

An Asset Checklist

Many people find it helpful to use a simple checklist to reflect on the assets young people experience. This checklist simplifies the asset list to help prompt conversation in families, organizations, and communities. NOTE: This checklist is not intended nor appropriate as a scientific or accurate measurement of development assets.



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- 1 I receive high levels of love and support from family members.
 - 2 I can go to my parent(s) or guardian(s) for advice and support and have frequent, in-depth conversations with them.
 - 3 I know some non-parent adults I can go to for advice and support.
 - 4 My neighbours encourage and support me.
 - 5 My school provides a caring, encouraging environment.
 - 6 My parent(s) or guardian(s) help me succeed in school.
 - 7 I feel valued by adults in my community.
 - 8 I am given useful roles in my community.
 - 9 I serve in the community one hour or more each week.
 - 10 I feel safe at home, at school and in the neighbourhood.
 - 11 My family sets standards for appropriate conduct and monitors my whereabouts.
 - 12 My school has clear rules and consequences for behaviour.
 - 13 Neighbours take responsibility for monitoring my behaviour.
 - 14 Parent(s) and other adults model positive, responsible behaviour.
 - 15 My best friends model responsible behaviour.
 - 16 My parent(s)/guardian(s) and teachers encourage me to do well.
 - 17 I spend three hours or more each week in lessons or practice music, theatre, or other arts.
 - 18 I spend three hours or more each week in school or community sports, clubs or organizations.
 - 19 I spend one hour or more each week in religious services or participating in spiritual activities.
 - 20 I go out with my friends "with nothing special to do" two or fewer nights each week.
 - 21 I want to do well in school.
 - 22 I am actively engaged in learning.
 - 23 I do an hour or more of homework each school day.
 - 24 I care about my school.
 - 25 I read for pleasure three or more hours each week.
 - 26 I believe it is really important to help other people.
 - 27 I want to help promote equality and reduce world poverty and hunger.
 - 28 I can stand up for what I believe in.
 - 29 I tell the truth even when it's not easy.
 - 30 I can accept and take personal responsibility.
 - 31 I believe it is important not to be sexually active or to use alcohol or other drugs.
 - 32 I am good at planning ahead and making decisions.
 - 33 I am good at making and keeping friends.
 - 34 I know and am comfortable with people of different cultural/racial/ethnic backgrounds.
 - 35 I can resist negative peer pressure and dangerous situations.
 - 36 I try to resolve conflict nonviolently.
 - 37 I believe I have control over many things that happen to me.
 - 38 I feel good about myself.
 - 39 I believe my life has a purpose.
 - 40 I am optimistic about my future.