

Family Life

Merit Badge Workbook

Merit badges are earned by doing: reading the pamphlet, practicing the skills, and showing your counselor what you have learned.
This workbook gives you a place to organize your notes and track your progress along the way.
Merit badge counselors may not require the use of this or any similar workbook.
You still must satisfy your counselor that you can demonstrate each skill and have learned the information.
Use the space under each requirement to note what you have done and what you want to talk about, not to write out full answers.
When a requirement says discuss, show, tell, explain, or demonstrate, that is what you must do.
No one may add to or subtract from the official requirements found on scouting.org (Guide to Advancement 7.0.4.8).
Scouting America last updated this badge's requirements page on December 31, 2025.
Requirements change from time to time. Double-check scouting.org before you start.

Scout's name: _____ Unit: _____ Date started: _____

Counselor's name: _____ Phone no.: _____ Email: _____

Links marked "Scouting America resources" are the ones Scouting America shares on its official badge page.
Links marked "ScoutSmarts" open the matching part of Cole's guide. This workbook is unofficial and not endorsed by Scouting America.

---

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)
ScoutSmarts: Requirement 1 explained

My outline: what a family is

Why families are important to individuals and to society

How the actions of one member can affect other members

Requirement 1 completed on _____ counselor initials _____

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) · **ScoutSmarts:** Requirement 2 explained

Reasons I am important to my family

Discussed with my parent or guardian (date) _____ Discussed with my counselor (date) _____

Requirement 2 completed on _____ counselor initials _____

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)
ScoutSmarts: Requirement 3 explained

My regular home duties or chores (at least five)

#	Duty or chore	How often I do it
1		
2		
3		
4		
5		
6		

Start date _____ Day 90 _____

My 90-day record: times I did each chore

Week	Dates	Chore 1	Chore 2	Chore 3	Chore 4	Chore 5	Chore 6
Week 1							
Week 2							
Week 3							
Week 4							
Week 5							
Week 6							
Week 7							
Week 8							
Week 9							
Week 10							
Week 11							
Week 12							
Week 13							

The effect my chores had on my family

Requirement 3 completed on _____ counselor initials _____

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) · **ScoutSmarts:** Requirement 4 explained

My project around the home _____ Date approved _____

The objective or goal

The results

Discussed with my family (date) _____ Discussed with my counselor (date) _____

Requirement 4 completed on _____ counselor initials _____

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) · **ScoutSmarts:** Requirement 5 explained

Our family project _____ Dates _____

My plan

(a) The objective or goal of the project

The objective or goal

(b) How individual members of your family participated

Who took part, and how

Family member	How they participated

(c) The results of the project

The results

Requirement 5 completed on _____ counselor initials _____

Requirements © Scouting America, reproduced verbatim. Unofficial workbook; not endorsed by Scouting America.

6. Do the following: 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) · **ScoutSmarts:** Requirement 6a explained

How to plan and carry out a family meeting

(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:

ScoutSmarts: Requirement 6b explained

Agenda reviewed with my parent or guardian (date) _____ Family meeting dates _____

(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)

My agenda notes

(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)

My agenda notes

(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 (date) _____

(4) Personal and family finances

Scouting America resources: Money Management (video) · The 50-30-20 Rule - Budgeting for Needs, Wants, and Savings (video)

My agenda notes

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

Scouting America resources: Family Bonding (video)

My agenda notes, and whom I can turn to for support

(6) The effect of technology on your family

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

My agenda notes

(7) Good etiquette and manners

Scouting America resources: Etiquette (video)

My agenda notes

Requirement 6 completed on _____ counselor initials _____

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) · **ScoutSmarts:** Requirement 7 explained

What makes an effective parent or guardian, and why

My thoughts on a parent or guardian's role and responsibilities in the family

Requirement 7 completed on _____ counselor initials _____

Counselor sign-off

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

Counselor's signature _____ Date completed _____

Official Scouting America resources

Scouting America resources: Family Life merit badge page (requirements and resources) · Family Life merit badge pamphlet (free PDF) All merit badges · **ScoutSmarts:** Family Life Merit Badge Guide

Made by Cole at ScoutSmarts.com, an Eagle Scout who loves helping Scouts.
Spot an error or a requirement change? Tell me at scoutsmarts.com/contact.
Requirement text © Scouting America. Workbook layout © 2026 ScoutSmarts.com, free to copy for Scouting use.