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## CHECKLIST OF 40 DEVELOPMENTAL ASSETS

Many people find it helpful to use a simple checklist to reflect on the assets young people experience. This checklist simplifies the asset list to help prompt conversation in families, organizations, and communities. *NOTE: This checklist is **not** a scientific or accurate measurement of developmental assets. The assets are measured through administration of a 156-item survey.*

To use this list, if you are a young person, answer about your current situation. If you are an adult, answer about what it was like for you when you were a teenager.

- \_\_\_\_\_ 1. I receive high levels of love and support from family members.
- \_\_\_\_\_ 2. I can go to my parent(s) or guardian(s) for advice and support and have frequent, in-depth conversations with them.
- \_\_\_\_\_ 3. I know some nonparent adults I can go to for advice and support.
- \_\_\_\_\_ 4. My neighbors encourage and support me.
- \_\_\_\_\_ 5. My school provides a caring, encouraging environment.
- \_\_\_\_\_ 6. My parent(s) or guardian(s) help me succeed in school.
- \_\_\_\_\_ 7. I feel valued by adults in my community.
- \_\_\_\_\_ 8. I am given useful roles in my community.
- \_\_\_\_\_ 9. I serve in the community one hour or more each week.
- \_\_\_\_\_ 10. I feel safe at home, at school, and in the neighborhood.
- \_\_\_\_\_ 11. My family sets standards for appropriate conduct and monitors my whereabouts.
- \_\_\_\_\_ 12. My school has clear rules and consequences for behavior.
- \_\_\_\_\_ 13. Neighbors take responsibility for monitoring my behavior.
- \_\_\_\_\_ 14. Parent(s) and other adults model positive, responsible behavior.
- \_\_\_\_\_ 15. My best friends model responsible behavior.
- \_\_\_\_\_ 16. My parent(s)/guardian(s) and teachers encourage me to do well.
- \_\_\_\_\_ 17. I spend three hours or more each week in lessons or practice in music, theater, or other arts.

(H3, continued)

- \_\_\_\_\_ 18. I spend three hours or more each week in school or community sports, clubs, or organizations.
- \_\_\_\_\_ 19. I spend one hour or more each week in religious services or participating in spiritual activities.
- \_\_\_\_\_ 20. I go out with friends “with nothing special to do” two or fewer nights each week.
- \_\_\_\_\_ 21. I want to do well in school.
- \_\_\_\_\_ 22. I am actively engaged in learning.
- \_\_\_\_\_ 23. I do an hour or more of homework each school day.
- \_\_\_\_\_ 24. I care about my school.
- \_\_\_\_\_ 25. I read for pleasure three or more hours each week.
- \_\_\_\_\_ 26. I believe it is really important to help other people.
- \_\_\_\_\_ 27. I want to help promote equality and reduce world poverty and hunger.
- \_\_\_\_\_ 28. I can stand up for what I believe.
- \_\_\_\_\_ 29. I tell the truth even when it’s not easy.
- \_\_\_\_\_ 30. I can accept and take personal responsibility.
- \_\_\_\_\_ 31. I believe it is important not to be sexually active or to use alcohol or other drugs.
- \_\_\_\_\_ 32. I am good at planning ahead and making decisions.
- \_\_\_\_\_ 33. I am good at making and keeping friends.
- \_\_\_\_\_ 34. I know and am comfortable with people of different cultural/racial/ethnic backgrounds.
- \_\_\_\_\_ 35. I can resist negative peer pressure and dangerous situations.
- \_\_\_\_\_ 36. I try to resolve conflict nonviolently.
- \_\_\_\_\_ 37. I believe I have control over many things that happen to me.
- \_\_\_\_\_ 38. I feel good about myself.
- \_\_\_\_\_ 39. I believe my life has a purpose.
- \_\_\_\_\_ 40. I am optimistic about my future.