



Family Life

Merit Badge Workbook



This workbook can help you but you still need to read the merit badge pamphlet.

The work space provided for each requirement should be used by the Scout to make notes for discussing the item with his counselor, not for providing the full and complete answers. Each Scout must do each requirement.

No one may add or subtract from the official requirements found in **Boy Scout Requirements** (Pub. 33216 – SKU 34765).

The requirements were last issued or revised in 2010 • This workbook was updated in May 2013.

Scout's Name: Aseem Keyal

Unit: Troop 676

Counselor's Name: Glen White

Counselor's Phone No.: _____

<http://www.USScouts.Org> • <http://www.MeritBadge.Org>

Please submit errors, omissions, comments or suggestions about this **workbook** to: Workbooks@USScouts.Org
Comments or suggestions for changes to the **requirements** for the **merit badge** should be sent to: Merit.Badge@Scouting.Org

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

A family is a group of individuals that both care for each other and work together to collectively accomplish mutual goals. They may or may not be related, but support each other consistently throughout one another's lives.

Tell why families are important to individuals and to society.

Individuals:

Families help provide essentials such as human interaction, provide moral support, guidance, and other beneficial necessities.

Society.

Familial ties benefit society by creating a structure of interdependence where an individual need no rely on solely themselves to accomplish a task, facilitating many actions of our everyday lives. In this way, society helps benefit the individual, and as individuals comprise a society, this benefit is transferred to them as well.

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

In a family, just as in any other close knit group, the actions of one member frequently affect other members. This can be done in either a beneficial way (such as the support of a sibling at a sporting event) or a detrimental way (fighting with a sibling over who will use the computer). Although isolated events can be categorized into the aforementioned two groups, the overall actions of family members towards one another must be positive, or the family is deemed dysfunctional.

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.

I am important in my family because I believe that my actions directly benefit the family. From taking care of my little sister to helping educate my younger brother, my role in the family is one of guidance towards my younger siblings and one of obedience towards my parents.

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	Filling garbage cans
Chore 2	Taking out / putting back garbage cans
Chore 3	Taking out / putting back dishes
Chore 4	Taking care of sister
Chore 5	Cleaning family room
Chore 6	

(See the sample Home Chore Chart at the end of this workbook.)

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.

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

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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

Painting the fence surrounding our back yard red.

- b. How individual members of your family participated

Me, my younger brother, and my father all worked to paint the fence. As we only have two brushes, this was accomplished by taking turns. Both me and my brother contributed to the final result of the project and there were no major obstacles encountered in the process.

- c. The results of the project

The fence was painted red with a coat that should last for years to come, replacing the poor state it was in with patches where the paint had peeled off.

6. Do the following:

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

In order to carry out an effective family meeting, all members of the family should be present. No member should talk excessively in order to ensure that everyone's viewpoint is taken into consideration. This ensures that the task at hand can be accomplished in the most effective way, as a variety of opinions can analyze the situation more deeply than one approach. In addition to this, no two family members can talk at once, one voice must be heard at a given moment to ensure clarity and understanding.

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.

☐ Tobacco:

Tobacco can cause lung cancer, which would lead to medical expenses and possible death, and can cause disruption in the family as smoking requires an area that should be free of children

☐ Alcohol:

Alcohol can lead to cirrhosis, a lack of inhibition, and violence towards family members. Due to this, alcohol should be consumed sparingly and in small quantities in one time.

☐ Drugs:

Drugs can have various effects due to the vast variety available, but consistently have consequences towards both physical health and the general familial dynamic

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

The process of maturity is often difficult for adolescents due to the bodily changes that occur, but can be made easier through proper education. In addition to this, responsibility and proper conduct must be taken by individuals who have reached sexual maturity, as they may not have reached the level of emotional maturity and responsibility for such actions and their consequence.

3. Personal and family finances

Personal finance is intertwined with familial finance, as a family is a collective arrangement in which money is normally shared with all members. Due to this, the appropriate caution must be taken in matters regarding finance so as to not jeopardize the economic success of the family as a whole.

4. A crisis situation within your family

Crises can occur, threatening the stability and prosperity of a family. This ensures the importance of familial support for one another and the ability to solve problems effectively in a group environment.

5. The effect of technology on your family

Technology often has the consequence of separating family members, despite it facilitating many modern interactions with others. Because of this, breaks are needed in the use of technology to ensure family time and increase bonding between members of the family.

6. Good etiquette and manners:

Good behavior and manners are needed in order to make sure every member of the family is treated with respect. If this respect is awarded to all individuals, then all family members can coexist without frequent conflict.

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

What makes an effective father?

An effective father is one who provides the proper guidance for his children. This can be done in a variety of ways, through care, discipline, or humor. A father should be adaptable and be able to approach this task of guidance in the best possible way.

Why?

Children can often become misguided when they lack a father figure who helps them find their purpose and supports them in life. Because of this, a foremost priority of a father should be the guidance of his children.

The father's role in the family:

The father's role in the family is one of guidance and support in order to ensure the best chance of success for his children.

- b. Your understanding of the responsibilities of a parent

The task of being a parent is an especially difficult one, requiring patience, flexibility, and unconditional love. This task should not be approached in a manner that has any trace of flippancy, as individuals who attempt to undertake it must have the skills presented above.

Requirement resources can be found here:

http://www.meritbadge.org/wiki/index.php/Family_Life#Requirement_resources

Sample Home Duty or Chore List

Duty 1		Duty 2	
Duty 3		Duty 4	
Duty 5		Duty 6	

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							
Duty 6								Duty 6								Duty 6							

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							
Duty 6								Duty 6								Duty 6							

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							
Duty 6								Duty 6								Duty 6							

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							
Duty 6								Duty 6								Duty 6							

Week:							
Day:	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Duty 1							
Duty 2							
Duty 3							
Duty 4							
Duty 5							
Duty 6							

Enter the dates for the weeks across the top of each block.

Under the day of the week the duty is performed, enter a check mark or X next to the duty number. Each duty may not need to be done each day.

Your parent or guardian may want to initial this chart each time duties are completed.

Important excerpts from the 'Guide To Advancement', No. 33088:

Effective January 1, 2012, the *'Guide to Advancement'* (which replaced the publication *'Advancement Committee Policies and Procedures'*) is now the *official* Boy Scouts of America source on advancement policies and procedures.

- **[Inside front cover, and 5.0.1.4] — Unauthorized Changes to Advancement Program**
No council, committee, district, unit, or individual has the authority to add to, or subtract from, advancement requirements.
(There are limited exceptions relating only to youth members with disabilities. For details see section 10, "Advancement for Members With Special Needs".)
- **[Inside front cover, and 7.0.1.1] — The 'Guide to Safe Scouting' Applies**
Policies and procedures outlined in the *'Guide to Safe Scouting'*, No. 34416, apply to all BSA activities, including those related to advancement and Eagle Scout service projects. [Note: Always reference the online version, which is updated quarterly.]
- **[7.0.3.1] — The Buddy System and Certifying Completion**
Youth members must not meet one-on-one with adults. Sessions with counselors must take place where others can view the interaction, or the Scout must have a buddy: a friend, parent, guardian, brother, sister, or other relative—or better yet, another Scout working on the same badge—along with him attending the session. When the Scout meets with the counselor, he should bring any required projects. If these cannot be transported, he should present evidence, such as photographs or adult certification. His unit leader, for example, might state that a satisfactory bridge or tower has been built for the Pioneering merit badge, or that meals were prepared for Cooking. If there are questions that requirements were met, a counselor may confirm with adults involved. Once satisfied, the counselor signs the blue card using the date upon which the Scout completed the requirements, or in the case of partials, initials the individual requirements passed.
- **[7.0.3.2] — Group Instruction**
It is acceptable—and sometimes desirable—for merit badges to be taught in group settings. This often occurs at camp and merit badge midways or similar events. Interactive group discussions can support learning. The method can also be attractive to "guest experts" assisting registered and approved counselors. Slide shows, skits, demonstrations, panels, and various other techniques can also be employed, but as any teacher can attest, not everyone will learn all the material.

There must be attention to each individual's projects and his fulfillment of *all* requirements. We must know that every Scout—actually and *personally*—completed them. If, for example, a requirement uses words like "show," "demonstrate," or "discuss," then every Scout must do that. It is unacceptable to award badges on the basis of sitting in classrooms *watching* demonstrations, or remaining silent during discussions. Because of the importance of individual attention in the merit badge plan, group instruction should be limited to those scenarios where the benefits are compelling.
- **[7.0.3.3] — Partial Completions**
Scouts need not pass all requirements with one counselor. The Application for Merit Badge has a place to record what has been finished—a "partial." In the center section on the reverse of the blue card, the counselor initials for each requirement passed. In the case of a partial completion, he or she does not retain the counselor's portion of the card. A subsequent counselor may choose not to accept partial work, but this should be rare. A Scout, if he believes he is being treated unfairly, may work with his Scoutmaster to find another counselor. An example for the use of a signed partial would be to take it to camp as proof of prerequisites. Partials have no expiration except the 18th birthday.