

Many young people experience too few of the Developmental Assets.
Read each statement below and check whether it is true or false in your own life.

External Assets

Support

- | | True | False |
|---|--------------------------|--------------------------|
| 1. I receive lots of love and support from my family. | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. My parent(s) and I communicate positively, and I am willing to go to my parent(s) for advice and counsel. | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. I receive support from three or more nonparent adults. | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. I have caring neighbors. | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. My school provides a caring, encouraging environment. | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. My parent(s) are actively involved in helping me succeed in school. | <input type="checkbox"/> | <input type="checkbox"/> |

Empowerment

- | | | |
|---|--------------------------|--------------------------|
| 7. I believe that adults in my community value youth. | <input type="checkbox"/> | <input type="checkbox"/> |
| 8. I believe that young people are given useful roles in my community. | <input type="checkbox"/> | <input type="checkbox"/> |
| 9. I serve in my community for one hour or more per week. | <input type="checkbox"/> | <input type="checkbox"/> |
| 10. I feel safe at home, at school, and in the neighborhood. | <input type="checkbox"/> | <input type="checkbox"/> |

Boundaries and Expectations

- | | | |
|---|--------------------------|--------------------------|
| 11. My family has clear rules and consequences, and monitors my whereabouts. | <input type="checkbox"/> | <input type="checkbox"/> |
| 12. My school provides clear rules and consequences. | <input type="checkbox"/> | <input type="checkbox"/> |
| 13. My neighbors take responsibility for monitoring young people's behavior. | <input type="checkbox"/> | <input type="checkbox"/> |
| 14. Parent(s) and other adults model positive, responsible behavior. | <input type="checkbox"/> | <input type="checkbox"/> |
| 15. My best friends model responsible behavior. | <input type="checkbox"/> | <input type="checkbox"/> |
| 16. Both my parent(s) and my teachers encourage me to do well. | <input type="checkbox"/> | <input type="checkbox"/> |

Constructive Use of Time

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|---|--------------------------|--------------------------|
| 17. I spend three hours or more per week in lessons or practice in music, theater, or other arts. | <input type="checkbox"/> | <input type="checkbox"/> |
| 18. I spend three hours or more per week in sports, clubs, organizations at school, and/or in community organizations. | <input type="checkbox"/> | <input type="checkbox"/> |
| 19. I spend one or more hours per week in activities in a religious institution. | <input type="checkbox"/> | <input type="checkbox"/> |
| 20. I go out with friends "with nothing special to do" no more than two nights per week. | <input type="checkbox"/> | <input type="checkbox"/> |

Internal Assets

Commitment to Learning

- | | True | False |
|---|--------------------------|--------------------------|
| 21. I am motivated to do well in school. | <input type="checkbox"/> | <input type="checkbox"/> |
| 22. I am actively engaged in learning. | <input type="checkbox"/> | <input type="checkbox"/> |
| 23. I do at least one hour of homework every school day. | <input type="checkbox"/> | <input type="checkbox"/> |
| 24. I care about my school. | <input type="checkbox"/> | <input type="checkbox"/> |
| 25. I read for pleasure three or more hours per week. | <input type="checkbox"/> | <input type="checkbox"/> |

Positive Values

- | | | |
|--|--------------------------|--------------------------|
| 26. I place a high value on helping other people. | <input type="checkbox"/> | <input type="checkbox"/> |
| 27. I place a high value on promoting equality and reducing hunger and poverty. | <input type="checkbox"/> | <input type="checkbox"/> |
| 28. I act on my convictions and stand up for my beliefs. | <input type="checkbox"/> | <input type="checkbox"/> |
| 29. I tell the truth even when it is not easy. | <input type="checkbox"/> | <input type="checkbox"/> |
| 30. I accept responsibilities and take personal responsibility for my actions. | <input type="checkbox"/> | <input type="checkbox"/> |
| 31. I believe it is important not to be sexually active or to use alcohol or other drugs. | <input type="checkbox"/> | <input type="checkbox"/> |

Social Competencies

- | | | |
|---|--------------------------|--------------------------|
| 32. I know how to plan ahead and make choices. | <input type="checkbox"/> | <input type="checkbox"/> |
| 33. I have empathy, sensitivity, and friendship skills. | <input type="checkbox"/> | <input type="checkbox"/> |
| 34. I have knowledge of and comfort with people of different cultural/racial/ethnic backgrounds. | <input type="checkbox"/> | <input type="checkbox"/> |
| 35. I can resist negative peer pressure and dangerous situations. | <input type="checkbox"/> | <input type="checkbox"/> |
| 36. I seek to resolve conflict nonviolently. | <input type="checkbox"/> | <input type="checkbox"/> |

Positive Identity

- | | | |
|---|--------------------------|--------------------------|
| 37. I feel I have control over things that happen to me. | <input type="checkbox"/> | <input type="checkbox"/> |
| 38. I have a high self-esteem. | <input type="checkbox"/> | <input type="checkbox"/> |
| 39. I believe my life has a purpose. | <input type="checkbox"/> | <input type="checkbox"/> |
| 40. I am optimistic about my personal future. | <input type="checkbox"/> | <input type="checkbox"/> |

Developmental Assets Tie-in:
The Developmental Assets Framework