

Setting up for Success!

Host Family and Student Expectations Worksheet

Setting clear expectations is the key to a successful home-stay experience for both a student and a Host Family. AYA strongly encourages host families and students to take the time to complete this worksheet together **within 72 hours** of the student's arrival. Take this opportunity to discuss personal and cultural differences and establish common goals, clear expectations, and a strong foundation for success!

Make sure that everyone understands what is expected of them, and that notes are written clearly and in language that everyone can understand. Choose a central location and post the completed worksheet in a visible location so everyone remembers what was discussed.

Meals

	Time	Eaten Together /Eaten Individually	Comments
Breakfast	_____	_____	_____
Lunch	_____	_____	_____
Dinner	_____	_____	_____
Snacks	_____	_____	_____

School Lunch

Does student take a lunch or buy it? _____
(Reminder, student pays for lunch if choosing to buy. HF pays if requiring student to buy)

Who makes lunch if taken from the house? _____

Where can food be eaten in the home?

Are there any rooms in which food cannot be eaten? ☐ Yes ☐ No
If yes, which rooms? _____

Does the student or family have any food allergies or dietary restrictions? ☐ Yes ☐ No
If yes, what are they? _____

If the student wishes to purchase specialized food that the host family would not typically buy, who should they organize this with, how should they pay for the food, and where should it be stored?

Laundry

Has the student been taught how to use your washer/dryer yet? ☐ Yes ☐ No
Where should dirty clothes be placed? _____

Are there set days when laundry is to be done? ☐ Yes ☐ No
If yes, what days? _____

Who is responsible for sorting, washing, drying, folding, ironing, hand washing? _____

Smartphones and Electronics

Is there a specific place where electronics are kept to charge overnight? ☐ Yes ☐ No

What are the appropriate times for phone calls? _____

What are the inappropriate times for phone calls? _____

Can the student bring their cell phone to school? ☐ Yes ☐ No

How will the student pay for their cell phone plan? (Reminder, to simplify relationships, students should not be added to a family plan)

Are there restrictions on cell phone usage, including texting, social media, etc.? ☐ Yes ☐ No

If yes, what are the rules? _____

What are the appropriate times for electronics usage? _____

What are the inappropriate times for electronics usage? _____

Are there restrictions regarding websites, downloading, and information sharing (like location)? ☐ Yes ☐ No

If yes, what are the restrictions? _____

What should the student know about internet safety and protecting the privacy of the student and family?

AYA recommends that communication with friends and family back home should be limited to a reasonable amount (recommended once a week) to help avoid hindering adjustment and increasing homesickness.

Student Room

Can the student put pictures on the wall? ☐ Yes ☐ No

☐ With nails?

☐ With tape?

☐ Other?

Can the furniture arrangement be changed? ☐ Yes ☐ No

Who cleans? _____

How often? _____

Bathroom

Has the student been taught how the faucets and fixtures work yet? ☐ Yes ☐ No

Where does the student's towel go? _____

Where should the student's toiletries be placed? _____

Are toiletries to be shared? ☐ Yes ☐ No

Is there a limit on showers? ☐ Yes ☐ No

If yes, how many per day? _____

If yes, what is the time limit? _____

Is there a scheduled morning/evening bathroom time for the student? ☐ Yes ☐ No

If yes, what is it _____

How should the bathroom be left? (i.e., door open, bath mat on rack) _____

Household Chores

Who sets the table, clears the table, does dishes, cooks meals? _____

Who cleans up after snacks? _____

Who tidies up the bathroom? _____ How often? _____

What other chores will the student be expected to share? _____

Household Rules

How should student proceed when scheduling activities? _____

Should student get host parent permission? ☐ Yes ☐ No

How do you organize and share information about schedules, events, etc?

Are there days or times when activities are not allowed? ☐ Yes ☐ No

If yes, what days? _____

How far in advance does the student need to notify you of plans outside the home? _____

How far in advance should the student request a ride/transportation to and from an activity or event? _____

Is student allowed to ride in cars driven by teenage drivers? ☐ Yes ☐ No

(Reminder, students are not permitted to use ride-hailing services like Uber or Lyft without a host parent)

With permission? ☐ Yes ☐ No

Without permission? ☐ Yes ☐ No

Does student need permission to stay after school? ☐ Yes ☐ No

Can the student invite friends over? ☐ Yes ☐ No

With permission? ☐ Yes ☐ No

Without permission? ☐ Yes ☐ No

How much notice? _____

Can the student go out with friends during the week? ☐ Yes ☐ No

If yes, when? _____

Can the student go out with friends on weekends? ☐ Yes ☐ No

If yes, when? _____

What is the student's curfew on weekdays? _____ Weekends? _____

Does the student need to contact host parents if plans change? ☐ Yes ☐ No

Does Host Family need to know where student is at all times? ☐ Yes ☐ No

How will student be required to notify host parents of whereabouts/change of plans?

☐ Phone call

☐ Text message

Are there certain family activities the student will be expected to participate in? ☐ Yes ☐ No

(For example, sporting events, community events, game night)

If yes, what events? _____

Dating Rules

What are the rules regarding dating? _____

What are the rules regarding spending time with a potential date inside and outside of the home?

Are there any dating restrictions?

☐ Yes ☐ No

If yes, what are the restrictions? _____

Religious Services

Do family members participate in weekly services?

☐ Yes ☐ No

If yes, what time? _____

Do family members participate in other regular religious services?

☐ Yes ☐ No

If yes, when? _____

Do family members participate in youth group activities?

☐ Yes ☐ No

If yes, when? _____

Does the student wish to attend with family

☐ Yes ☐ No

If so, how often? _____

Does the student wish to attend a different religious service?

☐ Yes ☐ No

Who will provide transportation? _____

Do all parties understand that the student and family
do not necessarily share the same faith or belief systems?

☐ Yes ☐ No

Do all parties understand that despite differing beliefs,
all should be respectful and open to learning and observing different faiths?

☐ Yes ☐ No

How will you handle differences in faith? (Discussion, taking turns going to services, compromise)

Who Pays

When the family goes to the movies, bowling, sight-seeing, etc.? _____

When the family plans a trip or vacation? _____

Remember, AYA students are not expected to pay for food (except for specialty snacks or foods the Host Family does not normally eat, hot lunch at school if the student does not wish to take a packed lunch from home) gas, tolls, or utilities.

Travel & Holidays

Is the Host Family planning on traveling during the year?

☐ Yes ☐ No

Does the Host Family observe certain traditions during holidays?

☐ Yes ☐ No

If yes, what are they? _____

Student Safety

Is there anything the student should know about the safe or less safe areas of this part of town? _____

Are there any areas to avoid walking in or going to during the day and/or night? ☐ Yes ☐ No

If yes, what areas? _____

How should an emergency or fire be handled? _____

What are the phone numbers of related emergency services? _____

Emergencies: 911

Police Department: _____ Fire Department: _____

Hospital: _____

How does the Host Family secure the home?

☐ Locking all doors and windows ☐ Alarm system

Are there any special safety precautions that the student needs to take related to closing/locking certain doors, house keys, etc.?

If home alone, how should the student handle phone calls or someone at the door? _____

What should the student know about traffic and pedestrian safety? _____

What should the student do if they get lost or don't have a key and nobody's home? _____

Are there any activities, people, or places the student should avoid? _____

What should the student do if they are out with friends and find themselves in an unsafe situation?
(underaged drinking, drugs, risky behaviors)

Are all parties aware that drinking alcohol is strictly prohibited according to U.S. law and AYA program rules and is not permitted under any circumstance, in or outside of the home? ☐ Yes ☐ No

Are all parties aware that AYA is a non-smoking program and that students are prohibited from possessing or smoking vapes, e-cigarettes, or cigarettes while on-program? ☐ Yes ☐ No

Have all parties been made aware of safety precautions related to sexual abuse and exploitation? ☐ Yes ☐ No

What should the student do if they are ever the subject of any type of misconduct, physical, sexual, or otherwise, including lewd or inappropriate solicitations via phone, text, email, or social media communication?

Communication

Student: What is the best way for your host family to address unmet expectations with you?

Host Family: What is the best way for your student to ask for help, clarification, or support from you?

Other Household Guidelines