



40 Developmental Assets™

Search InstituteSM has identified the following building blocks of healthy development that help young people grow up healthy, caring, and responsible.



External Assets

Support

- 1. **Family Support:** Family life provides high levels of love and support.
- 2. **Positive Family Communication:** Young person and her or his parent(s) communicate positively, and young person is willing to seek advice and counsel from parents.
- 3. **Other Adult Relationships:** Young person receives support from three or more non-parent 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

- 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.
- 11. **Family Boundaries:** Family has clear rules and consequences and monitors the young person's whereabouts.

Boundaries & Expectations

- 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

- 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 special to do" two or fewer nights per week.

Internal Assets

Commitment to Learning

- 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 her or his school.
- 25. **Reading for Pleasure:** Young person reads for pleasure three or more hours per week.

Positive Values

- 26. **Caring:** Young person places high value on helping other people.
- 27. **Equality and Social Justice:** Young person places high value on promoting equality and reducing hunger and poverty.
- 28. **Integrity:** Young person acts on convictions and stands up for her or his 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

- 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

- 37. **Personal Power:** Young person feels he or she has 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 her or his personal future.