

11.4 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.**

Student Name: _____ School: _____
Date of Birth: _____ School Year: _____

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