

A Checklist For Kids and Teens

- G 1. I feel loved and supported in my family
- G 2. I can go to my parents or guardians for advice and support. I have frequent, in-depth conversations with them.
- G 3. I know three or more adults (besides my parents or guardians) that I can go to for advice and support.
- G 4. My neighbors encourage and support me.
- G 5. My school provides a caring, encouraging environment.
- G 6. My parents or guardians help me succeed in school.
- G 7. I feel valued by adults in my community.
- G 8. I am given useful roles in my community.
- G 9. I serve in my community one or more hours each week.
- G 10. I feel safe at home, at school, and in my neighborhood.
- G 11. My family has clear rules and consequences for my behavior, and they monitor my whereabouts.
- G 12. My school has clear rules and consequences for behavior.
- G 13. Neighbors take responsibility for monitoring my behavior.
- G 14. My parents or guardians and other adults in my life model positive, responsible behavior.
- G 15. My best friends model responsible behavior.
- G 16. Both my parents or guardians and my teachers encourage me to do well.
- G 17. I spend three or more hours each week in lessons or practice in music, theater, or other arts.
- G 18. I spend three or more hours each week in school or community sports, clubs, or organizations.
- G 19. I spend one or more hours each week in religious services or participating in spiritual activities.
- G 20. I go out with friends “with nothing special to do” two or fewer nights each week.

- G 21. I want to do well in school.
- G 22. I like to learn new things.
- G 23. I do an hour or more of homework each school day.
- G 24. I care about my school.
- G 25. I read for pleasure three or more hours each week.
- G 26. I believe that it's really important to help other people.
- G 27. I want to help promote equality and reduce world poverty and hunger.
- G 28. I act on my convictions. I stand up for my beliefs.
- G 29. I tell the truth-even when it's not easy.
- G 30. I accept and take personal responsibility for my actions and decisions.
- G 31. I believe that it's important not to be sexually active or to use alcohol or other drugs.
- G 32. I'm good at planning ahead and making decisions.
- G 33. I'm good at making and keeping friends.
- G 34. I know and am comfortable with people of different cultural, racial, and/or ethnic backgrounds.
- G 35. I resist negative peer pressure and avoid dangerous situations.
- G 36. I try to resolve conflicts nonviolently.
- G 37. I believe that I have control over many things that happen to me.
- G 38. I feel good about myself.
- G 39. I believe that my life has a purpose.
- G 40. I'm optimistic about my future.