











Youth Development at Dryden: Building the 40 Developmental Assets

(Note: This is the age 13-18 version, the 8-12 version is slightly modified)

Type	Category	Asset and Description
External Assets	Support 	1. Family Support- Family life provides high levels of love and support.
		2. Positive Family Communication- Youth and her or his parent(s) communicate positively, and youth is willing to seek advice and counsel from parents.
		3. Other Adult Relationships- Youth receives support from three or more nonparent adults.
		4. Caring Neighborhood- Youth experiences caring neighbors.
		5. Caring School Climate- School provides a caring, encouraging environment.
		6. Parent Involvement in Schooling- Parent(s) are active in helping the youth succeed in school.
	Empowerment 	7. Community Values Youth- Youth perceives that adults in the community value them and their peers.
		8. Youth as Resources- Youth are given useful roles in the community.
		9. Service to Others- Youth serves in the community one hour or more per week.
		10. Safety- Youth feels safe at home, school, and in the neighborhood
	Boundaries and Expectations 	11. Family Boundaries- Family has clear rules/consequences and monitors the youth's whereabouts.
		12. School Boundaries- School provides clear rules and consequences.
		13. Neighborhood Boundaries- Neighbors take responsibility for monitoring youths' behavior.
		14. Adult Role Models- Parent(s) and other adults model positive, responsible behavior.
		15. Positive Peer Influence- Youth's best friends model responsible behavior.
		16. High expectations- Both parent(s) and teachers encourage the youth to do well.
	Constructive Use of Time 	17. Creative Activities- Youth spends time weekly in lessons or practice in music, theater, or other arts.
		18. Youth Programs- Youth spends three or more hours per week in sports, clubs, or organizations at school and/or in community organizations.
		19. Religious Community- Youth spends time each week in activities with a religious institution.
		20. Time at Home- Youth is out with friends "with nothing 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 at least one hour of homework every school day.
		24. Bonding to School- Youth cares about her or his school.
		25. Reading for Pleasure- Youth reads for pleasure three or more hours per week.
	Positive Values 	26. Caring- Youth places a high value on 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 her or his beliefs.
		29. Honesty- Youth "tells the truth even when it is not easy."
		30. Responsibility- Youth accepts and takes personal responsibility.
	Social Competencies 	31. Restraint- Youth believes it is important not to be sexually active or to use alcohol or other drugs.
		32. Planning and Decision Making- Youth knows how to plan ahead and make choices.
		33. Interpersonal Competence- Youth has empathy, sensitivity, and friendship skills.
		34. Cultural Competence- Youth has knowledge of and comfort with people of different cultural/racial/ethnic backgrounds.
		35. Resistance Skills- Youth can resist negative peer pressure and dangerous situations.
	Positive Identity 	36. Peaceful Conflict Resolution- Youth seeks to resolve conflict nonviolently.
		37. Personal Power- Youth feels he or she has control over "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 her or his personal future.