

FAMILY REPORT CARD



HOW DOES YOUR FAMILY RATE? How strong is your family life? Does your family function well in today's fast-paced world? Do your family members work together to solve problems? You might be surprised to learn the answers.

INSTRUCTIONS: THIS REPORT CARD should be completed together with your family. For each topic, circle your family's score. Record that number to the right. Add all the numbers to find your total.

<p>COMMUNICATION</p> <p>Strong families communicate clearly, openly and frequently. Rate your family's communication skills.</p>	<table border="1"> <thead> <tr> <th>0</th> <th>1</th> <th>2</th> <th>3</th> <th>4</th> <th>5</th> <th>6</th> <th>7</th> <th>8</th> <th>9</th> <th>10</th> </tr> </thead> <tbody> <tr> <td colspan="6" style="text-align: center;">< Family members keep thoughts and opinions to themselves.</td> <td colspan="5" style="text-align: center;">Family members are always open and honest with each other. ></td> </tr> </tbody> </table>	0	1	2	3	4	5	6	7	8	9	10	< Family members keep thoughts and opinions to themselves.						Family members are always open and honest with each other. >					<table border="1"> <thead> <tr> <th>SCORE</th> </tr> </thead> <tbody> <tr> <td style="height: 40px;"></td> </tr> </tbody> </table>	SCORE	
0	1	2	3	4	5	6	7	8	9	10																
< Family members keep thoughts and opinions to themselves.						Family members are always open and honest with each other. >																				
SCORE																										
<p>ENCOURAGEMENT</p> <p>Strong families appreciate the uniqueness of each family member and create a sense of belonging for everyone in the family. Rate your family's encouragement of one another.</p>	<table border="1"> <thead> <tr> <th>0</th> <th>1</th> <th>2</th> <th>3</th> <th>4</th> <th>5</th> <th>6</th> <th>7</th> <th>8</th> <th>9</th> <th>10</th> </tr> </thead> <tbody> <tr> <td colspan="6" style="text-align: center;">< Family members don't support and encourage one another.</td> <td colspan="5" style="text-align: center;">Family members strive to develop a supportive family environment. ></td> </tr> </tbody> </table>	0	1	2	3	4	5	6	7	8	9	10	< Family members don't support and encourage one another.						Family members strive to develop a supportive family environment. >					<table border="1"> <thead> <tr> <th>SCORE</th> </tr> </thead> <tbody> <tr> <td style="height: 40px;"></td> </tr> </tbody> </table>	SCORE	
0	1	2	3	4	5	6	7	8	9	10																
< Family members don't support and encourage one another.						Family members strive to develop a supportive family environment. >																				
SCORE																										
<p>COMMITMENT</p> <p>Healthy families support each family member, and members are committed to the family as a unit. Rate your family's commitment.</p>	<table border="1"> <thead> <tr> <th>0</th> <th>1</th> <th>2</th> <th>3</th> <th>4</th> <th>5</th> <th>6</th> <th>7</th> <th>8</th> <th>9</th> <th>10</th> </tr> </thead> <tbody> <tr> <td colspan="6" style="text-align: center;">< Family members don't give each other positive reinforcement.</td> <td colspan="5" style="text-align: center;">Family members see themselves as a team. ></td> </tr> </tbody> </table>	0	1	2	3	4	5	6	7	8	9	10	< Family members don't give each other positive reinforcement.						Family members see themselves as a team. >					<table border="1"> <thead> <tr> <th>SCORE</th> </tr> </thead> <tbody> <tr> <td style="height: 40px;"></td> </tr> </tbody> </table>	SCORE	
0	1	2	3	4	5	6	7	8	9	10																
< Family members don't give each other positive reinforcement.						Family members see themselves as a team. >																				
SCORE																										
<p>MORALS AND VALUES</p> <p>Strong families are guided by morals respected by all members. Rate your family's value system.</p>	<table border="1"> <thead> <tr> <th>0</th> <th>1</th> <th>2</th> <th>3</th> <th>4</th> <th>5</th> <th>6</th> <th>7</th> <th>8</th> <th>9</th> <th>10</th> </tr> </thead> <tbody> <tr> <td colspan="6" style="text-align: center;">< Family members don't discuss their morals and values with each other.</td> <td colspan="5" style="text-align: center;">Family members discuss and respect each other's morals and values. ></td> </tr> </tbody> </table>	0	1	2	3	4	5	6	7	8	9	10	< Family members don't discuss their morals and values with each other.						Family members discuss and respect each other's morals and values. >					<table border="1"> <thead> <tr> <th>SCORE</th> </tr> </thead> <tbody> <tr> <td style="height: 40px;"></td> </tr> </tbody> </table>	SCORE	
0	1	2	3	4	5	6	7	8	9	10																
< Family members don't discuss their morals and values with each other.						Family members discuss and respect each other's morals and values. >																				
SCORE																										
<p>COMMUNITY INVOLVEMENT</p> <p>Successful families are not isolated; they are connected to their communities. Rate your family's involvement in the neighborhood.</p>	<table border="1"> <thead> <tr> <th>0</th> <th>1</th> <th>2</th> <th>3</th> <th>4</th> <th>5</th> <th>6</th> <th>7</th> <th>8</th> <th>9</th> <th>10</th> </tr> </thead> <tbody> <tr> <td colspan="6" style="text-align: center;">< Family members are isolated from their community.</td> <td colspan="5" style="text-align: center;">Family members contribute to their community, and can rely on neighbors and friends during a crisis. ></td> </tr> </tbody> </table>	0	1	2	3	4	5	6	7	8	9	10	< Family members are isolated from their community.						Family members contribute to their community, and can rely on neighbors and friends during a crisis. >					<table border="1"> <thead> <tr> <th>SCORE</th> </tr> </thead> <tbody> <tr> <td style="height: 40px;"></td> </tr> </tbody> </table>	SCORE	
0	1	2	3	4	5	6	7	8	9	10																
< Family members are isolated from their community.						Family members contribute to their community, and can rely on neighbors and friends during a crisis. >																				
SCORE																										

APPRECIATION

Strong families show they care for and are grateful to one another. Rate your family's appreciation for each other.

0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10

SCORE

< Family members don't offer one another recognition and thoughtfulness.

Family members appreciate each other and express these feelings openly. >

ADAPTABILITY

Successful families are able to adapt to life changes and stressful situations. Rate your family's ability to adapt.

0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10

SCORE

< Family members become dysfunctional during times of stress.

Family members are flexible under stress. >

CLEAR ROLES

Healthy families recognize parents are in charge, yet are open to their children's ideas. Rate your family's roles.

0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10

SCORE

< Family members see parents as unyielding authoritarian figures.

Children respect their parents' authority, and parents are willing to listen to their kids. >

TOGETHERNESS

Healthy families like to spend their free time together. Rate your family's togetherness.

0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10

SCORE

< Family members don't spend their free time with each other.

Family members spend quality time together. >

GIVE YOURSELF 10 POINTS FOR TAKING THE TIME TO COMPLETE THIS REPORT CARD WITH YOUR FAMILY.

SCORE

SCORING:

TALLY YOUR SCORES & RECORD THE TOTAL HERE



0-25

Low score, but you can improve it. See if our agency can help.



26-50

Good start!



51-75

Great Score!



76-100

Outstanding! Keep it up!

THE FAMILY REPORT CARD

was made possible through the generous support of The Annie E. Casey Foundation.

