

40 Developmental Assets



EXTERNAL ASSETS

1. **Family Support**-Family life provides high levels of love and support.
2. **Positive Family Communication**-Young person and her or his parent(s) communicate positively, and young person is willing to seek advice and counsel from parents.
3. **Other Adult Relationships**-Young person receives support from three or more nonparent adults.
4. **Caring Neighborhood**-Young person experiences caring neighbors.
5. **Caring School Climate**-School provides a caring, encouraging environment.
6. **Parent Involvement in Schooling**-Parent(s) are actively involved in helping young person succeed in school.
7. **Community Values Youth**-Young person perceives that adults in the community value youth.
8. **Youth as Resources**-Young people are given useful roles in the community.
9. **Service to Others**-Young person serves in the community one hour or more per week.
10. **Safety**-Young person feels safe at home, school, and in the neighborhood.
11. **Family Boundaries**-Family has clear rules and consequences and monitors the young person's whereabouts.
12. **School Boundaries**-School provides clear rules and consequences.
13. **Neighborhood Boundaries**-Neighbors take responsibility for monitoring young people's behavior.
14. **Adult Role Models**-Parent(s) and other adults model positive, responsible behavior.
15. **Positive Peer Influence**-Young person's best friends model responsible behavior.
16. **High Expectations**-Both parent(s) and teachers encourage the young person to do well.
17. **Creative Activities**-Young person spends three or more hours per week in lessons or practice in music, theater or other arts.
18. **Youth Programs**-Young person spends three or more hours per week in sports, clubs, or organizations at school and/or in the community.
19. **Religious Community**-Young person spends one or more hours per week in activities in a religious institution.
20. **Time at Home**-Young person is out with friends "with nothing special to do" two or fewer nights per week.

INTERNAL ASSETS

21. **Achievement Motivation**-Young person is motivated to do well in school.
22. **School Engagement**-Young person is actively engaged in learning.
23. **Homework**-Young person reports doing at least one hour of homework every school day.
24. **Bonding to School**-Young person cares about her or his school.
25. **Reading for Pleasure**-Young person reads for pleasure three or more hours per week.
26. **Caring**-Young person places high value on helping other people.
27. **Equality and Social Justice**-Young person places high value on promoting equality and reducing hunger and poverty.
28. **Integrity**-Young person acts on convictions and stands up for her or his beliefs.
29. **Honesty**-Young person "tells the truth even when it is not easy."
30. **Responsibility**-Young person accepts and takes personal responsibility.
31. **Restraint**-Young person believes it is important not to be sexually active or to use alcohol or other drugs.
32. **Planning and Decision Making**-Young person knows how to plan ahead and make choices.
33. **Interpersonal Competence**-Young person has empathy, sensitivity, and friendship skills.
34. **Cultural Competence**-Young person has knowledge of and comfort with people of different cultural/ racial/ ethnic backgrounds.
35. **Resistance Skills**-Young person can resist negative peer pressure and dangerous situations.
36. **Peaceful Conflict Resolution**-Young person seeks to resolve conflict nonviolently.
37. **Personal Power**-Young person feels he or she has control over "things that happen to me."
38. **Self-Esteem**-Young person reports having a high self-esteem.
39. **Sense of Purpose**-Young person reports that "my life has a purpose."
40. **Positive View of Personal Future**-Young person is optimistic about her or his personal future.

