

## **The 40 Developmental Assets™ for Adolescents: English (Ages 12-18)**

Search Institute has identified the following building blocks of healthy development that help young people grow as healthy, caring, principled, and productive people.

### **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 and 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.