

<b>External Assets</b>	<b>Support</b>	<ol style="list-style-type: none"> <li>1. <b>Family support</b>—Family life provides high levels of love and support.</li> <li>2. <b>Positive family communication</b>—Young person and her or his parent(s) communicate positively, and young person is willing to seek advice and counsel from parents.</li> <li>3. <b>Other adult relationships</b>—Young person receives support from three or more nonparent adults.</li> <li>4. <b>Caring neighborhood</b>—Young person experiences caring neighbors.</li> <li>5. <b>Caring school climate</b>—School provides a caring, encouraging environment.</li> <li>6. <b>Parent involvement in schooling</b>—Parent(s) are actively involved in helping young person succeed in school.</li> </ol>
	<b>Empowerment</b>	<ol style="list-style-type: none"> <li>7. <b>Community values youth</b>—Young person perceives that adults in the community value youth.</li> <li>8. <b>Youth as resources</b>—Young people are given useful roles in the community.</li> <li>9. <b>Service to others</b>—Young person serves in the community one hour or more per week.</li> <li>10. <b>Safety</b>—Young person feels safe at home, school, and in the neighborhood.</li> </ol>
	<b>Boundaries &amp; Expectations</b>	<ol style="list-style-type: none"> <li>11. <b>Family boundaries</b>—Family has clear rules and consequences and monitors the young person’s whereabouts.</li> <li>12. <b>School Boundaries</b>—School provides clear rules and consequences.</li> <li>13. <b>Neighborhood boundaries</b>—Neighbors take responsibility for monitoring young people’s behavior.</li> <li>14. <b>Adult role models</b>—Parent(s) and other adults model positive, responsible behavior.</li> <li>15. <b>Positive peer influence</b>—Young person’s best friends model responsible behavior.</li> <li>16. <b>High expectations</b>—Both parent(s) and teachers encourage the young person to do well.</li> </ol>
	<b>Constructive Use of Time</b>	<ol style="list-style-type: none"> <li>17. <b>Creative activities</b>—Young person spends three or more hours per week in lessons or practice in music, theater, or other arts.</li> <li>18. <b>Youth programs</b>—Young person spends three or more hours per week in sports, clubs, or organizations at school and/or in the community.</li> <li>19. <b>Religious community</b>—Young person spends one or more hours per week in activities in a religious institution.</li> <li>20. <b>Time at home</b>—Young person is out with friends “with nothing special to do” two or fewer nights per week.</li> </ol>

<b>Internal Assets</b>	<b>Commitment to Learning</b>	<ol style="list-style-type: none"> <li>21. <b>Achievement Motivation</b>—Young person is motivated to do well in school.</li> <li>22. <b>School Engagement</b>—Young person is actively engaged in learning.</li> <li>23. <b>Homework</b>—Young person reports doing at least one hour of homework every school day.</li> <li>24. <b>Bonding to school</b>—Young person cares about her or his school.</li> <li>25. <b>Reading for Pleasure</b>—Young person reads for pleasure three or more hours per week.</li> </ol>
	<b>Positive Values</b>	<ol style="list-style-type: none"> <li>26. <b>Caring</b>—Young person places high value on helping other people.</li> <li>27. <b>Equality and social justice</b>—Young person places high value on promoting equality and reducing hunger and poverty.</li> <li>28. <b>Integrity</b>—Young person acts on convictions and stands up for her or his beliefs.</li> <li>29. <b>Honesty</b>—Young person “tells the truth even when it is not easy.”</li> <li>30. <b>Responsibility</b>—Young person accepts and takes personal responsibility.</li> <li>31. <b>Restraint</b>—Young person believes it is important not to be sexually active or to use alcohol or other drugs.</li> </ol>
	<b>Social Competencies</b>	<ol style="list-style-type: none"> <li>32. <b>Planning and decision making</b>—Young person knows how to plan ahead and make choices.</li> <li>33. <b>Interpersonal Competence</b>—Young person has empathy, sensitivity, and friendship skills.</li> <li>34. <b>Cultural Competence</b>—Young person has knowledge of and comfort with people of different cultural/racial/ethnic backgrounds.</li> <li>35. <b>Resistance skills</b>—Young person can resist negative peer pressure and dangerous situations.</li> <li>36. <b>Peaceful conflict resolution</b>—Young person seeks to resolve conflict nonviolently.</li> </ol>
	<b>Positive Identity</b>	<ol style="list-style-type: none"> <li>37. <b>Personal power</b>—Young person feels he or she has control over “things that happen to me.”</li> <li>38. <b>Self-esteem</b>—Young person reports having a high self-esteem.</li> <li>39. <b>Sense of purpose</b>—Young person reports that “my life has a purpose.”</li> <li>40. <b>Positive view of personal future</b>—Young person is optimistic about her or his personal future.</li> </ol>

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.

<b>External Assets</b>	<b>Support</b>	<ol style="list-style-type: none"> <li><b>1. Family support</b>—Family life provides high levels of love and support.</li> <li><b>2. Positive family communication</b>—Parent(s) and child communicate positively. Child feels comfortable seeking advice and counsel from parent(s).</li> <li><b>3. Other adult relationships</b>—Child receives support from adults other than her or his parent(s).</li> <li><b>4. Caring neighborhood</b>—Child experiences caring neighbors.</li> <li><b>5. Caring school climate</b>—Relationships with teachers and peers provide a caring, encouraging environment.</li> <li><b>6. Parent involvement in schooling</b>—Parent(s) are actively involved in helping the child succeed in school.</li> </ol>
	<b>Empowerment</b>	<ol style="list-style-type: none"> <li><b>7. Community values youth</b>—Child feels valued and appreciated by adults in the community.</li> <li><b>8. Children as resources</b>—Child is included in decisions at home and in the community.</li> <li><b>9. Service to others</b>—Child has opportunities to help others in the community.</li> <li><b>10. Safety</b>—Child feels safe at home, at school, and in his or her neighborhood.</li> </ol>
	<b>Boundaries &amp; Expectations</b>	<ol style="list-style-type: none"> <li><b>11. Family boundaries</b>—Family has clear and consistent rules and consequences and monitors the child's whereabouts.</li> <li><b>12. School Boundaries</b>—School provides clear rules and consequences.</li> <li><b>13. Neighborhood boundaries</b>—Neighbors take responsibility for monitoring the child's behavior.</li> <li><b>14. Adult role models</b>—Parent(s) and other adults in the child's family, as well as nonfamily adults, model positive, responsible behavior.</li> <li><b>15. Positive peer influence</b>—Child's closest friends model positive, responsible behavior.</li> <li><b>16. High expectations</b>—Parent(s) and teachers expect the child to do her or his best at school and in other activities.</li> </ol>
	<b>Constructive Use of Time</b>	<ol style="list-style-type: none"> <li><b>17. Creative activities</b>—Child participates in music, art, drama, or creative writing two or more times per week.</li> <li><b>18. Child programs</b>—Child participates two or more times per week in cocurricular school activities or structured community programs for children..</li> <li><b>19. Religious community</b>—Child attends religious programs or services one or more times per week.</li> <li><b>20. Time at home</b>—Child spends some time most days both in high-quality interaction with parents and doing things at home other than watching TV or playing video games.</li> </ol>

<b>Internal Assets</b>	<b>Commitment to Learning</b>	<ol style="list-style-type: none"> <li><b>21. Achievement Motivation</b>—Child is motivated and strives to do well in school.</li> <li><b>22. Learning Engagement</b>—Child is responsive, attentive, and actively engaged in learning at school and enjoys participating in learning activities outside of school.</li> <li><b>23. Homework</b>—Child usually hands in homework on time.</li> <li><b>24. Bonding to school</b>—Child cares about teachers and other adults at school.</li> <li><b>25. Reading for Pleasure</b>—Child enjoys and engages in reading for fun most days of the week.</li> </ol>
	<b>Positive Values</b>	<ol style="list-style-type: none"> <li><b>26. Caring</b>—Parent(s) tell the child it is important to help other people.</li> <li><b>27. Equality and social justice</b>—Parent(s) tell the child it is important to speak up for equal rights for all people.</li> <li><b>28. Integrity</b>—Parent(s) tell the child it is important to stand up for one's beliefs.</li> <li><b>29. Honesty</b>—Parent(s) tell the child it is important to tell the truth.</li> <li><b>30. Responsibility</b>—Parent(s) tell the child it is important to accept personal responsibility for behavior.</li> <li><b>31. Healthy Lifestyle</b>—Parent(s) tell the child it is important to have good health habits and an understanding of healthy sexuality.</li> </ol>
	<b>Social Competencies</b>	<ol style="list-style-type: none"> <li><b>32. Planning and decision making</b>—Child thinks about decisions and is usually happy with results of her or his decisions.</li> <li><b>33. Interpersonal Competence</b>—Child cares about and is affected by other people's feelings, enjoys making friends, and, when frustrated or angry, tries to calm her- or himself.</li> <li><b>34. Cultural Competence</b>—Child knows and is comfortable with people of different racial, ethnic, and cultural backgrounds and with her or his own cultural identity.</li> <li><b>35. Resistance skills</b>—Child can stay away from people who are likely to get her or him in trouble and is able to say no to doing wrong or dangerous things.</li> <li><b>36. Peaceful conflict resolution</b>—Child seeks to resolve conflict nonviolently.</li> </ol>
	<b>Positive Identity</b>	<ol style="list-style-type: none"> <li><b>37. Personal power</b>—Child feels he or she has some influence over things that happen in her or his life.</li> <li><b>38. Self-esteem</b>—Child likes and is proud to be the person that he or she is.</li> <li><b>39. Sense of purpose</b>—Child sometimes thinks about what life means and whether there is a purpose for her or his life.</li> <li><b>40. Positive view of personal future</b>—Child is optimistic about her or his personal future.</li> </ol>

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.

<b>External Assets</b>	<b>Support</b>	<p>1. <b>Family Support</b>—Family continues to be a consistent provider of love and support for the child’s unique physical and emotional needs.</p> <p>2. <b>Positive Family Communication</b>—Parent(s) and child communicate openly, respectfully, and frequently, with child receiving praise for her or his efforts and accomplishments.</p> <p>3. <b>Other Adult Relationships</b>—Child receives support from adults other than her or his parent(s), with the child sometimes experiencing relationships with a nonparent adult.</p> <p>4. <b>Caring Neighborhood</b>—Parent(s) and child experience friendly neighbors who affirm and support the child’s growth and sense of belonging.</p> <p>5. <b>Caring School Climate</b>—Child experiences warm, welcoming relationships with teachers, caregivers, and peers at school.</p> <p>6. <b>Parent Involvement in Schooling</b>—Parent(s) talk about the importance of education and are actively involved in the child’s school success.</p>
	<b>Empowerment</b>	<p>7. <b>Community Values Children</b>—Children are welcomed and included throughout community life.</p> <p>8. <b>Children as Resources</b>—Child contributes to family decisions and has opportunities to participate in positive community events.</p> <p>9. <b>Service to Others</b>—Child has opportunities to serve in the community with adult support and approval.</p> <p>10. <b>Safety</b>—Parents and community adults ensure the child’s safety while keeping in mind her or his increasing independence.</p>
	<b>Boundaries &amp; Expectations</b>	<p>11. <b>Family Boundaries</b>—The family maintains supervision of the child, has reasonable guidelines for behavior, and always knows where the child is.</p> <p>12. <b>School Boundaries</b>—Schools have clear, consistent rules and consequences and use a positive approach to discipline.</p> <p>13. <b>Neighborhood Boundaries</b>—Neighbors and friends’ parents help monitor the child’s behavior and provide feedback to the parent(s).</p> <p>14. <b>Adult Role Models</b>—Parent(s) and other adults model positive, responsible behavior and encourage the child to follow these examples.</p> <p>15. <b>Positive Peer Influence</b>—Parent(s) monitor the child’s friends and encourage spending time with those who set good examples.</p> <p>16. <b>High Expectations</b>—Parent(s), teachers, and other influential adults encourage the child to do her or his best in all tasks and celebrate their successes.</p>
	<b>Constructive Use of Time</b>	<p>17. <b>Creative Activities</b>—Child participates weekly in music, dance, or other form of artistic expression outside of school.</p> <p>18. <b>Child Programs</b>—Child participates weekly in at least one sport, club, or organization within the school or community.</p> <p>19. <b>Religious Community</b>—Child participates in age-appropriate religious activities and caring relationships that nurture her or his spiritual development.</p> <p>20. <b>Time at Home</b>—Child spends time at home playing and doing positive activities with the family.</p>

<b>Internal Assets</b>	<b>Commitment to Learning</b>	<p>21. <b>Achievement Motivation</b>—Child is encouraged to remain curious and demonstrates an interest in doing well at school.</p> <p>22. <b>Learning Engagement</b>—Child is enthused about learning and enjoys going to school.</p> <p>23. <b>Homework</b>—With appropriate parental support, child completes assigned homework.</p> <p>24. <b>Bonding to School</b>—Child is encouraged to have and feels a sense of belonging at school.</p> <p>25. <b>Reading for Pleasure</b>—Child listens to and/or reads books outside of school daily.</p>
	<b>Positive Values</b>	<p>26. <b>Caring</b>—Parent(s) help child grow in empathy, understanding, and helping others.</p> <p>27. <b>Equality and Social Justice</b>—Parent(s) encourage child to be concerned about rules and being fair to everyone.</p> <p>28. <b>Integrity</b>—Parent(s) help child develop her or his own sense of right and wrong behavior.</p> <p>29. <b>Honesty</b>—Parent(s) encourage child’s development in recognizing and telling the truth.</p> <p>30. <b>Responsibility</b>—Parent(s) encourage child to accept and take responsibility for her or his actions at school and at home.</p> <p>31. <b>Self-Regulation</b>—Parents encourage child’s growth in regulating her or his own emotions and behaviors and in understanding the importance of healthy habits and choices.</p>
	<b>Social Competencies</b>	<p>32. <b>Planning and Decision Making</b>—Parent(s) help child think through and plan school and play activities.</p> <p>33. <b>Interpersonal Competence</b>—Child seeks to build friendships and is learning about self-control.</p> <p>34. <b>Cultural Competence</b>—Child continues to learn about her or his own cultural identity and is encouraged to interact positively with children of different racial, ethnic, and cultural backgrounds.</p> <p>35. <b>Resistance Skills</b>—Child is learning to recognize risky or dangerous situations and is able to seek help from trusted adults.</p> <p>36. <b>Peaceful Conflict Resolution</b>—Child continues learning to resolve conflicts without hitting, throwing a tantrum, or using hurtful language.</p>
	<b>Positive Identity</b>	<p>37. <b>Personal Power</b>—Child has a growing sense of having influence over some of the things that happen in her or his life.</p> <p>38. <b>Self-Esteem</b>—Child likes herself or himself and feels valued by others.</p> <p>39. <b>Sense of Purpose</b>—Child welcomes new experiences and imagines what he or she might do or be in the future.</p> <p>40. <b>Positive View of Personal Future</b>—Child has a growing curiosity about the world and finding her or his place in it.</p>

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<b>External Assets</b>	<b>Support</b>	<ol style="list-style-type: none"> <li><b>1. Family support</b>—Parent(s) and/or primary caregiver(s) provide the child with high levels of consistent and predictable love, physical care, and positive attention in ways that are responsive to the child’s individuality.</li> <li><b>2. Positive family communication</b>—Parent(s) and/or primary caregiver(s) express themselves positively and respectfully, engaging young children in conversations that invite their input.</li> <li><b>3. Other adult relationships</b>—With the family’s support, the child experiences consistent, caring relationships with adults outside the family.</li> <li><b>4. Caring neighbors</b>—The child’s network of relationships includes neighbors who provide emotional support and a sense of belonging.</li> <li><b>5. Caring climate in child-care and educational settings</b>—Caregivers and teachers create environments that are nurturing, accepting, encouraging, and secure.</li> <li><b>6. Parent involvement in child care and education</b>—Parent(s), caregivers, and teachers together create a consistent and supportive approach to fostering the child’s successful growth.</li> </ol>
	<b>Empowerment</b>	<ol style="list-style-type: none"> <li><b>7. Community cherishes and values young children</b>—Children are welcomed and included throughout community life.</li> <li><b>8. Children seen as resources</b>—The community demonstrates that children are valuable resources by investing in a child-rearing system of family support and high-quality activities and resources to meet children’s physical, social, and emotional needs.</li> <li><b>9. Service to others</b>—The child has opportunities to perform simple but meaningful and caring actions for others.</li> <li><b>10. Safety</b>—Parent(s), caregivers, teachers, neighbors, and the community take action to ensure children’s health and safety.</li> </ol>
	<b>Boundaries &amp; Expectations</b>	<ol style="list-style-type: none"> <li><b>11. Family boundaries</b>—The family provides consistent supervision for the child and maintains reasonable guidelines for behavior that the child can understand and achieve.</li> <li><b>12. Boundaries in child-care and educational settings</b>—Caregivers and educators use positive approaches to discipline and natural consequences to encourage self-regulation and acceptable behaviors.</li> <li><b>13. Neighborhood boundaries</b>—Neighbors encourage the child in positive, acceptable behavior, as well as intervene in negative behavior, in a supportive, nonthreatening way.</li> <li><b>14. Adult role models</b>—Parent(s), caregivers, and other adults model self-control, social skills, engagement in learning, and healthy lifestyles.</li> <li><b>15. Positive peer relationships</b>—Parent(s) and caregivers seek to provide opportunities for the child to interact positively with other children.</li> <li><b>16. Positive expectations</b>—Parent(s), caregivers, and teachers encourage and support the child in behaving appropriately, undertaking challenging tasks, and performing activities to the best of her or his abilities.</li> </ol>
	<b>Constructive Use of Time</b>	<ol style="list-style-type: none"> <li><b>17. Play and creative activities</b>—The child has daily opportunities to play in ways that allow self-expression, physical activity, and interaction with others.</li> <li><b>18. Out-of-home and community programs</b>—The child experiences well-designed programs led by competent, caring adults in well-maintained settings.</li> <li><b>19. Religious community</b>—The child participates in age-appropriate religious activities and caring relationships that nurture her or his spiritual development.</li> <li><b>20. Time at home</b>—The child spends most of her or his time at home participating in family activities and playing constructively, with parent(s) guiding TV and electronic game use.</li> </ol>

<b>Internal Assets</b>	<b>Commitment to Learning</b>	<ol style="list-style-type: none"> <li><b>21. Motivation to mastery</b>—The child responds to new experiences with curiosity and energy, resulting in the pleasure of mastering new learning and skills.</li> <li><b>22. Engagement in learning experiences</b>—The child fully participates in a variety of activities that offer opportunities for learning.</li> <li><b>23. Home-program connection</b>—The child experiences security, consistency, and connections between home and out-of-home care programs and learning activities.</li> <li><b>24. Bonding to programs</b>—The child forms meaningful connections with out-of-home care and educational programs.</li> <li><b>25. Early literacy</b>—The child enjoys a variety of pre-reading activities, including adults reading to her or him daily, looking at and handling books, playing with a variety of media, and showing interest in pictures, letters, and numbers.</li> </ol>
	<b>Positive Values</b>	<ol style="list-style-type: none"> <li><b>26. Caring</b>—The child begins to show empathy, understanding, and awareness of others’ feelings.</li> <li><b>27. Equality and social justice</b>—The child begins to show concern for people who are excluded from play and other activities or not treated fairly because they are different.</li> <li><b>28. Integrity</b>—The child begins to express her or his views appropriately and to stand up for a growing sense of what is fair and right.</li> <li><b>29. Honesty</b>—The child begins to understand the difference between truth and lies, and is truthful to the extent of her or his understanding.</li> <li><b>30. Responsibility</b>—The child begins to follow through on simple tasks to take care of her- or himself and to help others.</li> <li><b>31. Self-regulation</b>—The child increasingly can identify, regulate, and control her or his behaviors in healthy ways, using adult support constructively in particularly stressful situations.</li> </ol>
	<b>Social Competencies</b>	<ol style="list-style-type: none"> <li><b>32. Planning and decision making</b>—The child begins to plan for the immediate future, choosing from among several options and trying to solve problems.</li> <li><b>33. Interpersonal skills</b>—The child cooperates, shares, plays harmoniously, and comforts others in distress.</li> <li><b>34. Cultural awareness and sensitivity</b>—The child begins to learn about her or his own cultural identity and to show acceptance of people who are racially, physically, culturally, or ethnically different from her or him.</li> <li><b>35. Resistance skills</b>—The child begins to sense danger accurately, to seek help from trusted adults, and to resist pressure from peers to participate in unacceptable or risky behavior.</li> <li><b>36. Peaceful conflict resolution</b>—The child begins to compromise and resolve conflicts without using physical aggression or hurtful language.</li> </ol>
	<b>Positive Identity</b>	<ol style="list-style-type: none"> <li><b>37. Personal power</b>—The child can make choices that give a sense of having some influence over things that happen in her or his life.</li> <li><b>38. Self-esteem</b>—The child likes her- or himself and has a growing sense of being valued by others.</li> <li><b>39. Sense of purpose</b>—The child anticipates new opportunities, experiences, and milestones in growing up.</li> <li><b>40. Positive view of personal future</b>—The child finds the world interesting and enjoyable, and feels that he or she has a positive place in it.</li> </ol>