

Developmental Assets[®] for Adolescents (Ages 12 – 18)

Search Institute[®] has identified the following building blocks of healthy development—known as Developmental Assets[®]—that help young people grow up healthy, caring, and responsible.

EXTERNAL ASSETS

SUPPORT

1. **Family support**—Family life provides high levels of love and support.
2. **Positive family communication**—Young people and their parenting adults communicate positively, and young people are willing to seek parenting adults' advice and counsel.
3. **Other adult relationships**—Young people receive support from three or more nonparent adults.
4. **Caring neighborhood**—Young people experience caring neighbors.
5. **Caring school climate**—Schools provide a caring, encouraging environment.
6. **Family-school partnerships**—Families and schools work together to ensure that young people are successful in learning.

EMPOWERMENT

7. **Community values youth**—Young people perceive that adults in the community value youth.
8. **Youth as resources**—Young people have useful roles in the community.
9. **Service to others**—Young people serve in the community one hour or more per week.
10. **Safety**—Young people feel safe at home, school, and in the neighborhood.

BOUNDARIES AND EXPECTATIONS

11. **Family boundaries**—Families have clear rules and consequences, and monitor young people's whereabouts.
12. **School boundaries**—Schools provide clear rules and consequences.
13. **Neighborhood boundaries**—Neighbors take responsibility for monitoring young people's behavior.
14. **Adult role models**—Parenting adults and other adults model positive, responsible behavior.
15. **Positive peer influence**—Young people's best friends model responsible behavior.
16. **High expectations**—Parenting adults and teachers encourage young people to do well.

CONSTRUCTIVE USE OF TIME

17. **Creative activities**—Young people spend three or more hours per week in lessons or practice in music, theater, or other arts.
18. **Youth programs**—Young people spend three or more hours per week in sports, clubs, or organizations at school and/or in community organizations.
19. **Religious or spiritual community**—Young people participate in activities or programs with positive peers and adults in a religious or spiritual organization one or more hours per week.
20. **Time at home**—Young people are out with friends “with nothing special to do,” two or fewer nights per week.

INTERNAL ASSETS

COMMITMENT TO LEARNING

21. **Achievement motivation**—Young people are motivated to do well in school.
22. **School engagement**—Young people are actively engaged in learning.
23. **Homework**—Young people report doing at least one hour of homework every school day.
24. **Bonding to school**—Young people care about their school.

25. Reading for pleasure—Young people read for pleasure three or more hours per week.

POSITIVE VALUES

26. Caring—Young people place high value on helping other people.

27. Equality and social justice—Young people place high value on promoting equality and reducing hunger and poverty.

28. Integrity—Young people act on convictions and stand up for their beliefs.

29. Honesty—Young people “tell the truth even when it’s not easy.”

30. Responsibility—Young people accept and take personal responsibility.

31. Restraint—Young people believe it is important not to be sexually active or to use alcohol or other drugs.

SOCIAL COMPETENCIES

32. Planning and decision-making—Young people know how to plan ahead and make choices.

33. Interpersonal competence—Young people have empathy, sensitivity, and friendship skills.

34. Cultural competence—Young people know and are comfortable with people of different cultural, racial, ethnic, and other backgrounds than their own.

35. Resistance skills—Young people can resist negative peer pressure and dangerous situations.

36. Peaceful conflict resolution—Young people seek to resolve conflict nonviolently.

POSITIVE IDENTITY

37. Personal power—Young people feel they have control over things that happen to them.

38. Self-esteem—Young people report having a high self-esteem.

39. Sense of purpose—Young people report that their life has a purpose.

40. Positive view of personal future—Young people are optimistic about their personal future.