

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	<p>1. Family Support-Family life provides high levels of love and support.</p> <p>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.</p> <p>3. Other Adult Relationships-Young person receives support from three or more nonparent adults.</p> <p>4. Caring Neighborhood-Young person experiences caring neighbors.</p> <p>5. Caring School Climate-School provides a caring, encouraging environment.</p> <p>6. Parent Involvement in Schooling-Parent(s) are actively involved in helping young person succeed in school.</p>
	Empowerment	<p>7. Community Values Youth-Young person perceives that adults in the community value youth.</p> <p>8. Youth as Resources-Young people are given useful roles in the community.</p> <p>9. Service to Others-Young person serves in the community one hour or more per week.</p> <p>10. Safety-Young person feels safe at home, school, and in the neighborhood.</p>
	Boundaries & Expectations	<p>11. Family Boundaries-Family has clear rules and consequences and monitors the young person's whereabouts.</p> <p>12. School Boundaries-School provides clear rules and consequences.</p> <p>13. Neighborhood Boundaries-Neighbors take responsibility for monitoring young people's behavior.</p> <p>14. Adult Role Models-Parent(s) and other adults model positive, responsible behavior.</p> <p>15. Positive Peer Influence-Young person's best friends model responsible behavior.</p> <p>16. High Expectations-Both parent(s) and teachers encourage the young person to do well.</p>
	Constructive Use of Time	<p>17. Creative Activities-Young person spends three or more hours per week in lessons or practice in music, theater, or other arts.</p> <p>18. Youth Programs-Young person spends three or more hours per week in sports, clubs, or organizations at school and/or in the community.</p> <p>19. Religious Community-Young person spends one or more hours per week in activities in a religious institution.</p> <p>20. Time at Home-Young person is out with friends "with nothing special to do" two or fewer nights per week.</p>
INTERNAL ASSETS	Commitment to Learning	<p>21. Achievement Motivation-Young person is motivated to do well in school.</p> <p>22. School Engagement-Young person is actively engaged in learning.</p> <p>23. Homework-Young person reports doing at least one hour of homework every school day.</p> <p>24. Bonding to School-Young person cares about her or his school.</p> <p>25. Reading for Pleasure-Young person reads for pleasure three or more hours per week.</p>
	Positive Values	<p>26. Caring-Young person places high value on helping other people.</p> <p>27. Equality and Social Justice-Young person places high value on promoting equality and reducing hunger and poverty.</p> <p>28. Integrity-Young person acts on convictions and stands up for her or his beliefs.</p> <p>29. Honesty-Young person "tells the truth even when it is not easy."</p> <p>30. Responsibility-Young person accepts and takes personal responsibility.</p> <p>31. Restraint-Young person believes it is important not to be sexually active or to use alcohol or other drugs.</p>
	Social Competencies	<p>32. Planning and Decision Making-Young person knows how to plan ahead and make choices.</p> <p>33. Interpersonal Competence-Young person has empathy, sensitivity, and friendship skills.</p> <p>34. Cultural Competence-Young person has knowledge of and comfort with people of different cultural/racial/ethnic backgrounds.</p> <p>35. Resistance Skills-Young person can resist negative peer pressure and dangerous situations.</p> <p>36. Peaceful Conflict Resolution-Young person seeks to resolve conflict nonviolently.</p>
	Positive Identity	<p>37. Personal Power-Young person feels he or she has control over "things that happen to me."</p> <p>38. Self-Esteem-Young person reports having a high self-esteem.</p> <p>39. Sense of Purpose- Young person reports that "my life has purpose."</p> <p>40. Positive View of Personal Future- Young person is optimistic about her or his personal future.</p>