

The 40 Developmental Assets® for Grades 6–12

Assets Change Lives—How Many Do Your Kids Have?

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 parent(s).
- 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, at 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 community organizations.
- 19 **Religious community** • Young person spends one hour or more 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.

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 **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.

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 a purpose."
- 40 **POSITIVE VIEW OF PERSONAL FUTURE** • Young person is optimistic about her or his personal future.