

Family Rules, Expectations, and Behavior

Lesson Title: Group Rules and Expectations

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Name: _____

Think about your family rules and expectations as you respond to these questions.

1. How strict are your parents? (Circle the best answer.)

1
not strict

2

3
somewhat strict

4

5
very strict

2. What are some important stated rules of your family?

a. _____

b. _____

c. _____

3. What are some important rules that are not stated but understood in your family?

a. _____

b. _____

c. _____

4. What are some key expectations that your family has of you?

a. _____

b. _____

c. _____

5. If you do not follow these rules or meet these expectations, what might happen?

6. How well do your parents model or follow their own rules or values? (Circle the best answer.)

1
never

2

3
sometimes

4

5
always

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