

# THE FIVE PROMISES AND THE 40 BUILDING BLOCKS FOR HEALTHY YOUTH—HOW DO THEY MATCH UP?

**1**

## Promise One: Caring Adults

### Building Blocks:

- #1 – Family provides love and support
- #2 – Youth talks with parents and seeks parent’s advice
- #3 – Youth has three or more non-parent adults for support
- #4 – Experiences caring neighbors
- #19 – Regularly involved with religious activities with relationship with caring adults
- #20 – Regularly spends time at home with family

**2**

## Promise Two: Safe Places and Constructive Use of Time

### Building Blocks:

- #10 – Youth feels safe at home, school and in the neighborhood
- #11 – Parents discipline and monitor whereabouts
- #12 – School provides clear rules and consequences
- #13 – Neighbors show they care by monitoring youth’s behavior
- #17 – Involved in music, theatre or other arts 3 or more hours a week with relationship with caring adult
- #18 – Involved in youth/school clubs or sports 3 hours a week with relationship with caring adults
- #19 – Regularly involved with religious activities with caring adults
- #36 – Seeks to resolve conflict nonviolently

**3**

## Promise Three: A Healthy Start and Healthy Development

### Building Blocks:

- #14 – Parents and other adults are good role models
- #15 – Best friends have responsible behavior
- #28 – Can stand up for what they believe
- #29 – Tells the truth
- #30 – Takes responsibility for self
- #31 – Feels it is important not to be sexually active or use alcohol or drugs
- #35 – Can resist negative peer pressure
- #37 – Feels "in control" of their lives
- #38 – Has high self-esteem
- #39 – Reports that "my life has purpose"
- #40 – Is optimistic about his/her personal future

# 4

## Promise Four: Effective Education for Marketable Skills and Lifelong Learning

### Building Blocks:

- #5 – Positive and encouraging school climate
- #6 – Parents are involved in school
- #12 – School provides clear rules and consequences
- #16 – Parents and teachers encourage youth to do well
- #21 – Motivated to achieve in school
- #22 – Interested in learning new things
- #23 – Regularly spends time doing homework
- #24 – Cares about their school
- #25 – Reads for pleasure 3 or more hours per week
- #32 – Can plan ahead and make good decisions and good choices
- #33 – Good at making friends, empathetic and sensitive
- #34 – Comfortable with people of all cultures, races and ethnic backgrounds
- #40 – Is optimistic about his/her personal future



# 5

## Promise Five: Opportunities to Serve Others

### Building Blocks:

- #7 – Youth feels that adults in the community value him or her
- #8 – Young people are given useful roles in the community
- #9 – Serves others and the community
- #26 – Believes it is important to help others
- #27 – Concerned about world issues and promotes equality
- #28 – Can stand up for what they believe

