



# Family Life

## Merit Badge Workbook

Requirements current as of 2026

Unofficial study aid • Not affiliated with or endorsed by Scouting America



This workbook can help you, but you still need to read the merit badge pamphlet. It 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. Use the space provided for each requirement to keep track of what you have completed and to make notes for discussing it with your counselor, not for providing full and complete answers. Where a requirement says to discuss, explain, describe, or tell, that is what you must do.

No one may add or subtract from the official requirements found in Scouts BSA Requirements (Pub. 33216) and on [Scouting.org](https://www.scouting.org).

The requirements were last revised January 1, 2026 • This workbook was updated in October 2026.

Scout's Name:  Unit:  Date Started:

Counselor's Name:  Phone No.:  Email:

Made by Cole at [ScoutSmarts.com](https://scoutsmarts.com), an Eagle Scout who loves helping Scouts. Spot an error? Tell me at [scoutsmarts.com/contact](https://scoutsmarts.com/contact).

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1. Prepare an outline on what a family is and discuss this with your counselor. Tell why families are important to individuals and to society. Discuss how the actions of one member can affect other members.

Scouting America resources: [Why Family Matters in Shaping Teens' Passions and Identity \(podcast\)](#) • [Introduction to Family Life \(video\)](#)

**My outline of what a family is:**

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**Why families are important to individuals and to society:**

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**How the actions of one member can affect other members:**

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2. List several reasons why you are important to your family and discuss this with your parent or guardian and with your counselor.

Scouting America resources: [Families and Family Relationships \(video\)](#)

**Tip:** Start with the roles you play at home, like son or daughter, sibling, grandchild, or pet caretaker. Then ask your family what you mean to them. They'll likely name reasons you wouldn't think of.

**Reasons I'm important to my family:**

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Discussed with my parent or guardian on:

With my counselor on:

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.

Scouting America resources: [10 Chores for Teens That Teach Them to Be Responsible Lifelong \(video\)](#) • [Family Chores \(video\)](#) • [Create a Household Chore Checklist in Word - Quick and Easy \(video\)](#) • [Family Chores App \(app\)](#) • [Chore and Allowance App \(app\)](#)

**Tip:** Pick chores you already do and start your 90 days the day your list is set. Fill in the record every week so you aren't trying to remember three months of chores at the end.

**My Regular Home Duties or Chores**

| # | Chore | How often I'll do it |
|---|-------|----------------------|
| 1 |       |                      |
| 2 |       |                      |
| 3 |       |                      |
| 4 |       |                      |
| 5 |       |                      |
| 6 |       |                      |
| 7 |       |                      |

Start date:

Day 90 date:

*Write how many times you did each chore that week. Chore numbers match your list above. Thirteen weeks covers your 90 days.*

**90-Day Chore Record (times done each week)**

| Week | Dates | Chore 1 | Chore 2 | Chore 3 | Chore 4 | Chore 5 | Chore 6 | Chore 7 | Parent initials |
|------|-------|---------|---------|---------|---------|---------|---------|---------|-----------------|
| 1    |       |         |         |         |         |         |         |         |                 |
| 2    |       |         |         |         |         |         |         |         |                 |
| 3    |       |         |         |         |         |         |         |         |                 |
| 4    |       |         |         |         |         |         |         |         |                 |
| 5    |       |         |         |         |         |         |         |         |                 |
| 6    |       |         |         |         |         |         |         |         |                 |

**90-Day Chore Record (times done each week) (continued)**

| Week  | Dates | Chore 1 | Chore 2 | Chore 3 | Chore 4 | Chore 5 | Chore 6 | Chore 7 | Parent initials |
|-------|-------|---------|---------|---------|---------|---------|---------|---------|-----------------|
| 7     |       |         |         |         |         |         |         |         |                 |
| 8     |       |         |         |         |         |         |         |         |                 |
| 9     |       |         |         |         |         |         |         |         |                 |
| 10    |       |         |         |         |         |         |         |         |                 |
| 11    |       |         |         |         |         |         |         |         |                 |
| 12    |       |         |         |         |         |         |         |         |                 |
| 13    |       |         |         |         |         |         |         |         |                 |
| Total |       |         |         |         |         |         |         |         |                 |

**The effect my chores had on my family:**

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4. With the approval of your parent or guardian and your counselor, decide on and carry out an individual 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.

Scouting America resources: [Handy Teen Finishes House \(video\)](#) • [How to Start a Project \(video\)](#)

**Tip:** Keep it small enough to finish in a weekend, like organizing a messy closet or building something useful. There's no written report now, so be ready to tell your family and counselor what you set out to do and how it turned out.

My project:

Approved by my parent or guardian on:

By my counselor on:

**Objective or goal:**

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**What I did:**

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**Results:**

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Discussed with my family on:

With my counselor on:

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

Scouting America resources: [Time Management \(video\)](#)

**Tip:** When you talk about how your family took part, be specific about who did what. "My sister taped off the trim" tells your counselor a lot more than "everyone helped."

Our family project:

Date(s):

- ☐ a. The objective or goal of the project

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- ☐ b. How individual members of your family participated

| # | Family member | How they participated |
|---|---------------|-----------------------|
| 1 |               |                       |
| 2 |               |                       |
| 3 |               |                       |
| 4 |               |                       |
| 5 |               |                       |

- ☐ c. The results of the project

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6. Do the following:

**Tip:** Spread the topics over two or three short meetings, and agree with your family ahead of time on what feels comfortable to talk about. Let each person finish before you respond.

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

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

Scouting America resources: [Family Meeting \(video\)](#) • [How to Hold a Family Meeting \(video\)](#)

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- ☐ b. Prepare a meeting agenda that includes the following topics, review it with your parent or guardian, and then carry out one or more family meetings:

*Use the seven topics below as your agenda. Jot down a question or two to bring up for each one. Keep anything private off the page.*

- ☐ (1) How living the principles of the Scout Oath and Scout Law contributes to your family life

Scouting America resources: [Scout Oath and Law \(website\)](#)

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- ☐ (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.)

Scouting America resources: [What Causes Addiction, and Why Is It So Hard to Treat? \(video\)](#) • [Teens and Social Media \(video\)](#) • [Electronic Cigarettes and Vaping \(video\)](#) • [How to Identify the Signs of an Unhealthy Relationship \(podcast\)](#) • [How Do I Start a Conversation About Mental Health? \(podcast\)](#) • [Digital Safety and Online Scouting Activities \(website\)](#) • [Bullying Awareness \(website\)](#)

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- ☐ (3) Discuss with a parent or guardian how bodily changes can affect the choices you make as you physically and mentally mature.

Discussed with my parent or guardian on:

- ☐ (4) Personal and family finances

Scouting America resources: [Money Management \(video\)](#) • [The 50-30-20 Rule - Budgeting for Needs, Wants, and Savings \(video\)](#)

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

Scouting America resources: [Family Bonding \(video\)](#)

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- ☐ (6) The effect of technology on your family

Scouting America resources: [Evolving Technology: Will Family Life Ever Be the Same Again? \(video\)](#)

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- ☐ (7) Good etiquette and manners

Scouting America resources: [Etiquette \(video\)](#)

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Agenda reviewed with my parent or guardian on:

### Family Meeting Record

| Meeting | Date | Topics covered (1 to 7) |
|---------|------|-------------------------|
| 1       |      |                         |
| 2       |      |                         |
| 3       |      |                         |
| 4       |      |                         |

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

Scouting America resources: [What Makes a Good Parent \(video\)](#) • [How to Parent a Teen From a Teen's Perspective \(video\)](#) • [Being a Parent \(video\)](#)

**What makes an effective parent or guardian, and why:**

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**The parent or guardian's role and responsibilities in the family:**

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### Counselor Sign-Off

*Your counselor signs your blue card or approves the badge in Scoutbook, and your unit records it. This sign-off is for your own records.*

Counselor's Signature:

Date Completed:

### Official Scouting America Resources

- [Family Life merit badge pamphlet \(free PDF\)](#)
- [Family Life requirements and resources \(Scouting.org\)](#)
- [All merit badges \(Scouting.org\)](#)

More help: [Family Life Merit Badge Guide](#) (ScoutSmarts.com)