

Strength Assessment

SCALE:

To a very great extent

To a great extent

Somewhat

To a small extent

To a very small extent

Date

Individual

Program

Phase

user selects the treatment phase related to the document or form.

Completed by: *

Instructions:

Please rate the following strengths PAYING ATTENTION that the statements for individuals aged 8 to 12, are different than the ones for 13 to 18. Select an answer from the dropdown box that best suites the description.

External Assets

1. Family support *

**8-12; Family life provides high levels of love and support.

**13-18; Family life provides high levels of love and support.

2. Positive family communication *

**8-12 Parent(s) and child communicate positively. Child feels comfortable seeking advice and counsel from parent(s).

3. Other adult relationships *

**13-18; Young person and her or his parent(s) communicate positively, and young person is willing to seek advice and counsel from parents.

**8-12; Child receives support from adults other than her or his parent(s).

4. Caring neighbourhood *

**13-18; Young person receives support from three or more nonparent adults.

**8-12; Child experiences caring neighbours.

5. Caring school climate *

**13-18; Young person experiences caring neighbours.

**8-12; Relationships with teachers and peers provide a caring, encouraging environment.

6. Parent involvement in schooling *

**13-18; School provides a caring, encouraging environment.

**8-12; Parent(s) are actively involved in helping the child succeed in school.

**13-18; Parent(s) are actively involved in helping young person succeed in school.

7. Community values youth *

**8-12; Child feels valued and appreciated by adults in the community.

**13-18; Young person perceives that adults in the community value youth.

8. Children as resources *

**8-12; Child is included in decisions at home and in the community.

**13-18; Young people are given useful roles in the community.

9. Service to others *

**8-12; Child has opportunities to help others in the community.

**13-18; Young person serves in the community one hour or more per

week.

10. Safety *

**8-12; Child feels safe at home, at school, and in his or her neighbourhood

**13-18; Young person feels safe at home, school, and in the neighbourhood.

11. Family boundaries *

**8-12; Family has clear and consistent rules and consequences and monitors the child's whereabouts

**13-18; Family has clear rules and consequences and monitors the young person's whereabouts.

12. School boundaries *

**8-12;. School provides clear rules and consequences.

**13-18; School provides clear rules and consequences.

13. Neighbourhood boundaries *

**8-12; Neighbours take responsibility for monitoring the child's behaviour.

**13-18; Neighbours take responsibility for monitoring young people's behaviour.

14. Adult role models *

**8-12; Parent(s) and other adults in the child's family, as well as nonfamily adults, model positive, responsible behaviour

**13-18; Parent(s) and other adults model positive, responsible behaviour.

15. Positive peer influence *

**8-12; Child's closest friend's model positive, responsible behaviour.

**13-18; Young person's best friend's model responsible behaviour.

16. High expectations *

**8-12; Parent(s) and teachers expect the child to do her or his best at school and in other activities.

**13-18; Both parent(s) and teachers encourage the young person to do

well.

17. Creative activities *

**8-12; Child participates in music, art, drama, or creative writing two or more times per week.

**13-18; Young person spends three or more hours per week in lessons or practice in music, theater, or other arts.

18. Child programs *

**8-12; Child participates two or more times per week in cocurricular school activities or structured community programs for children.

**13-18; Young person spends three or more hours per week in sports, clubs, or organizations at school and/or in the community.

19. Religious community *

**8-12; Young person spends one or more hours per week in activities in a religious institution.

**13-18; Child attends religious programs or services one or more times per week.

20. Time at home *

**8-12; Child spends some time most days both in high-quality interaction with parents and doing things at home other than watching TV or playing video games.

**13-18; Young person is out with friends "with nothing special to do" two or fewer nights per week.

Internal Assets

21. Achievement motivation *

**8-12; Child is motivated and strives to do well in school.

**13-18; Young person is motivated to do well in school.

22. School engagement *

**8-12; Child is responsive, attentive, and actively engaged in learning at school and enjoys participating in learning activities outside of school.

**13-18; Young person is actively engaged in learning.

23. Homework *

**8-12; Child usually hands in homework on time.

**13-18; Young person reports doing at least one hour of homework every school day.

24. Bonding to school *

**8-12; Child cares about teachers and other adults at school.

**13-18; Young person cares about her or his school.

25. Reading for pleasure *

**8-12; Child enjoys and engages in reading for fun most days of the week.

**13-18; Young person reads for pleasure three or more hours per week.

26. Caring *

**8-12; Parent(s) tell the child it is important to help other people.

**13-18; Young person places high value on helping other people

27. Equality and social justice *

**8-12; Parent(s) tell the child it is important to speak up for equal rights for all people.

**13-18; Young person places high value on promoting equality and reducing hunger and poverty.

28. Integrity *

**8-12; Parent(s) tell the child it is important to stand up for one's beliefs.

**13-18; Young person acts on convictions and stands up for her or his beliefs.

29. Honesty *

**8-12; Parent(s) tell the child it is important to tell the truth.

**13-18; Young person "tells the truth even when it is not easy."

30. Responsibility *

**8-12; Parent(s) tell the child it is important to accept personal responsibility for behaviour.

**13-18; Young person accepts and takes personal responsibility.

31. Healthy lifestyle *

**8-12; Parent(s) tell the child it is important to have good health habits and an understanding of healthy sexuality.

**13-18; Young person believes it is important not to be sexually active or to use alcohol or other drugs.

32. Planning and decision making *

**8-12; Child thinks about decisions and is usually happy with results of her or his decisions.

**13-18; Young person knows how to plan ahead and make choices.

33. Interpersonal Competence *

**8-12; Child cares about and is affected by other people's feelings, enjoys making friends, and, when frustrated or angry, tries to calm her- or himself.

**13-18; Young person has empathy, sensitivity, and friendship skills.

34. Cultural Competence *

**8-12; Child knows and is comfortable with people of different racial, ethnic, and cultural backgrounds and with her or his own cultural identity.

**13-18; Young person has knowledge of and comfort with people of different cultural/racial/ethnic backgrounds.

35. Resistance skills *

**8-12; Child can stay away from people who are likely to get her or him in trouble and is able to say no to doing wrong or dangerous things.

**13-18; Young person can resist negative peer pressure and dangerous situations.

36. Peaceful conflict resolution *

**8-12; Child seeks to resolve conflict non-violently.

**13-18; Young person seeks to resolve conflict non-violently.

37. Personal Power *

**8-12; Child feels he or she has some influence over things that happen in her or his life.

**13-18; Young person feels he or she has control over "things that happen to me."

38. Self-esteem *

**8-12; Child likes and is proud to be the person that he or she is.

**13-18; Young person reports that "my life has a purpose."

39. Sense of purpose *

**8-12; Child sometimes thinks about what life means and whether there is a purpose for his or her life.

**13-18; Young person reports that "my life has a purpose."

40. Positive view of personal future *

**8-12; Child is optimistic about her or his personal future.

**13-18; Young person is optimistic about her or his personal future.