

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 that the student is reminded of expectations on a daily basis!

Meals

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

School Lunch

Does student take a lunch or buy it? _____

Who makes lunch if taken from house? _____

Who pays for lunch if it is purchased? _____

Where can food be eaten? _____

Are there any rooms in which food cannot be eaten in? 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? _____

Can the student request special snacks (something the host family would not normally purchase)? Yes No

If yes, who should he/she inform, and who should pay? _____

Laundry

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? _____

Telephone

Is there a time limit on phone calls? Yes No

If yes, what are they? _____

What are the appropriate times for phone calls? _____

What are the inappropriate times for phone calls? _____

Who can give permission to make long distance calls? _____

Will the student have a cell phone? Yes No

Can the cell phone be taken to school? Yes No

Who will be paying for the cell phone plan/how? _____

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

If yes, what are the rules? _____

Are there time limits to cell phone usage? Yes No

If yes, what are the limits? _____

Computer

Is there a time limit on the computer, tablet, TV? Yes No

If yes, what is the limit? _____

Is there a specific place where computers, tablets, smartphones should be used for socializing/homework? Yes No

If yes, where should it be used? _____

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 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

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 in? _____

Household Rules

How should student proceed when scheduling outside activities? _____

Should student get host parent permission? Yes No

Are there days or times when outside 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

 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

Cell

Home

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 out to dinner? _____

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

For long distance phone calls made by the student? _____

For school activities and sports, when there is a fee? _____

For school supplies? _____

Personal toiletries? (shampoo, soap, shaving cream, sanitary items) _____

For school yearbook, graduation cap, and gown rental? _____

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

What are the host family's plans for holidays, and will the student be expected to participate? _____

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 he or she gets lost or doesn'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 he or she is out with friends and finds him/herself 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 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 he or she is 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?

Other Household Guidelines
