small clothes or old toys and donate to a charity

Recruit family members to participate in serving a meal at a homeless shelter

Sell Camp Cards to pay for summer camp

Plan a family camping trip, take responsibility for meal planning, food purchases, storage, transportation, preparation, cooking, cleanup

Requirement # 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

Clean out attic, basement, storage closet, garage

Repair tool handles, sharpen tools or knives

Organize holiday decorations for storage

Repair family bikes to prepare for a trip

Plan a family camping trip, take responsibility for meal planning, food purchases, storage, transportation, preparation, cooking, cleanup

Was the project important to complete as a goal? Or, was the project important because of the interaction with your family as a team and what you observed and learned?

Requirement # 6

Do the following:

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

To facilitate discussion, please encourage each Scout to answer.

Schedule meeting for a specific date, time, place, agreeable to everyone
 What would that date, day, time, place likely to be?

Make a written list of topics for discussion, agreeable to everyone. Examples might include:

summer or winter vacation plans, weekend plans at home, movies to see, term paper plans, business travel, buy new car or fix old car, saving for college, plans for education (high school courses (regular, AP, Honors, IB)), plans for high school and community college at same time, high school summer away at college, college visits, college applications, career interests, military service, sports camps, family budget, family health concerns, state legislative page or governor's page, pre-college test preparation courses, driving (license, insurance, car), cell phone, social media, screen time, gaming, expenses of gaming to purchase added online features, Scout Cyber Chip, school or club sports, school friends, church attendance, church activities and mission trips, habits, manners, language, Scout troop and OA lodge activities and leadership, dating, body changes with puberty, appropriate and inappropriate behaviors in groups, clothes (function vs. style), parties to go to and not to go to, drinking, smoking, vaping, calling home for a ride if intoxicated, guns at home, guns at other places

(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*

*This conversation may take place with only one or both of your parents or guardians.

- (3) How your chores in requirement 3 contributed to your role in the family

4. Personal and family finances
5. A crisis situation within your family
6. The effect of technology on your family
7. Good etiquette and manners

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

Requirement # 7

Discuss with your counselor your understanding of what makes an effective parent and why, and your thoughts on the parent's role and responsibilities in the family.

To facilitate discussion, please encourage each Scout to answer.

Possible discussion topics:

Parent responsibilities, child responsibilities, love, role model, discipline, companionship, guidance, advice, create opportunities for physical, mental, emotional, spiritual, and moral growth, financial stability for food, water, shelter, clothing, education, health care, transportation, entertainment, communication, cell phone

Family Life Merit Badge Chore Tracking Chart

		Chore # 1	Chore # 2	Chore # 3	Chore # 4	Chore # 5
	Chore description					
Day	Date					
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						
13						
14						
15						
16						
17						
18						
19						
20						
21						
22						
23						
24						
25						
26						
27						
28						
29						
30						
31						

