



# An Asset Checklist

Many young people experience too few of the 40 developmental assets. Check whether each statement is true or false to get an idea of areas where you feel your child experiences a lot of assets, and determine the areas where your child needs more assets.

## EXTERNAL ASSETS

### Support

- |   | True  | False |
|---|-------|-------|
| 1. I provide lots of love and support to my family. ....  | _____ | _____ |
| 2. My child and I communicate positively and I am willing to provide non-biased advice and counseling. .... | _____ | _____ |
| 3. My child receives support from three or more nonparent adults. ....                                      | _____ | _____ |
| 4. We experience caring neighbors. ....   | _____ | _____ |
| 5. My child's school provides a caring, encouraging environment. ....                                       | _____ | _____ |
| 6. I am actively involved in helping my child succeed in school. ....                                       | _____ | _____ |

### Empowerment

- |   |       |       |
|---|-------|-------|
| 7. I believe that the adults in my community value youth. ....              | _____ | _____ |
| 8. I believe that young people are given useful roles in my community. .... | _____ | _____ |
| 9. My child serves in the community for one hour or more per week. ....     | _____ | _____ |
| 10. My child feels safe at home, school and in the neighborhood. ....       | _____ | _____ |

### Boundaries and Expectations

- |   |       |       |
|---|-------|-------|
| 11. I have clear rules and consequences, and monitor my child's whereabouts. .... | _____ | _____ |
| 12. My child's school provides clear rules and consequences. ....                 | _____ | _____ |
| 13. My neighbors take responsibility for monitoring young people's behavior. .... | _____ | _____ |
| 14. I and other adults model positive, responsible behavior. ....                 | _____ | _____ |
| 15. My child's best friends model responsible behavior. ....                      | _____ | _____ |
| 16. Teachers and I both encourage my child to do well. ....                       | _____ | _____ |

### Constructive Use of Time

- |   |       |       |
|---|-------|-------|
| 17. My child spends three hours or more per week in lessons or practice in music, theater, or other arts. ....                      | _____ | _____ |
| 18. My child spends three hours or more per week in sports, clubs, organizations at school, and/or in community organizations. .... | _____ | _____ |
| 19. My child spends three hours or more per week in activities in a religious institution. ....                                     | _____ | _____ |
| 20. My child goes out with friends "with nothing special to do", two or fewer nights per week. ....                                 | _____ | _____ |

## INTERNAL ASSETS

### Commitment to Learning

- |  |       |       |
|--|-------|-------|
| 21. My child is motivated to do well in school. ....                   | _____ | _____ |
| 22. My child is actively engaged in learning. ....                     | _____ | _____ |
| 23. My child does at least one hour of homework every school day. .... | _____ | _____ |
| 24. My child cares about school. ....                                  | _____ | _____ |
| 25. My child reads for pleasure three or more hours per week. ....     | _____ | _____ |

### Positive Values

- |  |       |       |
|--|-------|-------|
| 26. My child places a high value on helping other people. ....   | _____ | _____ |
| 27. My child places high value on promoting equality and reducing hunger and poverty. ....             | _____ | _____ |
| 28. My child acts on his/her convictions and stands up for his/her beliefs. ....                       | _____ | _____ |
| 29. My child tells the truth even when it is not easy. ....  | _____ | _____ |
| 30. My child accepts and takes personal responsibility. ....   | _____ | _____ |
| 31. My child believes it is important not to be sexually active or to use alcohol or other drugs. .... | _____ | _____ |

### Social Competencies

- |   |       |       |
|---|-------|-------|
| 32. My child knows how to plan ahead and make choices. ....   | _____ | _____ |
| 33. My child has empathy, sensitivity, and friendship skills. ....  | _____ | _____ |
| 34. My child has knowledge of and comfort with people of different cultural/racial/ethnic backgrounds. .... | _____ | _____ |
| 35. My child can resist negative peer pressure and dangerous situations. ....                               | _____ | _____ |
| 36. My child seeks to resolve conflict non-violently. ....  | _____ | _____ |

### Positive Identity

- |  |       |       |
|--|-------|-------|
| 37. My child feels that he/she has control over thing that happen to him/her. .... | _____ | _____ |
| 38. My child has a high self-esteem. ....  | _____ | _____ |
| 39. My child believes his/her life has a purpose. ....                             | _____ | _____ |
| 40. My child is optimistic about his/her personal future. ....                     | _____ | _____ |