

Student Assistance Counselor

Ms. Villanova

- or -

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Risk and Protective Factors



Objectives

- Define what a risk factor is
- Learn what the risk factors are
- Define what a protective factor is
- Learn what the protective factors are



What is a Risk Factor?

Any attribute, characteristic, or exposure that precedes and is associated with a higher likelihood of problematic outcomes.



Individual Risk Factors

- Genetic pre-disposition to substance addiction due to biological parent(s) with a substance addiction
- Low self-regulation, sensation seeking, impulsivity, attention deficit and hyperactivity
- Anxiety disorder diagnosis and/or related symptoms
- Early initiation of alcohol/substance use, and/ or gambling activity
- Low perceived risk and harms due to substance use
- Favorable attitudes towards substance use and/or problem gambling
- Favorable attitudes towards anti-social behavior
 - Fighting
 - Stealing
 - Other delinquency



Family Risk Factors

- Family substance abuse among parents, caregivers, siblings
- Persistent family conflict
- Family management problems
 - inadequate supervision
 - lack of or inconsistent discipline
- Parental attitudes favorable towards alcohol and/or drug use



Peer Risk Factors

- Social isolation and disconnectedness due to peer rejection and/or poor social skills
- Friends engaged in substance use
- Friends engaged in other problem behaviors
 - Fighting
 - Stealing
 - other delinquency



School Risk Factors

- Academic failure
 - decline in grades
 - sudden poor performance
- Low commitment to school
 - frequent absenteeism
 - Drop out
 - Disinterest in clubs



Community Risk Factors

- Poverty
- Availability of and access to alcohol and other drugs
- Laws and norms favorable towards alcohol and substance use



Prevention Counseling Admission Criteria

- 4 Risk factors are required for admission to prevention counseling
- 2 of which must be individual or family risk factors
 - This means 1 individual and 1 family risk factor, 2 individual risk factors, or 2 family risk factors are needed



What is a protective factor?

Any attribute, characteristic, or exposure that precedes and is associated with a lower likelihood of problematic outcomes.



Individual Protective Factors

- Positive physical development
- Emotional self-regulation
- High self-esteem
- Good coping skills and problem-solving skills
- Engagement and connections in two or more of the following contexts: at school, with peers, in athletics, employment, religion, culture



Family Protective Factors

- Family provides structure, limits, rules, monitoring, and predictability
- Supportive relationships with family members
- Clear expectations for behavior and values



School/Peer/Community Protective Factors

- Presence of mentors and support for development of skills and interests
- Opportunities for engagement within school and community
- Positive norms
- Clear expectations for behavior
- Physical and psychological safety



Sources

- <https://oasas.ny.gov/>
- <https://youth.gov/youth-topics/risk-and-protective-factors>
- <https://www.samhsa.gov/>



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