

An Asset Checklist

Many people find it helpful to use a simple checklist to reflect on the assets young people experience. This checklist simplifies the asset list to help prompt conversation in families, organizations, and communities. *Note: This checklist is not intended nor appropriate as a scientific or accurate measurement of developmental assets.*

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| <input type="radio"/> 1. I receive high levels of love and support from family members. | <input type="radio"/> 20. I go out with friends "with nothing special to do" two or fewer nights each week. |
| <input type="radio"/> 2. I can go to my parent(s) or guardian(s) for advice and support and have frequent, in-depth conversations with them. | <input type="radio"/> 21. I want to do well in school. |
| <input type="radio"/> 3. I know some non-parent adults I can go to for advice and support. | <input type="radio"/> 22. I am actively engaged in learning. |
| <input type="radio"/> 4. My neighbors encourage and support me. | <input type="radio"/> 23. I do an hour or more of homework each school day. |
| <input type="radio"/> 5. My school provides a caring, encouraging environment. | <input type="radio"/> 24. I care about my school. |
| <input type="radio"/> 6. My parent(s) or guardian(s) help me succeed in school. | <input type="radio"/> 25. I read for pleasure three or more hours each week. |
| <input type="radio"/> 7. I feel valued by adults in my community. | <input type="radio"/> 26. I believe it is really important to help other people. |
| <input type="radio"/> 8. I am given useful roles in my community. | <input type="radio"/> 27. I want to help promote equality and reduce world poverty and hunger. |
| <input type="radio"/> 9. I serve in the community one hour or more each week. | <input type="radio"/> 28. I can stand up for what I believe. |
| <input type="radio"/> 10. I feel safe at home, at school, and in the neighborhood. | <input type="radio"/> 29. I tell the truth even when it's not easy. |
| <input type="radio"/> 11. My family sets standards for appropriate conduct and monitors my whereabouts. | <input type="radio"/> 30. I can accept and take personal responsibility. |
| <input type="radio"/> 12. My school has clear rules and consequences for behavior. | <input type="radio"/> 31. I believe it is important not to be sexually active or to use alcohol or other drugs. |
| <input type="radio"/> 13. Neighbors take responsibility for monitoring my behavior. | <input type="radio"/> 32. I am good at planning ahead and making decisions. |
| <input type="radio"/> 14. Parent(s) and other adults model positive, responsible behavior. | <input type="radio"/> 33. I am good at making and keeping friends. |
| <input type="radio"/> 15. My best friends model responsible behavior. | <input type="radio"/> 34. I know and am comfortable with people of different cultural/racial/ethnic backgrounds. |
| <input type="radio"/> 16. My parent(s)/guardian(s) and teachers encourage me to do well. | <input type="radio"/> 35. I can resist negative peer pressure and dangerous situations. |
| <input type="radio"/> 17. I spend three hours or more each week in lessons or practice in music, theater or other arts. | <input type="radio"/> 36. I try to resolve conflict nonviolently. |
| <input type="radio"/> 18. I spend three hours or more each week in school or community sports, clubs, or organizations. | <input type="radio"/> 37. I believe I have control over many things that happen to me. |
| <input type="radio"/> 19. I spend one hour or more each week in religious services or participating in spiritual activities. | <input type="radio"/> 38. I feel good about myself. |
| | <input type="radio"/> 39. I believe my life has a purpose. |
| | <input type="radio"/> 40. I am optimistic about my future. |

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