

# asset checklist for young people

The more assets you experience, the better prepared you are to overcome the challenges you face each day. Use this checklist to help you think about the assets you experience. Then talk about those you have and need with your parents and other important people in your life. (If you are doing this with a parent or guardian, compare your answers with your parent's answers on the back of this sheet when you are both finished.)

*Directions:* Check the box next to the statements that are true for you.

*Note:* This checklist is not intended nor appropriate as a scientific or accurate measurement of developmental assets.

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|--|---|
| <input type="checkbox"/> 1. I receive lots of love and support from my family.   | <input type="checkbox"/> 20. I go out with friends "with nothing special to do" 2 or fewer nights each week.        |
| <input type="checkbox"/> 2. I can go to my parent(s) or guardian(s) for advice and support, and we have lots of helpful conversations. | <input type="checkbox"/> 21. Doing well in school is important to me.   |
| <input type="checkbox"/> 3. I know some adults other than my parents that I can go to for advice and support.                          | <input type="checkbox"/> 22. I am interested in learning, and learn new things whenever I can.                      |
| <input type="checkbox"/> 4. My neighbors encourage and support me.   | <input type="checkbox"/> 23. I do an hour or more of homework each school day.                                      |
| <input type="checkbox"/> 5. My school provides a caring, encouraging environment.  | <input type="checkbox"/> 24. I care about my school.  |
| <input type="checkbox"/> 6. My parent(s) or guardian(s) help me to do my best in school.   | <input type="checkbox"/> 25. I read for pleasure 3 or more hours each week.   |
| <input type="checkbox"/> 7. Adults in my community care about me and make me feel like I'm important to them.                          | <input type="checkbox"/> 26. I believe it is really important to help other people.                                 |
| <input type="checkbox"/> 8. I'm given useful roles in my community.  | <input type="checkbox"/> 27. I want to help people who are poor or who are not treated fairly.                      |
| <input type="checkbox"/> 9. I do something to help others in my community at least once a week.  | <input type="checkbox"/> 28. I can stand up for what I believe.   |
| <input type="checkbox"/> 10. I feel safe at home, at school, and in the neighborhood.  | <input type="checkbox"/> 29. I tell the truth even when it's not easy.  |
| <input type="checkbox"/> 11. My family sets rules for my behavior and keeps track of my whereabouts.                                   | <input type="checkbox"/> 30. I can accept and take responsibility for what I say and do.                            |
| <input type="checkbox"/> 12. My school has clear rules and consequences for behavior.  | <input type="checkbox"/> 31. I believe it is important not to be sexually active or to use alcohol or other drugs.  |
| <input type="checkbox"/> 13. My neighbors take responsibility for monitoring my behavior.  | <input type="checkbox"/> 32. I am good at planning ahead and making decisions.                                      |
| <input type="checkbox"/> 14. My parent(s) or guardian(s) model positive and responsible behavior.                                      | <input type="checkbox"/> 33. I am good at making and keeping friends.   |
| <input type="checkbox"/> 15. My friends model responsible behavior.  | <input type="checkbox"/> 34. I know and am comfortable with people of different cultural/racial/ethnic backgrounds. |
| <input type="checkbox"/> 16. My parent(s)/guardian(s) and teachers encourage me to do well.  | <input type="checkbox"/> 35. I can resist negative peer pressure and dangerous situations.                          |
| <input type="checkbox"/> 17. I spend 3 or more hours each week participating in music, theater, or other arts.                         | <input type="checkbox"/> 36. I try to resolve situations without violence.  |
| <input type="checkbox"/> 18. I spend 3 or more hours each week in school or community sports, clubs, or organizations.                 | <input type="checkbox"/> 37. I believe I have control over many things that happen to me.                           |
| <input type="checkbox"/> 19. I spend 1 hour or more each week in religious services or spiritual activities.                           | <input type="checkbox"/> 38. I feel good about myself.  |
|  | <input type="checkbox"/> 39. I believe my life has a purpose.   |
|  | <input type="checkbox"/> 40. I look forward to my future.   |