

## ASSETS: HOW DO YOU SCORE?

Take this quiz to see how many assets you have.  
Check each statement that you feel is true.

- I receive a lot of love and support from my family members.
- I feel comfortable going to my parents for advice and support and we have frequent, in-depth conversations.
- I receive support from three or more non-parent adults.
- My neighbors encourage and support me.
- My school provides a caring and encouraging environment for me.
- My parents/guardians help me succeed in school.
- I feel valued by adults in the community.
- I am given useful roles in the community.
- I serve in the community one or more hour per week.
- I feel safe at home, at school, and in my neighborhood.
- My family has clear rules and consequences and they monitor my whereabouts.
- My school provides clear rules and consequences for me.
- My neighbors take responsibility for monitoring my behavior.
- Parents and other adults model positive responsible behavior.
- My best friends model responsible behavior.
- My parents encourage me to do well.
- I spend three or more hours per week in lessons or practice in music, theater, or other arts.
- I spend three or more hours per week in sports, clubs, or other organizations at school and/or in the community.
- I spend one or more hours per week in activities in a religious institution.
- I go out with friends "with nothing special to do" two or fewer nights per week.
- I want to do well in school.
- I like to learn new things.
- I do at least one hour of homework every school day.
- I care about my school.
- I read for pleasure three or more hours per week.
- I place high value on helping other people.
- I want to promote equality and reduce hunger and poverty.
- I act on my convictions and stands up for my beliefs.
- I tell the truth even when it is not easy.
- I accept and take personal responsibility.
- I believe it is important not to be sexually active or use alcohol or other drugs.
- I know how to plan ahead and make choices.
- I am good at making and keeping friends.
- I am comfortable with people of different cultural, racial, and ethnic backgrounds.
- I can resist negative peer pressure and dangerous situations.
- I try to resolve conflict non-violently.
- I believe that I have control over things that happen to me.
- I feel good about myself.
- I believe that my life has a purpose.
- I feel positive about my personal future.

Scoring: Give 1 point for each checked "true" statement and total up the points. Total: \_\_\_\_\_  
This is the number of assets you think you have. *Now ask your parent how they answered.*