

# 40 Developmental Assets

*Positive supports and strengths that young people need to succeed.*

## SUPPORT

*Young people need to be surrounded by people who love, care for, appreciate, and accept them.*

1. Family support • Family life provides high levels of love and support
2. Positive family communication • Young person and their 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 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

*Young people need to feel valued and valuable. This happens when youth feel safe and respected.*

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 AND EXPECTATIONS

*Young people need clear rules, consistent consequences for breaking rules, and encouragement to do their best.*

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

*Young people need opportunities - outside of school - to learn and develop new skills and interests with other youth and adults.*

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 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.

## COMMITMENT TO LEARNING

*Young people need a sense of the lasting importance of learning and a belief in their own abilities.*

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 their school.
25. Reading for pleasure · Young person reads for pleasure three or more hours per week.

## POSITIVE VALUES

*Young people need to develop strong guiding values or principles to help them make healthy life choices.*

26. Caring · Young person places high value on helping other people.
27. Equality and social justice · Young person places a high value on promoting equality and reducing hunger and poverty.
28. Integrity · Young person acts on convictions and stands up for their 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

*Young people need the skills to interact effectively with others, to make difficult decisions, and to cope with new situations.*

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

*Young people need to believe in their own self-worth and to feel that they have control over the things that happen to them.*

37. Personal power · Young person feels they have 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 their personal future.

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