



# Building Strong Families Family Strengths Assessment University of Missouri Extension

Please fill out the following information about yourself. Do not include any information that could identify you.

Date: \_\_\_\_\_

Age: I am \_\_\_\_\_ years old.

I am: Male \_\_\_\_\_ Female \_\_\_\_\_

My race or ethnicity is:

<input type="checkbox"/> White, not of Hispanic Origin	<input type="checkbox"/> Black, not of Hispanic Origin
<input type="checkbox"/> American Indian or Alaskan Native	<input type="checkbox"/> Hispanic
<input type="checkbox"/> Asian or Pacific Islander	<input type="checkbox"/> Multi-Racial

Think about kids you know who are 18 or younger. They could be your own, or foster kids, grandkids, stepkids, brothers or sisters, nieces or nephews, or any other kids you are close to.

When you get out, will you be a part of any of their lives? Yes \_\_\_ No \_\_\_  
How many kids? \_\_\_\_\_

Mark the Building Strong Families workshops you came to:

	Family Strengths (First Session)
	Ways to deal with stress (Managing Stress)
	Eating well and exercise (Food and Fitness)
	Making plans for the future (Go For It)
	Taking care of money (Money Matters)
	Avoiding fraud and scams (Consumer Beware)
	Helping kids feel good about themselves (Kids and Self Esteem)

	Communicating
	Helping kids take care of themselves (Child Self-care)
	Jobs and working (Working)
	Teaching kids to behave (Positive Discipline)
	Managing work, family and other areas of your life (Balancing Responsibilities)
	Keeping your home healthy (Healthy House)

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# Building Strong Families

## Family Strengths Assessment

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**Directions:** Read each statement and circle the choice that describes how you feel about it. If you are unsure, mark “I don’t know.”

1	I enjoy helping my family members.	Strongly Agree	Agree	I Don't Know	Disagree	Strongly Disagree
2	All family members should have their point of view respected.	Strongly Agree	Agree	I Don't Know	Disagree	Strongly Disagree
3	I respect the roles each of us plays in the family.	Strongly Agree	Agree	I Don't Know	Disagree	Strongly Disagree
4	I feel very connected to my family.	Strongly Agree	Agree	I Don't Know	Disagree	Strongly Disagree
5	Families should talk through their problems.	Strongly Agree	Agree	I Don't Know	Disagree	Strongly Disagree
6	It is easy to figure out how my loved ones feel.	Strongly Agree	Agree	I Don't Know	Disagree	Strongly Disagree
7	Family members should make their own choices as soon as they are old enough.	Strongly Agree	Agree	I Don't Know	Disagree	Strongly Disagree
8	Family members should show they appreciate each other.	Strongly Agree	Agree	I Don't Know	Disagree	Strongly Disagree
9	It is easy to be honest with my family members.	Strongly Agree	Agree	I Don't Know	Disagree	Strongly Disagree
10	Families should hang out together.	Strongly Agree	Agree	I Don't Know	Disagree	Strongly Disagree

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11	Family members should get to try new things.	Strongly Agree	Agree	I Don't Know	Disagree	Strongly Disagree
12	Family members should share responsibilities.	Strongly Agree	Agree	I Don't Know	Disagree	Strongly Disagree
13	I feel close to my family.	Strongly Agree	Agree	I Don't Know	Disagree	Strongly Disagree
14	Only adults should make decisions in a family.	Strongly Agree	Agree	I Don't Know	Disagree	Strongly Disagree
15	Families should share memories together.	Strongly Agree	Agree	I Don't Know	Disagree	Strongly Disagree
16	Family traditions are important.	Strongly Agree	Agree	I Don't Know	Disagree	Strongly Disagree
17	I can easily forgive family members when they make mistakes.	Strongly Agree	Agree	I Don't Know	Disagree	Strongly Disagree
18	Family members should get a chance to explain themselves.	Strongly Agree	Agree	I Don't Know	Disagree	Strongly Disagree
19	Family members should share feelings with each other.	Strongly Agree	Agree	I Don't Know	Disagree	Strongly Disagree
20	Keeping promises to family members is important.	Strongly Agree	Agree	I Don't Know	Disagree	Strongly Disagree



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Please answer these questions about what you learned in the Building Strong Families program:

1. Did you learn ways to spend fun time with your family? If yes, what did you learn?
2. Did you learn ways to show your family you care about them? If yes, what did you learn?
3. Did you learn better ways to communicate with your family? If yes, what did you learn?
4. Did you learn new ways to show your family that they matter to you? If yes, what did you learn?
5. What is the single most important thing you learned from Building Strong Families?

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