40 Developmental Assets® for Adolescents (ages 12-18)

Search Institute® has identified the following building blocks of healthy development—known as **Developmental Assets®**—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 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

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 & Expectations

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

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.

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I love soccer	**I like to sing**	**I love to read!**	**I love animals**	**I work hard**
History is my best subject	**I like to sing**	**I help my mom cook**	**I like computers**	**I have an A +**
I like science	**My sock has a hole**	**I have good friends**	**I watch the news**	**I play basketball**
I like astronomy	**I like fashion**	**I speak Spanish**	**I have a cat**	**I like to dance**
I like helping people	**I like to draw**	**I love Hip Hop**	**I am a kind person**	**I am good at math**