

A Checklist for Kids and Teens

Check each statement that is true for you.

- 1. I feel loved and supported in my family.
- 2. I can go to my parents or guardians for advice and support. I have frequent, in-depth conversations with them.
- 3. I know three or more other adults (besides my parents or guardians) who I can go to for advice and support.
- 4. My neighbors encourage and support me.
- 5. My school provides a caring, encouraging environment.
- 6. My parents or guardians help me succeed in school.
- 7. I feel valued by adults in my community.
- 8. I am given useful roles in my community.
- 9. I serve in my community one hour or more each week.
- 10. I feel safe at home, at school, and in my neighborhood.
- 11. My family has clear rules and consequences for my behavior, and they monitor my whereabouts.
- 12. My school has clear rules and consequences for behavior.
- 13. Neighbors take responsibility for monitoring my behavior.

- 14.** My parents or guardians and other adults in my life model positive, responsible behavior.
- 15.** My best friends model responsible behavior.
- 16.** My parents or guardians and my teachers encourage me to do well.
- 17.** I spend three or more hours each week in lessons or practice in music, theater, or other arts.
- 18.** I spend three or more hours each week in school or community sports, clubs, or organizations.
- 19.** I spend one hour or more each week in religious services or participating in a faith community.
- 20.** I go out with friends “with nothing special to do” two or fewer nights each week.
- 21.** I want to do well in school.
- 22.** I like to learn new things.
- 23.** I do an hour or more of homework each school day.
- 24.** I care about my school.
- 25.** I read for pleasure three or more hours each week.
- 26.** I believe that it’s really important to help other people.
- 27.** I want to help promote equality and reduce world poverty and hunger.
- 28.** I act on my convictions. I stand up for my beliefs.
- 29.** I tell the truth—even when it’s not easy.

- 30.** I accept and take personal responsibility for my actions and decisions.
- 31.** I believe that it's important not to be sexually active or to use alcohol or other drugs.
- 32.** I'm good at planning ahead and making decisions.
- 33.** I'm good at making and keeping friends.
- 34.** I know and am comfortable with people of different cultural, racial, and/or ethnic backgrounds.
- 35.** I resist negative peer pressure and avoid dangerous situations.
- 36.** I try to resolve conflicts nonviolently.
- 37.** I believe that I have control over many things that happen to me.
- 38.** I feel good about myself.
- 39.** I believe that my life has a purpose.
- 40.** I'm optimistic about my future.