

40 Developmental Assets - A Closer look to “Amazing Awaits” that gives you hope Assignment

Name: _____

Please read the 3 quotes below and reflect on them as you work through assignment

1. “Hope is important because it can make the present moment less difficult to bear. If we believe that tomorrow will be better, we can bear a hardship today”

~ Thich Nhat Hanh

2. “Amazing Awaits”

3. “Hope is the power that gives us the power to step out and try.”

Part A (Assessing our 40 Developmental Assets and the Power they bring to our Life)

Read over all 40 of Developmental Assets chart carefully and thoughtful now read them again and place a check mark beside the developmental assets that truly describe your life in the pre column. (Please take your time doing that)

Once you have completed that task give yourself a pat on the back and total the number of checks and fill in the block at the bottom where it says total with the number of developmental assets that you possess right now

Part B (Fill in “40 Developmental Assets – What I do well work page”)

1. Fill in this sheet by using the 2 of the 40 Developmental Assets on the sheet used in Part A as detailed as possible. Put the number of the developmental asset in the bubble beside the developmental asset

Part C (Fill in “40 Developmental Assets – Which I can improve or recruit work page”)

2. Fill in this sheet by using the 2 of the 40 Developmental Assets on the sheet used in Part A as detailed as possible. Put the number of the developmental asset in the bubble beside the developmental asset

Part D (Fill in “Developmental Assets and Risk Behavior Pattern” chart)

1. Place your number that you calculated from the 40 Developmental chart in this chart under “# My Assets”
2. Using your developmental assets number under the “% of chance” column fill in the each high risk behavior and thriving indicators

Part E (Fill in “40 Developmental Assets & risk behavior work page”)

1. Choose two high risk behaviors from “Developmental Assets and Risk Behavior Pattern” chart in part D
2. Fill in this sheet by choosing 2 of the of the high risk behaviors.. Put their % of risk in the bubbles for the specific high risk behaviors, then fill in the rest of the page.

Part F (Fill in “40 Developmental Assets – Summary work page”)

1. Complete the sheet using the three quotes and developmental assets to substantiate your future

Assessing our 40 Developmental Assets and the Power they bring to our Life

Pre Post

The External Assets

Check in the left hand column if the asset applies to you

Support	1	Family Support -Family life provides high levels of love and support		
	2	Positive family communication - Young person and her or his parent(s) communicate positively, and young person is willing to seek advice and counsel from parents		
	3	Other Adult relationships - Young person receives support from three or more nonparent adults		
	4	Caring Neighborhood - Young person experiences caring neighbors		
	5	Caring School Climate - School provides caring, encouraging environment		
	6	Parent involvement in Schooling - Parent(s) are actively involved in helping young person succeed in school		
Empowerment	7	Community values youth - Young person perceives that adults in community value youth		
	8	Youth as resources - Young people are given useful roles in community		*
	9	Service to others - Young person serves in the community one or more hours per week		*
	10	Safety - Young person feels safe, at home, at school and in the neighborhood		
Boundaries & Expectations	11	Family Boundaries - Family has clear rules and consequences, and monitors the young person whereabouts		
	12	School Boundaries - School provides clear rules and consequences		
	13	Neighborhood Boundaries - Neighbors take responsibility for monitoring the young people's behavior		
	14	Adult Role Models - Parent(s) and other adults model positive, responsible behavior		
	15	Positive Peer Influence - Young Person's best friends model responsible behaviour		*
	16	High Expectations - Both parents(s) and teachers encourage the young people to do well)		
Constructive Use of Time	17	Creative Activities - Young person spends three or more hours per week in lessons or practice in music, theater or other arts.		*
The Internal Assets				
	18	Youth Programs - Young person spends three or more hours per week in sports, clubs, or organizations at school and/or in community organizations.		*
	19	Religious Community - Young person spends one or more hours per week in activities in a religious		*
	20	Time at Home - Young person is out with friends "with nothing special to do" two or fewer nights per week		*
Commitment of Learning	21	Achievement Motivation - Young person motivated to do well in school		*
	22	School Engagement - Young person is actively engaged in learning		*
	23	Homework - Young person reports at least doing at least one hour of home work every school day		*
	24	Bonding to School - Young person cares about his or her school		*
	25	Reading for Pleasure - Young person reads for pleasure for three or more hours per week		*
Positive Values	26	Caring - Young person places high value on helping other people		*
	27	Equality and Social Justice - Young person places high value on promoting equality and reducing hunger and poverty		*
	28	Integrity - Young person acts on convictions and stands up for his or her beliefs.		*
	29	Honesty - Young Person "tells the truth even when it is not easy"		*
	30	Responsibility - Young person accepts and takes personal responsibility		*
	31	Restraint - Young person believes it is important not to be sexually active, or to use alcohol or other drugs		*
Social Competencies	32	Planning and Decision Making - Young person knows how to plan ahead and make choices		*
	33	Interpersonal Competence - Young person has empathy, sensitivity, and friendship skills		*
	34	Cultural Competence - Young People has knowledge of and comfort with people of different cultural/social/ethnic background		*
	35	Resistance Skills - Young Person can resist negative peer pressure and dangerous situations		*
	36	Peaceful Conflict Resolution - Young person seeks to resolve conflict nonviolently		*
Positive Identity	37	Personal Power - Young Person feels that he or she has control over "things that happen to me"		*
	38	Self Esteem - Young Persons report having a high self esteem		*
	39	Sense of Purpose - Young Person reports that "my life has a purpose"		*
	40	Positive View of Personal Future - Young person is optimistic about her or his personal future		*
Total number of assets		(add up checks in left hand column) & "*" means personal responsibility, you can make the change		

40 Developmental Asset - What I do well

List 2 Developmental Assets that I do possess and work well for me

O 1. _____

O 2. _____

How can these developmental impact my future:

Long / Short
Term Goal
adjustments to
ensure success for
my future

40 Developmental Asset -Which can I improve or recruit

List 2 Developmental Assets that I can recruit and help me

O 1. _____

O 2. _____

Why will these developmental assets help me have a more successful future:

Long / Short
Term Goal
adjustments to
ensure success for
my future

Developmental Assets and Risk Behavior Patterns

Name:		# My Assets	% reporting behavior patterns				% of chance
	High Risk Behavior Pattern		Number of Assets				
Behavior Pattern	Definitions		0 -10	11-20.	21-30.	31-40.	
Alcohol	Has used Alcohol 3 or more times in the last 30 days or has been drunk once or more in the past 2 weeks		45	26	11	3	
Tobacco	Smokes one or more cigarettes everydday or uses chewing tobacco frequently		22	9	3	0	
Illicit Drugs	Used Illicit drugs three or more times in the last 12 months		38	18	6	1	
Sexual Intercourse	Has had sexual intercourse three or more times in the last 2 years		34	23	11	3	
Depression/Suicide	Is frequently depressed or has attempted suicide		44	29	15	5	
Anti-Social Behavior	Has been involved in three or more incidents of shoplifting, trouble with the police, or vandalism in the last 12 months		47	22	7	1	
Violence	Has engaged in three or more acts of fighting, hitting, injuring a person, carrying or using a weapon, or threatening physical harm		62	38	18	6	
School Problems	Has skipped school two or more days in the last 4 weeks or has below a C average		44	23	10	4	
Driving & Alcohol	Has driven after drinking or ridden with a drinking driver three or more times in the last 12 months		33	19	8	2	
Gambling	Has gambled three or more times in the last 12 months		22	18	10	3	

Developmental Assets and Thriving Indicators

Name:		# My Assets	% reporting behavior patterns				% of chance
	Thriving Indicators		Number of Assets				
Behavior Pattern	Definitions		0 -10	11-20.	21-30.	31-40.	
School Success	Gets mostly A's on report card		9	19	34	54	
Help Others	Helps friends or neighbors one or more hours per week		62	79	89	96	
Values Diversity	Places high value on getting to know people of other racial and ehtnic groups		39	60	76	89	
Maintains Good Health	Pays attention to healthy nutrition and exercise		27	48	69	88	
Exhibits Leadership	Has been a leader of a group or organization in the last 12 months		48	66	78	87	
Resists Danger	Avoids doing things that are dangerous		9	19	31	44	
Delays Gratification	Saves money for something special rather than spending it all right away		27	41	56	72	
Overcomes adversity	Does not give up when things get difficult		56	67	78	86	

40 Developmental Asset & risk behavior Patterns

____ %

List 2 high risk patterns and the % they may occur in your life

O 1. _____

O 2. _____

____ %

How can these risk factors impact your future:

Long / Short
Term Goal
adjustments to
increase my
resiliency
