

Add Up Your Assets

How many assets do you already have? The checklists that follow can help you find out. The first one is for youth; the second is for your parents. Both are adaptations of Search Institute's list of 40 assets.*

1. Print the checklists before filling them out. You may want to complete another checklist after trying some of the asset-building ideas.

2. Fill out your checklist, then add up your assets. How many do you already have? What are your strong areas? What are your weak areas? *Tip:* The numbers of the statements on the checklist are the same as the numbers assigned to the assets.

3. Have your parents fill out their checklist, then compare yours with theirs. Are their results different from yours? Did they give you more or fewer assets than you gave yourself? *Tip:* When you talk with your parents about the checklists, you're building Asset # 2: Positive Family Communication.

4. Make a plan. Which asset(s) do you want to start building first? Second? Third? Which one(s) do you want to strengthen? Set goals for yourself. *Tip:* if you're not sure how to do this, see Asset # 32: Planning and Decision Making.

5. Think of people who can help you. What about your parents? A teacher? Counselor? Youth leader? Religious leader? A neighbor you've always liked? Are there other adults you trust, respect, and can talk to? Share your plan with them and ask for their support. *Tip:* If you can't think of anyone who might be able to help you, see Asset # 3: Other Adult Relationships.

Optional: Form a support group with friends who've completed the checklist. Work together to build assets for yourselves and each other.

* *Note:* These checklists don't accurately measure your assets. They're included here to give you a starting point for discussion and awareness. The original survey included many more questions that were grouped together to measure the assets scientifically.

CHECKLIST FOR TEENS

Check each statement that's true for you.

1. I feel loved and supported in my family.
2. I can go to my parents for advice and support. We talk with each other often about many different things, including serious issues.
3. I know at least three adults (besides my parents) I can go to for advice and support
4. My neighbors give me support and encouragement. They care about me.
5. My school is a caring, encouraging place to be.
6. My parents are actively involved in helping me succeed in school.
7. I feel valued and appreciated by adults in my community.
8. I'm given useful roles and meaningful things to do in my community.
9. I do an hour or more of community service each week.
10. I feel safe at home, at school, and in my neighborhood.
11. My family has both clear rules and consequences for behavior. They also monitor my whereabouts.
12. My school has clear rules and consequences for behavior.
13. My neighbors take responsibility for monitoring my behavior.
14. My parents and other adults in my life model positive, responsible behavior.
15. My best friends model responsible behavior. They're a good influence on me.
16. My parents and teachers encourage me to do well.
17. I spend three or more hours each week in lessons or practice in music, theater, or other arts.
18. I spend three or more hours in school or community sports, clubs, or organizations.
19. I spend one or more hours each week in religious services or spiritual activities.

20. I go out with friends with nothing special to do two or fewer nights each week.
21. I want to do well in school.
22. I like to learn new things.
23. I do an hour or more of homework each school day.
24. I care about my school.
25. I spend three or more hours each week reading for pleasure.
26. I believe that it's really important to help other people.
27. I want to help promote equality and reduce world poverty and hunger.
28. I act on my convictions and stand up for my beliefs.
29. I tell the truth – even when it's not easy.
30. I take personal responsibility for my actions and decisions.
31. I believe that it's important for me not to be sexually active or to use alcohol or other drugs.
32. I'm good at planning ahead and making decisions.
33. I'm good at making and keeping friends.
34. I know and feel comfortable around people of different cultural, racial , and/or ethnic background.
35. I resist negative peer pressure and avoid dangerous situations.
36. I try to resolve conflicts nonviolently.
37. I feel that I have control over many things that happen to me.
38. I feel good about myself.
39. I believe that my life has a purpose.
40. I feel positive about my future.

CHECKLIST FOR PARENTS

Check each statement that's true for you and your teenager. Mentally fill in the blanks with your teenager's name.

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

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