

Add up your Building Blocks: A Checklist for Teens

- Check the statements below that are TRUE for you. Have your parent participate by doing the Checklist for Parents.
- Afterwards, meet and discuss your responses and perceptions. Do you have more or fewer assets than you expected? This checklist will provide a great opportunity for conversation and discovery.
- Identify the building blocks that seem to be missing, then work on building them into your life.

1. I feel loved and supported by my family.
2. I talk with my parents on a frequent basis and feel comfortable asking them for advice.
3. In addition to my parents, I have three or more adults in my life I can talk to.
4. I feel that my neighbors are friendly.
5. The atmosphere at my school is positive and encouraging.
6. My parents talk to me about school, sometimes help me with schoolwork, and attend school events.
7. I feel that adults in the community value me as a person.
8. I am given opportunities to help in my school, church or clubs.
9. I spend an average of one hour a week helping others in my school or community.
10. I feel safe at home, at school and in my neighborhood.
11. My parents set rules for me and discipline me I break the rules. When I go out, my parents check on where I am going, who I will be with, and when I will be back.
12. My school sets clear rules and disciplines me when rules are broken.
13. I know that my neighbors care about me and look out for me.
14. My parents are good role models in both their words and their actions.
15. My friends are a good influence on me. They do well in school and stay away from risky behaviors like alcohol and other drug use.
16. My parents and teachers encourage me to do well.
17. I am involved in lessons or practice in music, theater or the arts.
18. I spend three or more hours a week in school or community clubs or activities.
19. I regularly attend religious activities or services.
20. I regularly spend time at home with my family OR I go out with my friends to just hang out without any special plans no more than 2 nights a week.
21. I try to do my best at school.
22. I like to learn new things.
23. I spend one hour or more each school day on homework.
24. I care about my school.
25. I read for fun three hours a week or more.
26. I believe it is important to help others.
27. I am concerned about world issues such as hunger and poverty.
28. I stick up for my beliefs.
29. I tell the truth even when it isn't easy.
30. I take responsibility for my actions.
31. I believe it is important not to be sexually active or use alcohol or other drugs.
32. I know how to plan ahead and am good at making decisions.
33. I am good at making friends and I am caring and sensitive.
34. I am comfortable being around people of different cultures, races, and ethnic backgrounds.
35. I am able to resist negative peer pressure and dangerous situations.
36. I try to resolve arguments and conflicts peacefully.
37. I feel that I am in control of my life.
38. I feel good about myself.
39. I have a sense of purpose in my life. I know where I am going.
40. I see a happy future for myself.



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Ideas for Parents, Newsletter #1
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