



Family Life

Merit Badge Workbook



Read the [merit badge pamphlet](#). View helpful [video resources](#).

This Workbook can help you organize your thoughts as you prepare to meet with your merit badge counselor.

Merit Badge Counselors may not require the use of this or any similar workbooks.

You still must satisfy your counselor that you can demonstrate each skill and have learned the information.

You should use the work space provided for each requirement to keep track of which requirements have been completed, and to make notes for discussing the item with your counselor, not for providing full and complete answers.

If a requirement says that you must take an action using words such as "discuss", "show", "tell", "explain", "demonstrate", "identify", etc. that is what you must do.

No one may add or subtract from the official requirements found in Scouts BSA Requirements (Pub # 33216) and/or on Scouting.org.

The requirements were revised in 2025 • This workbook was updated in November 2025.

Scout's Name: _____ Unit _____ Date Started _____

Counselor's Name: _____ Phone No.: _____ Email: _____

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.

Tell why families are important to individuals and to society.

Individuals:

Society.

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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
Chore 6

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

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. .

After completion, discuss the objective or goal and the results of the project with your family and then your counselor.

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. Prepare a meeting agenda that includes the following topics, review it with your parents or guardians, and then carry out one or more family meetings:

1. How living the principles of the Scout Oath and Scout Law contributes to your family life

How living the principles of the Scout Oath and Scout Law contributes to your family life

2. The greatest dangers and addictions facing youth in today's society (examples include mental health, challenges use of tobacco products, alcohol, or drugs and other items such as debts, social media, etc.)

3. Discuss with a parent or guardian how bodily changes can affect the choice you make as you physically and mentally mature

4. Personal and family finances

5. A crisis situation within your family and whom you can turn to for support during these situations

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 responsibility in the family:

When working on merit badges, Scouts and Scouters should be aware of some vital information in the current edition of the *Guide to Advancement* (BSA publication 33088). Important excerpts from that publication can be downloaded from <http://usscouts.org/advance/docs/GTA-Excerpts-meritbadges.pdf>.

You can download a complete copy of the *Guide to Advancement* from <http://www.scouting.org/filestore/pdf/33088.pdf>.

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.