

Add Up Your Assets

A Checklist for Parents

More assets mean fewer problem behaviors (such as school problems, substance abuse, or violence) and more positive behaviors (helping others, succeeding in school, and resisting danger). Although kids should have 31 or more assets in order to have the best odds for success, most have only 18 of the assets.

You can make a difference-- you can be an asset builder. For more information, see <http://www.search-institute.org>.

Mark all that apply and then find your total.

Compare and discuss your results with the results of your kids.

1. I give my child a lot of love and support.
2. My child can come to me for love and support. We have frequent in-depth conversations.
3. My child knows three or more adults that he or she can go to for advice and support.
4. Our neighbors encourage and support my child.
5. My child's school provides a caring, encouraging environment.
6. I'm actively involved in helping my child succeed in school.
7. My child feels valued by adults in our community.
8. My child is given useful roles in our community.
9. My child serves in our community one or more hours each week.
10. My child feels safe at home, at school, and in our neighborhood.
11. Our family has clear rules and consequences for behavior. We monitor each other's whereabouts.
12. My child's school has clear rules and consequences for behavior.
13. Our neighbors take responsibility for monitoring my child's behavior.
14. I model positive, responsible behavior and so do other adults that my child knows.
15. My child's best friends model responsible behavior.
16. I encourage my child to do well, and so do my child's teachers.
17. My child spends three or more hours each week in lessons or practice in music, theater, or other arts.
18. My child spends three or more hours each week in school or community sports, clubs, or organizations.
19. My child spends one or more hours each week in religious services or participating in spiritual activities.
20. My child spends two or fewer nights each week out with friends with "nothing special to do."
21. My child wants to do well in school.
22. My child likes to learn new things.
23. My child does an hour or more of homework each school day.

24. My child cares about her or his school.
25. My child reads for pleasure three or more hours each week.
26. My child believes that it's really important to help other people.
27. My child wants to help promote equality and reduce world poverty and hunger.
28. My child acts on his or her convictions. My child stands up for his or her beliefs.
29. My child tells the truth-- even when it's not easy.
30. My child accepts and takes personal responsibility for her or his actions and decisions.
31. My child believes that it's important not to be sexually active or to use alcohol or other drugs.
32. My child is good at planning ahead and making decisions.
33. My child is good at making and keeping friends.
34. My child knows and is comfortable with people of different cultural, racial, and/or ethnic backgrounds.
35. My child resists negative peer pressure and avoids dangerous situations.
36. My child tries to resolve conflicts nonviolently.
37. My child believes that he or she has control over many things that happen to him or her.
38. My child feels good about herself or himself.
39. My child believes that his or her life has a purpose.
40. My child is optimistic about her or his future.

Add Up Your Assets

A Checklist for Kids and Teens

Mark all that apply and then find your total.

Compare and discuss your results with the results of your parents.

1. I feel loved and supported in my family.
2. I can go to my parents or guardians for love and support. I have frequent in-depth conversations with them.
3. I know three or more adults that I can go to for advice and support.
4. My neighbors encourage and support me.
5. My school provides a caring, encouraging environment.
6. My parents are actively involved in helping 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 my community one or more hours each week.
10. I feel safe at home, at school, and in my neighborhood.
11. My family has clear rules and consequences for behavior. We monitor each other's whereabouts.
12. My school has clear rules and consequences for behavior.
13. My neighbors take responsibility for monitoring my behavior.
14. My parents model positive, responsible behavior and so do other adults that I know.
15. My best friends model responsible behavior.
16. My parents encourage me to do well, and so do my teachers.
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 each week in school or community sports, clubs, or organizations.
19. I spend one or more hours each week in religious services or participating in spiritual activities.
20. I spend two or fewer nights each week out with friends with "nothing special to do."
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 read for pleasure three or more hours each week.
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. I stand up for my beliefs.
29. I tell the truth-- even when it's not easy.

30. I accept and take personal responsibility for my actions and decisions.
31. I believe that it's 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, and/or ethnic backgrounds.
35. I resist negative peer pressure and avoid dangerous situations.
36. I try to resolve conflicts nonviolently.
37. I believe 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 am optimistic about my future.