

The **40** Developmental Assets for Teens

In research conducted by Search Institute of almost 150,000 students in 27 states, these assets were shown to have a strong correlation with success in school and in life. See www.search-institute.org

Place a check by each asset you feel your teenager has today:

- _____ 1. **Family support** -Family life provides high levels of love and support.
- _____ 2. **Positive family communication** -Young person and parents communicate positively, and young person willing to seek counsel from parents.
- _____ 3. **Other adult relationships** -Young person receives support of 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** - Parents are actively involved in helping young person succeed in school.
- _____ 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 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.
- _____ 11. **Family boundaries** - Family has clear rules and consequences and monitor young persons whereabouts.
- _____ 12. **School boundaries** - School provides clear rules and consequences.
- _____ 13. **Neighborhood boundaries** - Neighbors take responsibility for monitoring young person's behavior.
- _____ 14. **Adult role models** - Parents and other adults model responsible behavior.
- _____ 15. **Positive peer influence** - Young person's best friends model responsible behavior.
- _____ 16. **High expectations** - Both parents and teachers encourage young person to do well.
- _____ 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. **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 to do" two or fewer nights per week.

The 40 Developmental Assets (continued)

- _____ 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 his or her school.
- _____ 25. **Reading for pleasure** - Young person reads for pleasure three or more hours per week.
- _____ 26. **Caring** - Young person places high value on helping other people.
- _____ 27. **Equality and social justice** - Young person places high value on equality and reducing hunger and poverty.
- _____ 28. **Integrity** - Young person acts on convictions and stands up for his or her 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.
- _____ 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 conflicts nonviolently.
- _____ 37. **Personal power** - Young person feels that he or she has control over “things that happen to me.”
- _____ 38. **Self-esteem** - Young person reports having 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 his or her personal future.
- _____ = Total number of checked items.

Facts: Research shows that the more assets a teenager has, the more likely he/she will be successful in school and in adult life. On the average, research shows that young people report having 18.6 assets. There is no “magic number” but 31 assets is a worthy, though challenging, benchmark for experiencing the positive effects of having these assets. Approximately 8 % of young people report having 31 or more assets, and they tend to do very well in school and in life.

More information: See the next page to find out ways having these assets might help your child!

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Why You Will Want Your Teen to Have These Assets

THE POWER OF ASSETS: Generally speaking, research indicates that the more assets a young person reports having, the more successful that young person is and will be. Regardless of gender, ethnic heritage, economic situation, or geographical location, having these assets promotes positive behaviors and attitudes. Having them also helps protect young people from many problem behaviors (drug use, promiscuity, etc.).



Students with more assets report having the following thriving behaviors:



- #1 **Exhibits leadership-**
Has been a leader of a group in the past 12 months.
- #2 **Maintains good health-**
Takes good care of body, by eating foods that are healthy and exercising regularly.
- #3 **Values diversity-**
Thinks it is important to know people of other racial/ethnic groups.
- #4 **Succeeds in school**
Gets A's & B's on report card.

Students with fewer assets report having more of the following toxic behaviors:



- #1 **Problem alcohol use**
Using alcohol three or more times in the past 30 days...
- #2 **Violence**
Engaging in fighting, carrying weapons,...
- #3 **Illicit drug use**
Used illegal drugs three or more times in past 12 months...
- #4 **Sexual activity**
Has had sexual intercourse three or more times.

The good news is that the assets are powerful and that everyone can build them. Even adding one asset can make a positive difference in a child's life! Intentionally trying to develop these strengths is called **ASSET BUILDING**.

A good first step with your own child/teenager might be to have him or her evaluate how many assets he or she feels she has, and explore together how to get more. Good luck. It is worth the effort!

Call (925) 855-1745 for information on how to help your teen build more assets.

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For information about this research-based information, see*

www.search-institute.org
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