

Developmental Assets Assessment

Name: _____ Score: _____

Support

- I receive high levels of love and support from family members.
- I can go to my parent(s) or guardian(s) for advice and support and have frequent, in-depth conversations with them.
- I know some nonparent adults I can go to for advice and support.
- My neighbors encourage and support me.
- My parent(s) or guardian(s) help me succeed in school.

Constructive Use of Time

- I spend three hours or more each week in lessons or practice in music, theater, or other arts.
- I spend three hours or more each week in school or community sports, clubs, or organizations.
- I spend one hour or more each week in religious services or participating in spiritual activities.

Empowerment

- I feel valued by adults in my community.
- I am given useful roles in my community.
- I serve in the community one hour or more each week.
- I feel safe at home, at school, and in the neighborhood.

Social Competencies

- I am good at making and keeping friends.
- I know and am comfortable with people of different cultural/racial/ethnic backgrounds.
- I can resist negative peer pressure and dangerous situations.
- I try to resolve conflict nonviolently.

Commitment to Learning

- I want to do well in school.
- I am actively engaged in learning.
- I do an hour or more of homework each day.
- I care about my school.
- I read for pleasure three or more hours each week.

Positive Identity

- I believe I have control over many things that happen to me.
- I feel good about myself.
- I believe my life has purpose.
- I am optimistic about my future.

Student Expectations

- My family sets standards for appropriate conduct and monitors my whereabouts.
- My school has clear rules and consequences for behavior.
- Neighbors take responsibility for monitoring my behavior.
- Parent(s) and other adults model positive, responsible behavior.
- My best friends model responsible behavior.
- My parent(s) / guardian(s) and teachers encourage me to do well.

Positive Values

- I believe it is really important to help other people.
- I want to help promote equality and reduce world poverty and hunger.
- I can stand up for what I believe.
- I tell the truth even when it's not easy.
- I can accept and take personal responsibility.
- I am good at planning ahead and making decisions.
- I believe it is important not to be sexually active or to use alcohol or other drugs.

Green Flags of a Healthy Relationship



Friendly
Are the individuals in the relationship kind and pleasant?

Trustworthy
Can they be trusted?

Generous
Are they ready and willing to give back to others?

Encouraging
Are they supportive?

Kind
Are they of good character?

Respectful
Do they show consideration to others?

Builds People Up
Do they build others up or tear them down?

Gentle
Are they mild mannered? Or harsh?

Sexual Risk Avoidance
Do they avoid sexual behaviors?

Non-Violent
Are they someone that doesn't turn to violence when there is conflict?

Red Flags of an Unhealthy Relationships

Isolation
One person in the relationship wants the couple to be alone, or only with his/her friends.

Jealousy
Sign of distrust

Possessiveness
They feel they can treat other people as if they own them.

Double Standards
A rule for the relationship that does not apply to both individuals.

Name-Calling
Calling someone names is not loving or respectful.

Controlling Behavior
The person controls one or all aspects of the other person's life.

Threats of Harm
Someone threatens to kill themselves or harm themselves unless the person stays with them or does what they ask.

Playing Rough
Play that may start off as tickling but becomes more aggressive.

Sexual Coercion
When someone pressures or manipulates another person into having sexual contact when they don't want to.

Violence
Physical harm

Describe your Ideal Relationship: