

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