



# Family Life

Scouts BSA · Citizenship · Eagle-required

Name

Started

Completed

Family Life is about the people closest to you and the part you play in making your home a good place to be. You'll take on regular responsibilities, lead projects with your family, and talk about what makes families strong. It's Eagle-required and often one of the most meaningful badges.

## Requirements

Every official requirement, in plain language. Check the official wording when you sign off ([scouting.org/merit-badges/family-life/](https://scouting.org/merit-badges/family-life/)). Tips and examples are ideas, not extra requirements.

- ☐ **1** Make an outline about what a family is and go over it with your counselor. Explain why families matter to each person and to society, and how one member's actions can affect the others

**Tip:** Families come in many shapes. Write down what your family means to you and why families matter in a community.

**Example:** Families can be a parent and child, grandparents raising grandkids, two households, a big blended family, or foster family. Write what your family means to you and how families help a community, like caring for kids, elders, and neighbors.

- ☐ **2** List several reasons you matter to your family. Talk them over with a parent or guardian, and also with your counselor

**Tip:** Think about the ways you help your family and the things only you bring. Talk about it honestly with a parent or guardian.

- ☐ **3** List at least five regular chores or home duties and do them for 90 days. Track how often you complete each one, then tell your counselor how your chores affected your family

**Tip:** Make a chore chart for the fridge and check off each day. Starting early makes the 90 days easy to track.

**Example:** Five chores might be: unload the dishwasher, take out trash and recycling, feed the pet, fold laundry, and clean the bathroom sink each week. Track them on a chart and talk about how it felt around day 30 and day 90.

- ☐ **4** With your parent or guardian's and counselor's approval, choose and finish a home project of your own that helps your family. Then go over its goal and results with your family, then your counselor

**Tip:** Pick a project that helps everyone, like organizing the garage or planting a garden, and plan it before you start.

**Example:** An individual project could be organizing a messy closet with labeled bins, building a shoe rack, painting a room with an adult, or making a family emergency contact sheet. Plan it with your parent or guardian first.

- ☐ **5** Plan and complete a project your family takes part in. Afterward, talk with your counselor about these points:

**Tip:** Ask everyone for ideas and give each person a job. A family service project or outing can work well.

**Example:** A whole-family project might be planting a vegetable garden, cooking a meal from a relative's home country, sorting donations for a shelter, or planning a day trip. Give everyone a job that fits them.

- ☐ **5a** What the project was meant to achieve

- ☐ **5b** How each family member took part

- ☐ **5c** How the project turned out

## 6 Family meetings

**Tips for this section:** Keep meetings short and friendly, with a simple agenda. Let everyone speak, and write down what you decide.

**Example for this section:** Plan short family meetings with an agenda: take one or two of the requirement's topics at a time, like money matters or how technology affects your family, give everyone a turn to talk, and write down what you decide. Keep each one to 20 minutes and end with something fun.

- ☐ **6a** Talk with your counselor about how to plan and run a family meeting

- ☐ **6b** Write an agenda covering the topics below, go over it with your parent or guardian, then hold one or more family meetings on them

- ☐ **6b1** How following the Scout Oath and Scout Law helps your family life

- ☐ **6b2** The biggest dangers and addictions young people face today, such as mental health struggles, tobacco, alcohol, drugs, debt, or social media

- ☐ **6b3** Talk with a parent or guardian about how body changes can affect your choices as you grow physically and mentally

- ☐ **6b4** Personal and family money matters

- ☐ **6b5** A crisis in your family and who you can go to for support when one happens

- ☐ **6b6** How technology affects your family

- ☐ **6b7** Good manners and etiquette

- ☐ **7** Tell your counselor what you think makes a good parent or guardian and why, and share your views on a parent or guardian's role and duties in the family

**Tip:** Think about the adults who have cared for you and what they do well. Talk with a parent or guardian about it.