CREATING PROTECTIVE FACTORS

WHAT ARE PROTECTIVE FACTORS?

Protective factors are positive influences that lower the risk of negative outcomes, such as mental health issues, substance use and misuse, or risky behaviors, by providing support and promoting healthier choices.

KEY PROTECTIVE FACTORS

Family Protective Factors

- Relationships: Families with strong social support networks and positive relationships with the people around them.
- Healthy Coping Skills: Modeling positive behaviors, emotional awareness, problem-solving, and physical activity.
- Positive Environment: Foster safe, stable, and nurturing relationships, ensuring youth have a consistent family life where they feel safe, supported, and heard.
- Open Communication: Encourage honest discussions about feelings and experiences.

Community Protective Factors

- Safe environments: Safe neighborhoods and schools where youth can thrive, such as well-lit parks, secure school campuses, and active community policing.
- Positive role models: Mentors and community leaders who guide and inspire, such as coaches, teachers, or local leaders who provide mentorship and advice.
- Engagement opportunities: Access to extracurricular activities, volunteer work, and community events, such as sports teams, youth clubs, or local charity events that allow youth to develop skills and build connections.
- Access to resources: Availability of mental health services, after-school programs, and recreational facilities, including counseling services, after-school tutoring, and community centers offering sports and arts programs.

BENEFITS

- Building protective factors helps youth develop resilience to recover from challenges and hardships.
- Encouraging open communication builds trust, strengthens relationships, and encourages youth to make healthy decisions.

RISK & PROTECTIVE FACTORS RESOURCE LINK:

cdc.gov/aces/risk-factors/index.html

For additional information, scan QR code

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