

40 Developmental Assets

<i>ASSET TYPE</i>	<i>ASSET NAME AND DEFINITION</i>
EXTERNAL ASSETS	<p>Support</p> <p>Family support - Family life provides high levels of love and support.</p> <p>Positive family communication - Young person and her or his parent(s) communicate positively, and young person is willing to seek advice and counsel from parent(s).</p> <p>Other adult relationships - Young person receives support from three or more nonparent adults.</p> <p>Caring neighborhood - Young person experiences caring neighbors.</p> <p>Caring school climate - School provides a caring, encouraging environment.</p> <p>Parent involvement in schooling - Parent(s) actively involved in helping young person succeed in school.</p>
	<p>Empowerment</p> <p>Community values youth - Young person perceives that adults in the community value youth.</p> <p>Youth as resources - Young people are given useful roles in the community.</p> <p>Service to others - Young person serves in the community one hour or more per week.</p> <p>Safety - Young person feels safe at home, at school, and in the neighborhood.</p>
	<p>Boundaries and Expectations</p> <p>Family boundaries - Family has clear rules and consequences, and monitors the young person's whereabouts.</p> <p>School boundaries - School provides clear rules and consequences.</p> <p>Neighborhood boundaries - Neighbors take responsibility for monitoring young people's behavior.</p> <p>Adult role models - Parent(s) and other adults model positive, responsible behavior.</p> <p>Positive peer influence - Young person's best friends model responsible behavior.</p> <p>High expectations - Both parent(s) and teachers encourage the young person to do well.</p>
	<p>Constructive Use of Time</p> <p>Creative activities - Young person spends three or more hours per week in lessons or practice in music, theater, or other arts.</p> <p>Youth programs - Young person spends three or more hours per week in sports, clubs, or organizations at school and/or in community organizations.</p> <p>Religious community - Young person spends one hour or more per week in activities in a religious institution.</p> <p>Time at home - Young person is out with friends "with nothing special to do" two or fewer nights per week.</p>
INTERNAL ASSETS	<p>Commitment to Learning</p> <p>Achievement motivation - Young person is motivated to do well in school.</p> <p>School engagement - Young person is actively engaged in learning.</p> <p>Homework - Young person reports doing at least one hour of homework every school day.</p> <p>Bonding to school - Young person cares about her or his school.</p> <p>Reading for pleasure - Young person reads for pleasure three or more hours per week.</p>
	<p>Positive Values</p> <p>Caring - Young person places high value on helping other people.</p> <p>Equality and social justice - Young person places high value on promoting equality and reducing hunger and poverty.</p> <p>Integrity - Young person acts on convictions and stands up for her or his beliefs.</p> <p>Honesty - Young person "tells the truth even when it is not easy."</p> <p>Responsibility - Young person accepts and takes personal responsibility.</p> <p>Restraint - Young person believes it is important not to be sexually active or to use alcohol or other drugs.</p>
	<p>Social Competencies</p> <p>Planning and decision making - Young person knows how to plan ahead and make choices.</p> <p>Interpersonal competence - Young person has empathy, sensitivity, and friendship skills.</p> <p>Cultural competence - Young person has knowledge of and comfort with people of different cultural/ racial/ethnic backgrounds.</p> <p>Resistance skills - Young person can resist negative peer pressure and dangerous situations.</p> <p>Peaceful conflict resolution - Young person seeks to resolve conflict nonviolently.</p>
	<p>Positive Identity</p> <p>Personal power - Young person feels he or she has control over "things that happen to me."</p> <p>Self-esteem - Young person reports having a high self-esteem.</p> <p>Sense of purpose - Young person reports that "my life has a purpose."</p> <p>Positive view of personal future - Young person is optimistic about her or his personal future.</p>