

40 Developmental Assets®, by Search Institute

(Alexandria Youth Survey Data 2019, 8th, 10th, 12th grades)

External Assets

SUPPORT

	Percent of Youth Self-Reporting Assets:
1. <u>FAMILY SUPPORT</u>	73%
Parent(s) or caregiver(s) express love and provide high levels of help and support	
2. <u>POSITIVE FAMILY COMMUNICATION</u>	24%
Young person is comfortable talking with parent(s) or caregiver(s) and will talk to them about concerns or serious issues	
3. <u>OTHER ADULT RELATIONSHIPS</u>	42%
Young person has three or more supportive non-parent adults in his or her life	
4. <u>CARING NEIGHBORHOOD</u>	35%
Young person has neighbors who care about her or him	
5. <u>CARING SCHOOL CLIMATE</u>	35%
Teachers, administrators, and other students care about and encourage the young person	
6. <u>PARENT(S) OR CAREGIVER(S) INVOLVED IN SCHOOL</u>	26%
Parent(s) or caregiver(s) actively help the young person succeed in school	

EMPOWERMENT

7. <u>COMMUNITY VALUES YOUTH</u>	19%
Young person feels that adults listen to youth and see them as important	
8. <u>YOUTH AS RESOURCES</u>	26%
Young people have useful roles at home, at school, and in the community	
9. <u>SERVICE TO OTHERS</u>	39%
Young person volunteers in the community one hour or more per week	
10. <u>FEELS SAFE IN COMMUNITY</u>	47%
Young person feels safe at home, school and in the neighborhood	

BOUNDARIES AND EXPECTATIONS

11. <u>FAMILY BOUNDARIES</u>	53%
Parent(s) or caregiver(s) has clear rules and consequences and knows where the young person is going and with whom	
12. <u>SCHOOL BOUNDARIES</u>	52%
School provides clear rules and consequences	
13. <u>NEIGHBORHOOD BOUNDARIES</u>	39%
Neighbors will say something if the young person is acting inappropriately	
14. <u>ADULT ROLE MODELS</u>	37%
Parent(s) and caregiver(s), and other adults model positive behavior, helping others and making healthy choices	
15. <u>POSITIVE PEER INFLUENCE</u>	73%
Young person's close friends make responsible, positive choices	
16. <u>HIGH EXPECTATIONS</u>	60%
Parent(s), caregiver(s), and teachers encourage the young person to do his or her best while at school and in other activities	

CONSTRUCTIVE USE OF TIME

17. <u>CREATIVE ACTIVITIES</u>	19%
Young person spends three or more hours per week in lessons or practice music, art, drama, or dance	
18. <u>YOUTH PROGRAMS</u>	54%
Young person spends three or more hours per week in sports, clubs, or organizations at school and/or in his or her community	
19. <u>RELIGIOUS COMMUNITY</u>	42%
Young person attends religious programs or services for one or more hours per week	
Young person is at home, or engaged in structured activities, 5 or more nights per week	

20. TIME AT HOME 71%

Internal Assets

COMMITMENT TO LEARNING

	Percent of Youth Self-Reporting Assets:
21. <u>ACHIEVEMENT MOTIVATION</u>	72%
Young person tries to do his or her best in school	
22. <u>SCHOOL ENGAGEMENT</u>	79%
Young person comes to class prepared and ready to learn	
23. <u>HOMEWORK</u>	52%
Young person does at least one hour of homework on school days	
24. <u>BONDING TO SCHOOL</u>	56%
Young person cares about his or her school	
25. <u>READING FOR PLEASURE</u>	20%
Young person reads for fun or enjoyment three or more hours per week	

POSITIVE VALUES

26. <u>CARING</u>	73%
Young person feels it is important to help other people	
27. <u>EQUALITY & SOCIAL JUSTICE</u>	82%
Young person feels it is important to promote equality and reduce hunger and poverty	
28. <u>INTEGRITY</u>	82%
Young person stands up for her or his beliefs and does the right thing, even if friends make fun of her or him	
29. <u>HONESTY</u>	75%
Young person tells the truth even when it's not easy	
30. <u>RESPONSIBILITY</u>	77%
Young person takes personal responsibility for his or her actions	
31. <u>RESTRAINT</u>	44%
Young person believes it is important to not be sexually active or to use alcohol or other drugs	

SOCIAL COMPETENCIES

32. <u>PLANNING & DECISION-MAKING</u>	40%
Young person thinks through decisions and is able to plan ahead	
33. <u>INTERPERSONAL COMPETENCE</u>	45%
Young person cares about others' feelings and is good at making and keeping friends	
34. <u>CULTURAL COMPETENCE</u>	66%
Young person is comfortable with, and respects the values and beliefs of, people of different cultural, racial and ethnic backgrounds	
35. <u>RESISTANCE SKILLS</u>	53%
Young person can say no and avoid things that are wrong or dangerous	
36. <u>PEACEFUL CONFLICT RESOLUTION</u>	44%
Young person attempts to work out conflicts in a nonviolent manner	

POSITIVE IDENTITY

37. <u>PERSONAL POWER</u>	34%
Young person feels he or she has control over "things that happen to me"	
38. <u>SELF ESTEEM</u>	39%
Young person feels good about her or himself	
39. <u>SENSE OF PURPOSE</u>	52%
Young person reports that "my life has a purpose"	
40. <u>POSITIVE VIEW OF FUTURE</u>	65%
Young person is optimistic about his or her personal future	

EXTERNAL ASSETS



Support



Empowerment



Boundaries & Expectations



Contructive Use of Time

INTERNAL ASSETS



Commitment to Learning



Positive Values



Social Competencies



Positive Identity

Assets: noun \ 'a- sets \ 1: valuable people or things 2: advantages, resources 3: **ESSENTIAL** building blocks for **HEALTHY DEVELOPMENT** of children and youth

WHAT ARE ASSETS?

- ✓ Assets are **POSITIVE!** They focus on supports vs. deficits
- ✓ The **MORE ASSETS** young people have, the more likely they are to make **HEALTHY CHOICES!**
- ✓ We build Assets through the **RELATIONSHIPS & ENVIRONMENT** we create
- ✓ Just 8% of Alexandria youth report the *ideal* number of Assets (31-40)

WHAT CAN YOU DO?

- ✓ **CONNECT** with kids. **SMILE** & say hi to young people!
- ✓ **SPEND** time with them!
- ✓ **ASK** for their help and opinions
- ✓ **LISTEN** to them *without* judgement
- ✓ **INCLUDE** their **VOICE** in your family, organization and community

