

Launch Codes Teen Responsibility Checklist

A Roadmap to Becoming a Capable Young Man

Growing up isn't about reaching a certain birthday—it's about becoming someone others can depend on.

Each new responsibility is an opportunity to build confidence, earn trust, and prepare for adulthood.

Parents: Use this checklist as a guide, not a race. Every boy develops at his own pace, but every young man should eventually master these skills.

Personal Responsibility

- ☐ Wakes up on time without repeated reminders
 - ☐ Maintains good personal hygiene
 - ☐ Keeps bedroom reasonably clean
 - ☐ Does his own laundry
 - ☐ Packs his own school bag
 - ☐ Keeps track of assignments and deadlines
 - ☐ Takes responsibility for mistakes without making excuses
 - ☐ Completes responsibilities before entertainment
 - ☐ Uses free time productively
 - ☐ Demonstrates self-control when frustrated
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Family Responsibility

- ☐ Completes household chores without constant reminders
- ☐ Helps prepare meals
- ☐ Cleans the kitchen after meals

- ☐ Takes initiative when something needs to be done
 - ☐ Helps younger siblings when appropriate
 - ☐ Speaks respectfully to family members
 - ☐ Keeps commitments
 - ☐ Looks for ways to serve rather than be served
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Technology Responsibility

- ☐ Follows the family technology agreement
 - ☐ Keeps devices out of the bedroom at night
 - ☐ Limits recreational screen time appropriately
 - ☐ Uses social media respectfully
 - ☐ Thinks before posting
 - ☐ Can put his phone away without arguing
 - ☐ Understands that technology is a tool—not a lifestyle
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School Responsibility

- ☐ Arrives prepared for class
 - ☐ Communicates with teachers respectfully
 - ☐ Advocates for himself appropriately
 - ☐ Gives consistent effort, even when work is difficult
 - ☐ Accepts constructive criticism
 - ☐ Learns from failure instead of blaming others
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Life Skills

- ☐ Can prepare several simple meals
 - ☐ Knows basic nutrition
 - ☐ Can grocery shop with a list and budget
 - ☐ Understands how to use basic household tools safely
 - ☐ Knows how to change a tire or call for roadside assistance
 - ☐ Understands basic first aid
 - ☐ Can manage a calendar and appointments
 - ☐ Understands the importance of punctuality
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Financial Responsibility

- ☐ Understands the difference between needs and wants
 - ☐ Saves part of any money earned
 - ☐ Creates and follows a simple budget
 - ☐ Understands how credit cards and debt work
 - ☐ Appreciates the value of hard work
 - ☐ Demonstrates generosity toward others
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Character

- ☐ Keeps his word
- ☐ Tells the truth, even when it's difficult
- ☐ Treats girls and women with respect
- ☐ Stands up for someone being mistreated

- ☐ Shows gratitude regularly
 - ☐ Demonstrates courage when facing challenges
 - ☐ Practices self-discipline
 - ☐ Admits when he is wrong
 - ☐ Is dependable
 - ☐ Leaves people and places better than he found them
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Relationships

- ☐ Maintains healthy friendships
 - ☐ Handles disagreements respectfully
 - ☐ Apologizes sincerely
 - ☐ Forgives others
 - ☐ Listens without interrupting
 - ☐ Makes eye contact during conversations
 - ☐ Shows empathy for others
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The Ultimate Goal

A successful young man is not measured only by grades, athletic achievements, or future income.

He is measured by whether he can be trusted.

Can he manage himself?

Can he contribute to his family?

Can he keep his word?

Can others depend on him?

When the answer to those questions becomes "yes," he is well on his way to becoming a man of character.

Launch Codes Principle: Freedom is not something parents simply give. It is something young men earn through consistent responsibility, sound judgment, and trustworthy character.