

External Assets

The purpose and connection of the 40 Assets help us to

- mobilize adults,
- engage youth,
- transform sectors,
- strengthen programs and
- unleash supports for change.

Support:

1. **Family support** - Family life provides high levels of love and support.
2. **Positive family communication** - Young person and her or his parent(s) communicate.
3. **Other adult relationships** - 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, at 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 parents(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 person spends 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 his or her 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 and 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 his or her 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 Competencies:

32. **Planning and 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 conflict nonviolently.

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.