

# The 40 Developmental Assets for Teens

## The EXTERNAL Assets

### 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 parent(s) advice and counsel.
- 3. Other adult relationships-** Young person receives support from three or more non-parent 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 a 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 a week in lessons or practice in music, theatre, 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 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.

## The INTERNAL Assets

### 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. Equitable & 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 use alcohol or other drugs.

### SOCIAL COMPETENCIES

- 32. Planning & 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 control-** 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.