

40 Developmental Assets

- I receive high levels of love and support from family members
- I can go to my parent(s) or guardian(s) for advice and support and have frequent, in-depth conversations with them.
- I know some non-parent adults I can go to for advice and support.
- My neighbours encourage and support me.
- My school provides a caring, encouraging environment.
- My parent(s) or guardian(s) help me succeed in school.
- I feel valued by adults in my community.
- I am given useful roles in my community.
- I serve in the community one hour or more each week.
- I feel safe at home, at school, and in the neighbourhood.
- My family sets standards for appropriate conduct and monitors my whereabouts.
- My school has clear rules and consequences for behaviour.
- Neighbours take responsibility for monitoring my behaviour.
- Parent(s) and other adults model positive, responsible behaviour.
- My best friends model responsible behaviour.
- My parent(s)/ guardian(s) and teachers encourage me to do well.
- I spend three hours or more each week in lessons or practice in music, theatre, or other arts.
- I spend three hours or more each week in school or community sports, clubs or organizations.
- I spend one hour or more each week in religious services or participating in spiritual activities.
- I go out with friends "with nothing special to do" two or fewer nights each week.
- I want to do well in school.
- I am actively engaged in learning.
- I do an hour or more of homework each school day.
- I care about my school.
- I read for pleasure three or more hours each week.
- I believe it is really important to help other people.
- I want to help promote equality and reduce world poverty and hunger.
- I can stand up for what I believe.
- I tell the truth even when it's not easy.
- I can accept and take personal responsibility.
- I believe it is important not to be sexually active or to use alcohol or drugs.
- I am good at planning ahead and making decisions.
- I am good at making and keeping friends.
- I know and am comfortable with people of different cultural/racial/ethnic backgrounds.
- I can resist negative peer pressure and dangerous situations.
- I try to resolve conflict nonviolently.
- I believe I have control over many things that happen to me.
- I feel good about myself.
- I believe my life has purpose.
- I am optimistic about my future.