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# The “Do You Know?” Scale

*Twenty questions that measure how much your children know about their family’s story.*

Developed by Dr. Marshall Duke and Dr. Robyn Fivush, Emory University · Featured in *The Secrets of Happy Families* by Bruce Feiler

## Why it matters

In Duke and Fivush’s research, this scale was the single best predictor of a child’s emotional health and happiness.

Kids who know their family’s story have a stronger sense of control, higher self-esteem, and bounce back better from setbacks.

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

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## How to use it

Ask your kids these questions at the dinner table, on a car ride, or at a family gathering. There’s no passing score. Every “no” is simply a story waiting to be told. The goal isn’t memorizing facts; it’s retelling the family story, especially the comebacks.