Family Natural Supports Inventory

Name:_____ Date: _____

Read each question below and circle a number from 1-5 that best describes the strength of each area. After scoring each question, write down the names of people or activities that are supportive to you in this area.

Example: We have neighbors that care about my family and provide emotional support and a sense of belonging.

1 (2) 3 4 5
No support ←→ strong support

We have one neighbor, Lisa that is very helpful but she travels a lot. It would be nice if I had other neighbors I could count on if I needed something._____

1. Family Support: Our family has good relationships with each other. We have family members outside of our home who support us and are involved in our lives.

   1 2 3 4 5
   Disagree Agree

   _____
   _____

2. Service to Others: Our family volunteers to help others in our community.

   1 2 3 4 5
   Disagree Agree

   _____
   _____

3. Care in Childcare/Educational Settings: Our childcare providers and/or teachers use positive approaches to discipline and natural consequences to encourage self-regulation and acceptable behaviors of our children/youth.

   1 2 3 4 5
   Disagree Agree

   _____
   _____

4. Positive Peer Relationships: Everyone in my family has positive peer relationships that encourage and support appropriate responsible behaviors.

   1 2 3 4 5
   Disagree Agree

   _____
   _____

5. Rest and Relaxation: Members of our family have opportunities to participate in activities that encourage self-expression, relieve stress and make us feel better.

1 2 3 4 5
Disagree Agree

_____

_____

6. Out-of-Home and Community Programs: Members of our family have opportunities to participate in at least one sport, club, or organization in school or community.

1 2 3 4 5
Disagree Agree

_____

_____

7. Religious Community: Our family participates in religious activities and has caring relationships that nurture our spiritual/religious beliefs.

1 2 3 4 5
Disagree Agree

_____

_____

8. Time at Home: Our family spends quality time together in the home doing activities together.

1 2 3 4 5
Disagree Agree

_____

_____

9. Favorite Things: Everyone in our family has time each week to do the favorite things they like to do. (read, draw, bike ride, etc.)

1 2 3 4 5
Disagree Agree

_____

_____

10. Family Strengths: What our family likes most of all is.....

_____

_____

The Search Institute has identified building blocks of healthy development- known as "Developmental Assets"- that help children/youth grow up healthy, caring and responsible. There are 20 external assets and 20 internal assets. The external assets have been modified for this questionnaire to help guide families through a family assessment to recognize strengths in your natural supports and explore areas where you may not have strong supports. Areas where you have little or no support may be areas you and your family may want to explore more and build upon. For more information on the Search Institute "40 Developmental Assets" go to www.search-institute.org