

The 20 external assets and 20 internal assets are shown below, adapted with permission from Search Institute®.

External Assets

Support:

1. Family support – Family life provides high levels of love and support.
2. Positive family communication – Youth is willing to seek advice and counsel from parents and extended family.
3. Other adult relationships – Youth receives support from several nonparent adults.
4. Caring neighborhood/community – Youth experiences caring neighborhood and community.
5. Caring school climate – School provides a caring, encouraging environment.
6. Parent involvement in school – Parents are actively involved in helping youth succeed in school.

Empowerment:

7. Community values youth – Youth believes that community adults value young people.
8. Youth given useful roles – Youth are taught and given useful roles in community.
9. Youth volunteers in the community – Youth gives one or more hour per week to serving the community.
10. Safety – Youth feels safe in home, school, and neighborhood.

Boundaries and expectations:

11. Family boundaries – Family is clear about rules and consequences for youth.
12. School boundaries – School provides clear rules and consequences.
13. Neighborhood boundaries – Neighbors take responsibility for monitoring youth.
14. Adult role models – Parents, Elders, and other adults model positive behavior.
15. Positive peer influence – Youth's close friends model responsible behavior.
16. High expectations – Parents and teachers encourage youth to do well.

Constructive use of time:

17. Creative and cultural activities – Youth is involved in three or more hours per week in creative or cultural activities.
18. Youth programs – Youth spends one hour or more each week in sports, clubs, or other school or community organizations.
19. Religious community – Youth is involved in one or more hours per week in religious services or spiritual activities.
20. Time at home – Youth is out with friends “with nothing special to do” two or fewer nights per week.

Internal Assets

Commitment to learning:

21. Achievement motivation – Youth is motivated to do well in school.
22. School engagement – Youth is actively engaged in learning.
23. Homework – Youth reports doing one or more hours of homework per day.
24. Bonding to school – Youth cares about his or her school.
25. Reading for pleasure – Youth reads for pleasure three or more hours per week.

Positive values:

26. Caring – Youth places high value on freely helping other people.
27. Equality and social justice – Youth places high value on promoting equality and reducing hunger and poverty.
28. Integrity – Youth acts on convictions and stands up for beliefs.
29. Honesty – Youth tells the truth even when it is not easy.
30. Responsibility – Youth accepts and takes personal responsibility for his or her actions.
31. Restraint – Youth believes it is important not to be sexually active or use alcohol or drugs.

Social skills:

32. Planning and decision-making – Youth has skills to plan ahead and make responsible choices.

33. Interpersonal skills – Youth has empathy, sensitivity, communication and friendship skills.

34. Cultural competence – Youth knows and is comfortable with people of different cultural, racial, and ethnic backgrounds.

35. Resistance skills – Youth can resist negative peer pressure and dangerous community influences.

36. Peaceful conflict resolution – Youth seeks to resolve conflict without resorting to violence.

Positive identity:

37. Personal power – Youth feels in control over “many things that happen to me.”

38. Self-esteem – Youth reports having high self-esteem.

39. Sense of purpose – Youth reports that “my life has a purpose.”

40. Positive view of personal future – Youth is optimistic about his or her personal future.