

# 40 Developmental Assets



Helping young people grow up healthy, caring, and responsible

EXTERNAL ASSETS

INTERNAL ASSETS

## Asset type

## Asset name and definition

### Support

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.

### Empowerment

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.

### Boundaries & expectations

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.

### Constructive use of time

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. **Belonging** - young person spends one or more hours per week in a faith-based or other setting that actively promotes wellbeing and belonging
20. **Time at Home** - Young person is out with friends "with nothing special to do" two or fewer nights per week.

### Commitment to learning

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

### Positive values

26. **Caring** - Young person places high value on helping other people.
- \*27. **Social and Environmental Values** - Young person places high value on promoting equality, reducing poverty and protecting and conserving the world around them.
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. **Risks and consequences** - Young person understands boundaries, risks and consequences relating to sexual activity and use of alcohol or other drugs

### Social competencies

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.

### Positive identity

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 purpose."
40. **Positive view of personal future** - Young person is optimistic about her or his personal future.
- \*41. **Technology** - Young person has access to the equipment, connectivity and skills to utilise technology in everyday life and remain safe online.