

Building Strong Families

Roles and Responsibilities Checklist

Take a look at your attitudes (and the attitudes of people close to you) about men's and women's roles. Place a check mark (✓) indicating each person you think **should** do these jobs within a family. You can use more than one check mark for each job.

Task	Women	Men	Child(ren)	Others (specify)
Caring for children				
Helping older relatives				
Food shopping, fixing meals				
Housecleaning, trash removal				
Caring for family pets				
Earning money				
Taking care of home repairs or maintenance				
Keeping in touch with relatives and friends				
Buying or caring for clothes				
Taking care of car repairs or maintenance				
Communicating with school, helping with homework				
Scheduling, making and keeping appointments				
Banking, paying bills				

Now use an X to indicate who actually does those jobs in your family. You can learn a lot by inviting others close to you to do this with you.

Source: Cornell Cooperative Extension Publication, *Balancing Work and Family Life*, HDFS 29