

Protect Your Family

Is your family safe?

- 1) Does your family pray together?
- 2) Does your family celebrate Sunday Mass together and participate in the life of the parish?
- 3) Does your family enjoy regular meals together?
- 4) Do you set rules and expectations for the children regarding such things as telephone and computer use, video games, study time, and curfews?
- 5) Do you monitor and limit what the children are allowed to watch on television?
- 6) Are all computers and televisions within the home in open and visible places (and, in particular, not in children's bedrooms)?
- 7) Do you regularly participate together in activities aimed at physical and mental development?
- 8) Do you make wise and virtue-centered choices about your own entertainment, including television, movies, reading material, and Internet?
- 9) Do you, both publicly and privately, model the kind of behavior you want your children to emulate?
- 10) Will you seek or recommend pastoral or professional care if needed and will be advocates?

	Never 1	Sometimes 2	Always 3
Total:			

If you scored **25-30**, you are clearly concerned about making good choices for your family. Keep up the good work.
 If you scored **15-25**, perhaps your family could benefit from better monitoring.
 If you scored less than **15**, we urge you to begin to make some positive changes for the health of your family.

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