40 Developmental Assets®

Studies of more than 2.2 million young people in the United States consistently show that the more Developmental Assets young people have, the less likely they are to engage in a wide range of high-risk behaviors and the more likely they are to thrive.

**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 parents communicate positively and young person is willing to seek advice and counsel from parents.
3. **Other Adult Relationship**: Young person receives support from three or more non-parent 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 persons spend 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 & 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 Competence

32. **Planning & 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 conflicts non-violently.

#### 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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