

## A Checklist for Parents

*Check each statement that is true for you or your child.*

- 1. I give my child a lot of love and support.
- 2. My child can come to me for advice and support. We have frequent, in-depth conversations.
- 3. My child knows three or more other adults whom he or she can go to for advice and support.
- 4. Our neighbors encourage and support my child.
- 5. My child's school provides a caring, encouraging environment.
- 6. I'm actively involved in helping my child succeed in school.
- 7. My child feels valued by adults in our community.
- 8. My child is given useful roles in our community.
- 9. My child serves in our community one hour or more each week.
- 10. My child feels safe at home, at school, and in our neighborhood.
- 11. Our family has clear rules and consequences for behavior. We monitor each other's whereabouts.
- 12. My child's school has clear rules and consequences for behavior.
- 13. Our neighbors take responsibility for monitoring my child's behavior.

- 14.** I model positive, responsible behavior, and so do other adults that my child knows.
- 15.** My child's best friends model responsible behavior.
- 16.** I encourage my child to do well, and so do my child's teachers.
- 17.** My child spends three or more hours each week in lessons or practice in music, theater, or other arts.
- 18.** My child spends three or more hours each week in school or community sports, clubs, or organizations.
- 19.** My child spends one hour or more each week in religious services or participating in a faith community.
- 20.** My child spends two or fewer nights each week out with friends "with nothing special to do."
- 21.** My child wants to do well in school.
- 22.** My child likes to learn new things.
- 23.** My child does an hour or more of homework each school day.
- 24.** My child cares about her or his school.
- 25.** My child reads for pleasure three or more hours each week.
- 26.** My child believes that it's really important to help other people.
- 27.** My child wants to help promote equality and reduce world poverty and hunger.

- 28.** My child acts on his or her convictions. My child stands up for his or her beliefs.
- 29.** My child tells the truth—even when it’s not easy.
- 30.** My child accepts and takes personal responsibility for her or his actions and decisions.
- 31.** My child believes that it’s important not to be sexually active or to use alcohol or other drugs.
- 32.** My child is good at planning ahead and making decisions.
- 33.** My child is good at making and keeping friends.
- 34.** My child knows and is comfortable with people of different cultural, racial, and/or ethnic backgrounds.
- 35.** My child resists negative peer pressure and avoids dangerous situations.
- 36.** My child tries to resolve conflicts nonviolently.
- 37.** My child believes that he or she has control over many things that happen to him or her.
- 38.** My child feels good about herself or himself.
- 39.** My child believes that his or her life has a purpose.
- 40.** My child is optimistic about her or his future.