MERIT BADGE SERIES







FAMILY LIFE







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Family Life

Note to the Counselor

Some of the issues surrounding requirement 6 for the family meeting could be considered of a personal nature. Use discretion when reviewing this requirement with the Scout.

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*

(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.

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

Family Life Resources

Scouting Literature

Boy Scout Journal; American Cultures, American Heritage, Citizenship in the Community, Citizenship in the Nation, Citizenship in the World, Communication, Cooking, Crime Prevention, Disabilities Awareness, Genealogy, and *Personal Management* merit badge pamphlets

Visit the Boy Scouts of America's official retail website at http://www.scoutstuff.org for a complete listing of all merit badge pamphlets and other helpful Scouting materials and supplies.

Books

Block, Joel D., et al. *Stepliving for Teens: Getting Along With Stepparents and Siblings.* Price Stern Sloan, 2001.

Brain, Marshall. *The Teenager's Guide to the Real World.* BYG Publishing Inc., 1997.

Carlson, Richard. *Don't Sweat the Small Stuff for Teens.* Hyperion Press, 2000.

Coleman, Ronda. *Around the Family Table: 365 Mealtime Conversations for Parents and Children.* Gryphon House Inc., 2001.

Covey, Sean. *The 7 Habits of Highly Effective Teens.* Touchstone, 2014.

———. *The 7 Habits of Highly Effective Teens Workbook.* Franklin Covey, 1999.

Davis, Ken. *How to Live With Your Parents Without Losing Your Mind.* Zondervan Publishing Co., 1988.

Foster, Chad. *Teenagers: Preparing for the Real World.* South-Western Educational Publishing, 1998.

Fox, Annie. *Can You Relate? Real-World Advice for Teens on Guys, Girls, Growing Up, and Getting Along.* Free Spirit Publishing, 2005.

Gurian, Michael. *From Boys to Men: All About Adolescence and You.* Price Stern Sloan, 1999.

Hightower, Elaine, and Betsy Riley. *Our Family Meeting Book: Fun and Easy Ways to Manage Time, Build Communication, and Share Responsibility Week by Week.* Free Spirit Publishing, 2002.

Jukes, Mavis. *The Guy Book: An Owner's Manual.* Crown Books for Young Readers, 2002.

Maisel, Eric. *20 Communication Tips for Families: A 30-Minute Guide to a Better Family Relationship.* New World Library, 2000.

McGraw, Jay. *Closing the Gap: A Strategy for Bringing Parents and Teens Together.* Fireside, 2001.

———. *Life Strategies for Teens.* Fireside, 2000.

Otfinoski, Steve. *The Kid's Guide to Money: Earning It, Saving It, Spending It, Growing It, Sharing It.* Scholastic, 1996.

Packer, Alex J. *Bringing Up Parents: The Teenager's Handbook.* Free Spirit Publishing, 1992.

———. *The How Rude!™ Handbook of Family Manners for Teens.* Free Spirit Publishing, 2004.

———. *How Rude!™ The Teenagers' Guide to Good Manners, Proper Behavior, and Not Grossing People Out.* Free Spirit Publishing, 2014.

Organizations and Websites

American Association of Family and Consumer Sciences
400 N. Columbus St., Suite 202
Alexandria, VA 22314
Toll-free telephone: 800-424-8080
Website: http://www.aafcs.org

American Red Cross
2025 E St. NW
Washington, DC 20006
Telephone: 202-303-4498
Website: http://www.redcross.org

Family, Career, and Community Leaders of America

1910 Association Drive
Reston, VA 20191-1584
Telephone: 703-476-4900
Website: http://www.fcclainc.org

Prepare Tomorrow's Parents
454 NE Third St.
Boca Raton, FL 33432
Telephone: 561-620-0256
Website:
http://www.preparetomorrowsparents.org

Acknowledgments

The Boy Scouts of America thanks writer Marilyn Swierk for her involvement with this new edition of the *Family Life* merit badge pamphlet. Ms. Swierk is certified in Family and Consumer Sciences and in Family Life Education and is a consultant and speaker in the realm of family life and education.

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