

# The 40 Developmental Assets for Middle Childhood

## The EXTERNAL Assets

### SUPPORT

- 1. Family support-** Family life provides high levels of love and support.
- 2. Positive family communication-** Parent(s) and child communicate positively. Child feels comfortable seeking advice and counsel from parent(s).
- 3. Other adult relationships-** Child receives support from adults other than her or his parent(s).
- 4. Caring neighborhood-** Child experiences caring neighbors.
- 5. Caring school climate-** Relationships with teachers and peers provide a caring, encouraging environment.
- 6. Parent involvement in schooling-** Parent(s) are actively involved in helping the child succeed in school.

### EMPOWERMENT

- 7. Community values youth-** Child feels valued and appreciated by adults in the community.
- 8. Children as resources-** Child is included in decisions at home and in the community.
- 9. Service to others-** Child has opportunities to help others in the community.
- 10. Safety-** Child feels safe at home, at school, and in the neighborhood.

### BOUNDARIES & EXPECTATIONS

- 11. Family boundaries-** Family has clear rules and consequences, and monitors the child's whereabouts.
- 12. School boundaries-** School provides clear rules and consequences.
- 13. Neighborhood boundaries-** Neighbors take responsibility for monitoring the child's behavior.
- 14. Adult role models-** Parent(s) and other adults in the child's family, as well as non-family adults, model positive, responsible behavior.
- 15. Positive peer influence-** Child's closest friends model positive, responsible behavior.
- 16. High expectations-** Parent(s) and teachers expect the child to do her or his best at school and in other activities.

### CONSTRUCTIVE USE OF TIME

- 17. Creative activities-** Child participates in music, art, drama, or creative writing two or more times per week.
- 18. Child programs-** Child participates two or more times per week in co-curricular school activities or structured community programs for children.
- 19. Religious community-** Child attends religious programs or services one or more times per week.
- 20. Time at home-** Child spends some time most days both in high-quality interaction with parents and doing things at home other than watching TV or playing video games.

## The INTERNAL Assets

### COMMITMENT TO LEARNING

- 21. Achievement motivation-** Child is motivated and strives to do well in school.
- 22. Learning engagement-** Child is responsive, attentive, and actively engaged in learning at school.
- 23. Homework-** Child usually hands in homework on time.
- 24. Bonding to school-** Child cares about teachers and other adults at school.
- 25. Reading for pleasure-** Child enjoys and engages in reading for fun most days of the week.

### POSITIVE VALUES

- 26. Caring-** Parent(s) tell the child it is important to help other people.
- 27. Equitable & social justice-** Parent(s) tell the child it is important to speak up for equal rights for all people.
- 28. Integrity-** Parent(s) tell the child it is important to stand up for one's beliefs.
- 29. Honesty-** Parent(s) tell the child it is important to tell the truth.
- 30. Responsibility-** Parent(s) tell the child it is important to accept personal responsibility for behavior.
- 31. Healthy lifestyle-** Parent(s) tell the child it is important to have good health habits and an understanding of healthy sexuality.

### SOCIAL COMPETENCIES

- 32. Planning & decision-making-** Child thinks about decisions and is usually happy with results of her or his decisions.
- 33. Interpersonal competence-** Child cares about and is affected by other people's feelings, enjoys making friends, and, when frustrated or angry, tries to calm her- or himself.
- 34. Cultural competence-** Child knows and is comfortable with people of different racial, ethnic, and cultural backgrounds and with her or his own cultural identity.
- 35. Resistance skills-** Child can stay away from people who are likely to get her or him into trouble and is able to say no to doing wrong or dangerous things.
- 36. Peaceful conflict resolution-** Child seeks to resolve conflict nonviolently.

### POSITIVE IDENTITY

- 37. Personal control-** Child feels he or she has influence over things that happen in her or his life.
- 38. Self-esteem-** Child likes and is proud to be the person that he or she is.
- 39. Sense of purpose-** Child reports that "my life has purpose."
- 40. Positive view of personal future-** Child is optimistic about her or his personal future.