

## THE 40 DEVELOPMENTAL ASSETS

### EXTERNAL ASSETS - A POSITIVE ENVIRONMENT

#### SUPPORT



Young people need to be surrounded by people who love, care for, appreciate, and accept them in their home, neighborhood, school, and community.

#### EMPOWERMENT



Young people need to feel valued and valuable. This happens when youth feel safe at home, school and in their neighborhood and when they give and receive respect.

#### BOUNDARIES & EXPECTATIONS



Young people need clear rules, consistent consequences for breaking rules, and encouragement to do their best.

#### CONSTRUCTIVE USE OF TIME



Young people need opportunities—outside of school—to learn and develop new skills and interests with other youth and adults.

### INTERNAL ASSETS - PERSONAL STRENGTHS

#### COMMITMENT TO LEARNING



Young people need a sense of the lasting importance of learning and a belief in their own abilities.

#### POSITIVE VALUES



Young people need to develop strong guiding values or principles such as integrity, honesty, and responsibility to help them make healthy life choices.

#### SOCIAL COMPETENCIES



Young people need the skills to interact effectively with others, to make difficult decisions, and to cope with new situations.

#### POSITIVE IDENTITY



Young people need to develop a sense of purpose, a belief in their own self worth, and a sense they have control over the things that happen to them.