

40 Developmental Assets® for Adolescents (ages 12-18)

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.

External Assets	Support	<ol style="list-style-type: none"> 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 positively, and young person is willing to seek advice and counsel from parents. 3. Other adult relationships—Young person receives support from three or more nonparent 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	<ol style="list-style-type: none"> 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, school, and in the neighborhood.
	Boundaries & Expectations	<ol style="list-style-type: none"> 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 parent(s) and teachers encourage the young person to do well.
	Constructive Use of Time	<ol style="list-style-type: none"> 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	<ol style="list-style-type: none"> 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 her or his school. 25. Reading for Pleasure—Young person reads for pleasure three or more hours per week.
	Positive Values	<ol style="list-style-type: none"> 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 her or his 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	<ol style="list-style-type: none"> 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	<ol style="list-style-type: none"> 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.

Percentage of Youth (Grades 6 to 12) Reporting Selected High-Risk Behavior Patterns and Thriving Indicators, by Levels of Developmental Assets

	Average of All Youth	Percent of Youth, Grades 6-12, Engaging in Each Behavior Based on the Number of Assets Reported			
		0-10 Assets	11-20 Assets	21-30 Assets	31-40 Assets
HIGH-RISK BEHAVIORS —The more assets youth experience, the less likely they are to engage in high-risk behaviors					
Violence —Youth who have engaged in three or more acts of fighting, hitting, injuring a person, carrying or using a weapon, or threatening physical harm in the past year.	21%	53%	27%	11%	3%
Sexual Intercourse —Youth who have had sexual intercourse three or more times in their lifetimes.	15%	31%	20%	10%	3%
Problem Alcohol Use —Youth who have used alcohol three or more times in the past 30 days or got drunk once or more in the past two weeks.	17%	39%	22%	10%	2%
Tobacco Use —Youth who smoke cigarettes daily or use chewing tobacco.	5%	17%	6%	1%	0%
Driving and Alcohol —Youth who have driven after drinking or ridden with a drinking driver three or more times in the past 12 months.	11%	27%	14%	6%	2%
INDICATORS OF THRIVING —The more assets youth experience, the more likely they are to engage in thriving behaviors.					
Does Well in School —Youth who report getting mostly As on their report cards.	31%	10%	23%	39%	57%
Maintains Good Health —Youth reporting they pay attention to healthy nutrition and exercise.	61%	29%	50%	73%	91%
Helps Others —Youth who help friends or neighbors one or more hours per week.	76%	56%	71%	83%	92%
Overcomes Adversity —Youth who do not give up when things get difficult.	69%	51%	62%	77%	86%
Exhibits Leadership —Youth who have been a leader of a group or organization in the past 12 months.	72%	50%	68%	79%	86%

For more information and resources on Developmental Assets, visit www.searchinstitute.org/our-research/development-assets

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