

Developmental Assets Checklist for Parents

Check each statement that's true for your teenager. Then have your teenager fill out the checklist for young people. Discuss your answers and together plan ways to build even more Developmental Assets* in your teenager's life.

- I give my teenager a lot of love and support. (#1)
- My teenager can come to me for advice and support. We have frequent in-depth conversations. (#2)
- My teenager knows at least three other adults he/she can go to for advice and support. (#3)
- Our neighbors encourage and support my teenager. (#4)
- My teenager's school provides a caring, encouraging environment. (#5)
- I'm actively involved in helping my teenager succeed in school. (#6)
- My teenager feels valued by adults in our community. (#7)
- My teenager is given useful roles and meaningful things to do in our community. (#8)
- My teenager does an hour or more of service in the community each week. (#9)
- My teenager feels safe at home, at school, and in our neighborhood. (#10)
- Our family has both clear rules and consequences for behavior. We also monitor each other's whereabouts. (#11)
- My teenager's school has clear rules and consequences for behavior. (#12)
- Our neighbors take responsibility for monitoring my teenager's behavior. (#13)
- I model positive, responsible behavior, and so do other adults in my teenager's life. (#14)
- My teenager's best friends model responsible behavior. They're a good influence. (#15)
- I encourage my teenager to do well, and so do her/his teachers. (#16)
- My teenager spends three or more hours each week in lessons or practice in music, theater, or other arts. (#17)
- My teenager spends three or more hours each week in school or community sports, clubs, or organizations. (#18)
- My teenager spends one or more hours each week in religious services or spiritual activities. (#19)

- My teenager goes out with friends with nothing special to do two or fewer nights each week. (#20)
- My teenager wants to do well in school. (#21)
- My teenager likes to learn new things. (#22)
- My teenager does an hour or more of homework each school day. (#23)
- My teenager cares about her/his school. (#24)
- My teenager spends three or more hours each week reading for pleasure. (#25)
- My teenager believes that it's important to help other people. (#26)
- My teenager wants to help promote equality and reduce world poverty and hunger. (#27)
- My teenager acts on her/his convictions and stands up for her/his beliefs. (#28)
- My teenager tells the truth—even when it's not easy. (#29)
- My teenager takes personal responsibility for her/his actions and decisions. (#30)
- My teenager believes that it's important for teenagers not to be sexually active or to use alcohol or other drugs. (#31)
- My teenager is good at planning ahead and making decisions. (#32)
- My teenager is good at making and keeping friends. (#33)
- My teenager knows and feels comfortable around people of different cultural, racial, and/or ethnic backgrounds. (#34)
- My teenager resists negative peer pressure and avoids dangerous situations. (#35)
- My teenager tries to resolve conflicts nonviolently. (#36)
- My teenager feels that he/she has control over many things that happen to him/her. (#37)
- My teenager feels good about herself/himself. (#38)
- My teenager believes that her/his life has a purpose. (#39)
- My teenager feels positive about her/his future. (#40)

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