

FAMILY LIFE MERIT BADGE

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Family Life Merit Badge Counselor, Troop 75
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Prepared. For Life.®

DIRECTIONS FOR SUCCESS:

- 1) Inform Mr. Jones, Scoutmaster (via email scoutmastertroop75@gmail.com) that you are going to start working on the Family Life Merit Badge. He will generate your blue card, thus this step is essential.
- 2) Register for this online/at home/at your own pace Eagle-required merit badge here: <https://www.signupgenius.com/go/10c0b4daea623ab9-family>.
- 3) Get the Family Life MB workbook so you can print out (and hand write your answers) or save it (and type your responses) here: <http://usscouts.org/mb/worksheets/Family-Life.pdf>
- 4) Read through all of the pages of this presentation and then with your parent's permission watch this video <https://www.youtube.com/watch?v=vmqNOxgaReM>. Both will help you help you get started.
- 5) Talk to your parents about this merit badge. Work with your parents on this merit badge. Plan with your parents until you complete this merit badge. This is one of the most unique and most important merit badges offered as you will learn living by the Scout Oath and Scout Law starts at home with YOUR FAMILY.
- 7) Once completed, schedule a meeting with your MBC, Mrs. Simkins (via phone, via Zoom, after a Scout meeting or you can give her a completed paper copy of your Family Life Merit Badge Workbook) you will "discuss" your work with her and she will sign your blue card.
- 8) Ask questions, advocate for yourself and know that Troop 75 wants nothing more than for you to succeed and be the best you can be. Have fun and learn lots with this one!



The purpose of the **Family Life Merit Badge** is designed to help YOU understand that a family is the basic element needed to build both strong individuals and strong communities. The world is rapidly changing, making today's society much more complex than ever before. This merit badge will show you why its important to know more about family life and how to strengthen your family bonds. The goal is to show YOU what a family is, how family members affect each other, how to communicate better and how YOU can positively contribute to YOUR family. Thoughtful discussions and teamwork are essential foundations of a happy family. Earning the Eagle-required Family Life merit badge will help you to discover the roles you play and patterns you exhibit within your home all while bringing your family closer together along the way!

Please read the Family Life Merit Badge booklet and MEET the requirements as stated: no more, no less. If it says: "PREPARE" that is what you must do. If it says "LIST" you need to make a list. Same with "PLAN" and "CARRY OUT" etc. do it just as it asks. Most importantly "DISCUSS" requires an actual conversation with your family. Note it will take at least 90 days to complete the work for this badge. Also, some of the requitements include serious discussion topics; parental discretion defines the depth of these conversations.

If you have any questions please reach out to the your merit badge counselor (MBC).



REQUIREMENT #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.

Here are a few potential discussion points:

- Define family.
- What is a family structure?
- Discuss the who, what, and where of families.
- What are positive family traits? What are traits that strain family bonds?
- Because families within our society are so interconnected, the actions of just one individual can create ripple effects that extend far beyond themselves. Why are families important to individuals and to society?
- How do YOU benefit from the skills that families teach?
- How can the actions of one family member affect other family members?
- Include your own thoughts and feelings.

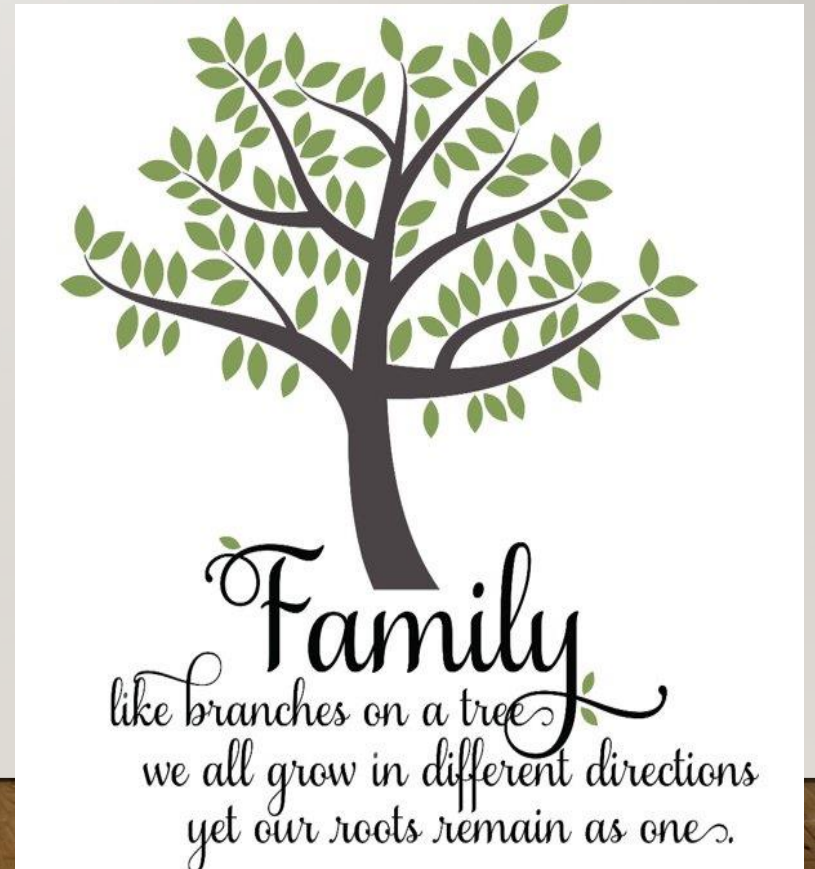


REQUIREMENT #2

List several reasons why you are important to your family and discuss this with your parents/guardians and with your merit badge counselor.

Perhaps over a meal, family campfire or a long walk talk to your family about why YOU are important. Discuss the roles you play, the commitments you hold and the origins from which you came. Sharing stories, looking at pictures and recalling memories can help you brainstorm and create your list of at least six (6) reasons why YOU are important to your family.

Be sure to have your parent(s) initial your list once complete.



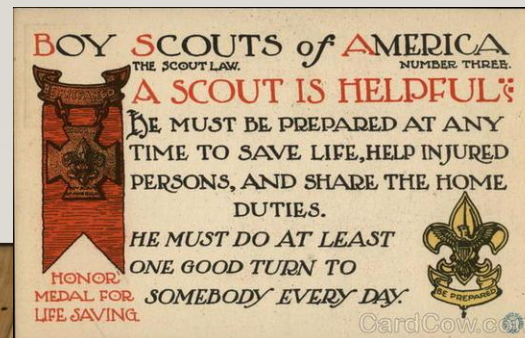
REQUIREMENT #3

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.

To find specific reasons as to why you're important to others, first examine the roles you play within your family: Alongside being your parents' child, are you also a sibling? How about a grandchild? Do you have pets -- maybe you're also a caretaker? On top of these roles that you embody, now ask yourself, 'what do YOU do?' Do you have any chores or responsibilities within your family? Do your parents or siblings have any expectations of you? What do you do on a daily basis to give back to your family? Prepare a list of your regular home duties or chores (at least five) and do them for 90 days. Keep a record (track the dates) of how often you do each of them. Discuss with your counselor the effect your chores had on your family.

If you're looking for some inspiration on some home duties you could add to your plan, here are some suggestions: Set the dining table before each meal, helped wash the car, clean up your possessions, move laundry from the washer to the dryer and fold clothes, clean up after my pet, bring mail in, collect and take out the garbage on trash days, load and unload the dishwasher, lawn care, cooking, cleaning, vacuuming, purging, taking care of your self and fueling your mind in healthy ways.

Ask your parents, grandparents and cousins what chores they do/did. This may end up being a wonderful extended family discussion.



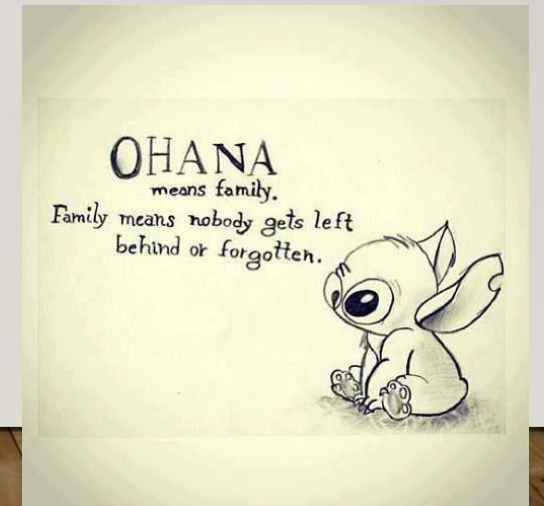
REQUIREMENT #4

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.

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.

This project doesn't need to be too large, as requirement five will have you carry out another project involving the participation of your family. This is something that YOU alone will be doing.

Requirements three and four will show routinely performing chores will show your family that you're becoming responsible. Your family works hard to raise you. Helping them around the house will lessen their stress and make them appreciate you even more.

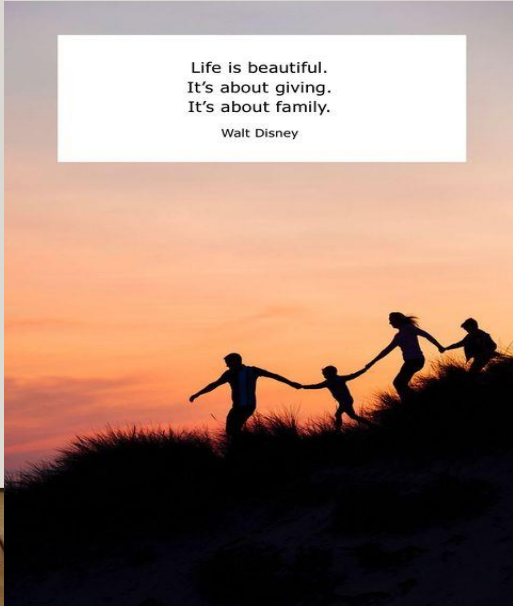


REQUIREMENT #5

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: The objective or goal of the project, how individual members of your family participated and the results of the project.

Record the following:

- What project did you plan and carry out?
- What was the objective/goal of your project?
- Tell how individual members participated.
- The results of the project. The scope of the work is you to YOU and your family. Please take a picture of your finished product and/or your family as you do the work.
- Anything other information or details you want your MBC to know.



Life is beautiful.
It's about giving.
It's about family.
Walt Disney

REQUIREMENT #6A

Do the following: Inform your merit badge counselor how YOU plan and carry out a family meeting.

Discuss and define the guidelines for a Family Meeting. Some thoughts include:

1. Meet at a regular time. Once a week and have meeting last 20-60 minutes.
2. Make a list of topics. Post them in a location where everyone may see them and be able to add things.
3. Plan the time. Decide how much time is needed for each topic and stick to it.
4. Take turns being the leader.
5. Take notes.
6. Be sure that everyone takes part in the meeting.
7. Focus on the positive and limit complaining.
8. Do what you agree to do.
9. Take time for fun. Plan something fun for the family to do after the meeting or during the next week.
10. Your own suggestions and ideas.

Family is like
music,
some high notes,
some low notes,
but always a
beautiful song

REQUIREMENT #6B

Plan and carry out a family meeting to include the following subjects: Avoiding substance abuse, including tobacco, alcohol, and drugs, all of which negatively affect your health and well-being, understanding the growing-up process and how the body changes, and making responsible decisions dealing with sex, how your chores in requirement 3 contributed to your role in the family, personal and family finances, a crisis situation within your family, the effect of technology on your family and good etiquette / manners.

Hold a family meeting (or meetings) to discuss substance abuse, growing up, body changes, finances, crisis situations and the effects of technology on your family. Quite often, discussion of each of these subjects will very likely carry over to more than one family meeting.

When planning your own family meeting for this requirement, write out a list of subjects to cover as well as questions to consider.

- Be respectful of your family member's opinions.
- Allow whoever's speaking to finish their statements before talking.
- Use 'I feel' statements, rather than 'you' statements to avoid being confrontational.
- Relax and have fun. The goal of a family meeting is to encourage improvement and connectedness.

Don't make your family meeting a one-time thing! By regularly communicating and discussing crucial issues, your family can work together more effectively. Feeling 'heard' is an essential human need, so listen to your family members and help to support them whenever possible.

Once your family meeting(s) is/are complete please write:

1. one sentence telling your MBC how long (time) you spent on these conversations,
2. one sentence listing the people that were part of these discussions and
3. one sentence about how successful you believe the meeting to be.

Please have your parents initial your response paragraph.



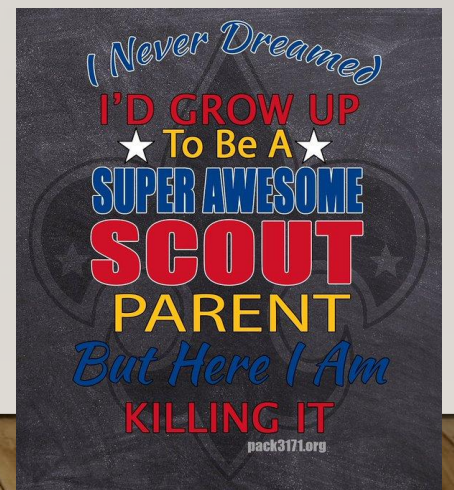
REQUIREMENT #7

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.

After completing the previous requirements, you should have a good understanding of your role within your family. Now, take a moment to consider the role that your parents play. Do they make you feel loved and encouraged? Do they challenge you? How could they improve their approach to better connect with you?

Parents have many roles as they prepare their child for happiness and success later on in life. What are some qualities that you'd like to have when you become a parent? How will you use what you've learned from your own family to raise any future children you might have? Your answers to these questions will help to form a clearer picture of what being an effective parent means to you.

Provide a brief summary of this discussions and have your parents initial the document.



Merit Beyond the Badge.

I hope this guide has successfully prepared you to earn your Eagle-required Family Life merit badge. Taking responsibility for your role within your household isn't easy, and takes practice but it's worth it. Try to use what you've learned here to grow closer with your family and I promise you'll all be happier as a result!

Merit badges offer Troop 75 Scouts a unique way to explore new areas of interest and expand their knowledge. Through the merit badges, YOU will learn important principles that will serve YOU well throughout YOUR life. Thus, merit badges are an essential part of the Scouting process. Once you have completed all seven requirements outlined above communicate with me for blue card approval details.

Thank you.

Yours In Scouting,
Mrs. Simkins
YOUR Family Life MBC

