

# Report Card for Parents

## Scale:

A = Always, or Doing Well

C = Seldom, or Needs Some Improvement

F = Never, or Time for Some Serious Change

## My parent...

1) told me they love me in the past week	A	C	F
2) has shown me that they love me in the past week	A	C	F
3) shows me and tell me that I am a priority in their lives by spending time with me	A	C	F
4) knows and takes interest about my friends, my teachers, my life	A	C	F
5) is willing to sit down and listen to whatever I have to talk about	A	C	F
6) is trying to be a better parent to me	A	C	F
7) looks me in the eye when having conversations and is not staring at their computer or phone	A	C	F
8) models good healthy eating strategies	A	C	F
9) models good sleep habits	A	C	F
10) models good use of technology	A	C	F
11) models being trustworthy in their actions	A	C	F
12) trusts me even though I may make mistakes	A	C	F
13) does not always step in and save me from disappointment and/or failure	A	C	F
14) gives me clear expectations of things I need to do around the home (chores, garbage, walk dog etc.)	A	C	F
15) is fair in their expectations of what I need to do	A	C	F
16) is able to admit when they are wrong	A	C	F
17) is able to control their anger	A	C	F
18) gives me advice on important issues in life (drugs, alcohol, pornography, sex, dating, etc.)	A	C	F
19) has fun with me by going for a walk, bike ride, out to dinner, movies etc.	A	C	F
20) is ok if I make a decision that is different than they might make	A	B	C

**If you could have your parents change one thing today what would that be?**

---

---

---

---