

Do You Know Scale

Please answer the following questions "yes" or "no."

YES NO

- 1. Do you know how your parents met?
- 2. Do you know where your mother grew up?
- 3. Do you know where your father grew up?
- 4. Do you know where some of your grandparents grew up?
- 5. Do you know where some of your grandparents met?
- 6. Do you know where your parents were married?
- 7. Do you know what went on when you were being born?
- 8. Do you know the source of your name?
- 9. Do you know some things about what happened when your brothers or sisters were being born?
- 10. Do you know which person in your family you look most like?
- 11. Do you know which person in the family you act most like?
- 12. Do you know some of the illnesses and injuries that your parents experienced when they were younger?
- 13. Do you know some of the lessons that your parents learned from good or bad experiences?
- 14. Do you know some things that happened to your mom or dad when they were in school?
- 15. Do you know the national background of your family (such as English, German, Russian, etc)?
- 16. Do you know some of the jobs that your parents had when they were young?
- 17. Do you know some awards that your parents received when they were young?
- 18. Do you know the names of the schools that your mom went to?
- 19. Do you know the names of the schools that your dad went to?
- 20. Do you know about a relative whose face "froze" in a grumpy position because he or she did not smile enough?

Count your "yes" answers to calculate your score. Remember, the accuracy of the stories is not what is critical. In fact, family members may disagree about what really happened. All of that becomes a part of your family narrative.



The "Do You Know" scale was developed by Dr. Marshall Duke and Dr. Robyn Fivush as a part of the Emory University Family Narrative Project. Their research was published in 2008. See "Knowledge of Family History as a Clinically Useful Index of Psychological Well-Being and Prognosis: A Brief Report" on pages 268 to 272 of *Psychotherapy Theory, Research, Practice, Training*, 45.

Strengthening Families™ Protective Factors Framework: Parental Resilience

Bringing the Protective Factors Framework to Life in Your Work – A Resource for Action

Copyright © 2012 NATIONAL ALLIANCE of CHILDREN'S TRUST & PREVENTION FUNDS

05-2015

