

Date: October 20, 2021	GHS Seminar
Grade Level: 9 th	
Recommended Sequence	Seminar Meeting
Objective(s) / Learning Target(s):	1. Students will learn about developmental assets, what assets, they possess, and how they can develop additional assets to help them be successful.
Materials Needed:	<p style="text-align: center;">Materials</p> <p>1. Computers</p>
Suggested Process:	<p>1. Share Google Doc <u>“Developmental Asset Checklist”</u> (below) for each student to make a copy of and fill out. Assure them that no one will look at their responses so they can be completely honest. Tell them they should only share what they feel comfortable sharing.</p> <p>2. After the students have finished, have them compare their responses to the <u>“Developmental Assets Among Youth”</u> (below) by showing this on your LCD projector.</p>
Discussion Questions:	<p>Discussion:</p> <p>1. Before you start the activity, ask your students to share any pieces of good news they have (something good that’s happened to them since your last meeting – from school, personal lives, extra-curriculars, etc.). Not everyone has to share, but give kids a chance to do this. You can model this by sharing a piece of good news that you have.</p> <p>2. Start your activity by writing the word “assets” on the board. Ask if anyone knows what the word means. After a few responses, you tell them that assets are “things in your life that are useful or valuable.”</p> <p>Most of us may be thinking about phones, cars, houses, etc. as assets. But the “assets” you’ll be identifying today are not material assets – they are developmental assets (THINGS THAT HELP YOU GROW, DEVELOP & IMPROVE as a human being.</p> <p>Tell students that they are going to identify what developmental assets they think they have and which ones they don’t (it’s OK if they don’t feel as if they have many – just be honest as no one else is going to see it.)</p> <p>1. Handout a “Developmental Asset Checklist” to each student (see below).</p> <p>2. Once they’ve done this, have them go through and mark TRUE or FALSE for each of the statements as it pertains to them. Once they are done, project the “Developmental Assets Among Youth” results and see how they compare with other students nationally.</p> <p>3. Then, go through the questions listed below with them.</p> <p>a. Most young people experience many of these assets. The top five assets that most students nationwide report having in their lives are:</p>

- a. Positive View of Personal Future: 72%
- b. Family Support: 68%
- c. Integrity: 68%
- d. Honesty: 66%
- e. Achievement Motivation: 65%

b. How do your assets compare with those of other young people?

c. In what ways are your assets similar to and different from the results shown? Why do you think that is?

d. Most young people are also missing certain other assets. The five assets that most youth do not have in their lives are:

- a. Creative Activities: 21%
- b. Reading for Pleasure: 22%
- c. Community Values Youth: 22%
- d. Youth as Resources: 26%
- e. Adult Role Models: 27%

e. How many of these assets do you have in your own life?

f. Research shows that the average teenager has only about 19 of these assets. Look at how many assets for which you checked "true." How do you compare to other youth? Are you more similar or more different? Also, compare the number of assets to other students in your grade (17.7 for freshmen).

DEVELOPMENTAL ASSET CHECKLIST

Name: _____

	TRUE	FALSE
1. I receive lots of love and support from my family.		
2. My parents and I communicate positively and I can go to them for advice.		
3. I receive support from 3 or more non-parental adults (teachers, relatives).		
4. I have caring neighbors and friends.		
5. My school provides a caring, encouraging, environment.		
6. My parents are actively involved in helping me succeed in school.		
7. I believe that adults in my community value young people.		
8. I believe that young people are given useful roles in my community.		
9. I serve in my community for one hour or more per week.		
10. I feel safe at home, at school, and in the neighborhood.		
11. My family has clear rules & consequences, and monitors my whereabouts.		
12. My school provides clear rules and consequences.		
13. My neighbors take responsibility for monitoring young people's behavior.		
14. Parents and other adults model positive, responsible behavior.		
15. My best friends model responsible behavior.		
16. Both my parents and my teachers encourage me to do well.		
17. I spend three hours or more per week in lessons or practice in music, theater, dance, or other arts.		
18. I spend three or more hours per week in sports, clubs, organizations at school or in the community.		
19. I spend one or more hours per week in activities in a religious institution.		
20. I go out with friends "with nothing special to do" no more than 2 nights per week.		
21. I am motivated to do well in school.		

	TRUE	FALSE
22. I am actively engaged in learning.		
23. I do at least one hour of homework every school day.		
24. I care about my school.		
25. I read for pleasure three or more hours per week.		
26. I place a high value on helping other people.		
27. I place a high value on promoting equality and reducing hunger & poverty.		
28. I act on my convictions and stand up for my beliefs.		
29. I tell the truth even when it's not easy.		
30. I accept responsibilities and take personal responsibility for my actions.		
31. I believe it is important not to use nicotine, alcohol, and other drugs.		
32. I know how to plan ahead and make choices.		
33. I have empathy, sensitivity, and friendship skills.		
34. I have knowledge of and comfort with people of different cultural, racial, and ethnic backgrounds.		
35. I can resist negative peer pressure and dangerous situations.		
36. I seek to resolve conflict non-violently.		
37. I feel I have control over things that happen to me.		
38. I have high self-esteem.		
39. I believe my life has a purpose.		
40. I am optimistic about my personal future.		

DEVELOPMENTAL ASSETS AMONG YOUTH

1. Family Support.....	68%	21. Achievement Motivation.....	65%
2. Positive Family Communication...	28%	22. School Engagement.....	55%
3. Other Adult Relationships.....	43%	23. Homework.....	47%
4. Caring Neighborhood.....	37%	24. Bonding to School.....	52%
5. Caring School Climate.....	29%	25. Reading for Pleasure.....	22%
6. Parent Involvement in School.....	29%	26. Caring.....	50%
7. Community Values Youth.....	22%	27. Equality & Social Justice.....	52%
8. Youth as Resources.....	26%	28. Integrity.....	68%
9. Service to Others.....	48%	29. Honesty.....	66%
10. Safety.....	51%	30. Responsibility.....	63%
11. Family Boundaries.....	46%	31. Restraint.....	45%
12. School Boundaries.....	52%	32. Planning & Decision Making.....	29%
13. Neighborhood Boundaries.....	47%	33. Interpersonal Competence.....	45%
14. Adult Role Models.....	27%	34. Cultural Competence.....	43%
15. Positive Peer Influence.....	63%	35. Resistance Skills.....	41%
16. High Expectations.....	48%	36. Peaceful Conflict Resolution.....	40%
17. Creative Activities.....	21%	37. Personal Power.....	42%
18. Youth Programs.....	57%	38. Self-Esteem.....	48%
19. Religious Community.....	58%	39. Sense of Purpose.....	57%
20. Time at Home.....	51%	40. Positive View of Personal Future.....	72%