

RISK AND PROTECTIVE FACTORS

It is important to identify both Risk and Protective Factors when creating a prevention program for a community.



Principles for adhering to the *Risk and Protective Factors* model in prevention programs.

PRINCIPLE 1 - Prevention programs should enhance protective factors and reverse or reduce risk factors.

PRINCIPLE 2 - Prevention programs should address all forms of drug abuse, alone or in combination, including the underage use of legal drugs (e.g., tobacco or alcohol); the use of illegal drugs (e.g., marijuana or heroin); and the inappropriate use of legally obtained substances (e.g., inhalants), prescription medications, or over-the-counter drugs.

PRINCIPLE 3 - Prevention programs should address the type of drug abuse problem in the local community, target modifiable risk factors, and strengthen identified protective factors.

PRINCIPLE 4 - Prevention programs should be tailored to address risks specific to population or audience characteristics, such as age, gender, and ethnicity, to improve program effectiveness.



**SCHOOL OF HEALTH, PHYSICAL
EDUCATION, AND RECREATION**

INDIANA UNIVERSITY
Bloomington



**DEPARTMENT OF
APPLIED HEALTH SCIENCE**

INDIANA UNIVERSITY
School of Health, Physical Education, and Recreation
Bloomington

The Indiana Prevention Resource Center is operated by the Department of Applied Health Science, School of Health, Physical Education and Recreation at Indiana University. Funded, in part, by a contract with the Indiana Family and Social Services Administration, Division of Mental Health and Addiction, financially supported through Health and Human Services/Substance Abuse Mental Health Services Administration, Center for Substance Abuse Prevention, Substance Abuse Prevention and Treatment Block Grant.

RISK AND PROTECTIVE FACTORS

It is important to identify both Risk and Protective Factors when creating a prevention program for a community.



Principles for adhering to the *Risk and Protective Factors* model in prevention programs.

PRINCIPLE 1 - Prevention programs should enhance protective factors and reverse or reduce risk factors.

PRINCIPLE 2 - Prevention programs should address all forms of drug abuse, alone or in combination, including the underage use of legal drugs (e.g., tobacco or alcohol); the use of illegal drugs (e.g., marijuana or heroin); and the inappropriate use of legally obtained substances (e.g., inhalants), prescription medications, or over-the-counter drugs.

PRINCIPLE 3 - Prevention programs should address the type of drug abuse problem in the local community, target modifiable risk factors, and strengthen identified protective factors.

PRINCIPLE 4 - Prevention programs should be tailored to address risks specific to population or audience characteristics, such as age, gender, and ethnicity, to improve program effectiveness.



**SCHOOL OF HEALTH, PHYSICAL
EDUCATION, AND RECREATION**

INDIANA UNIVERSITY
Bloomington



**DEPARTMENT OF
APPLIED HEALTH SCIENCE**

INDIANA UNIVERSITY
School of Health, Physical Education, and Recreation
Bloomington

The Indiana Prevention Resource Center is operated by the Department of Applied Health Science, School of Health, Physical Education and Recreation at Indiana University. Funded, in part, by a contract with the Indiana Family and Social Services Administration, Division of Mental Health and Addiction, financially supported through Health and Human Services/Substance Abuse Mental Health Services Administration, Center for Substance Abuse Prevention, Substance Abuse Prevention and Treatment Block Grant.

RISK AND PROTECTIVE FACTORS

It is important to identify both Risk and Protective Factors when creating a prevention program for a community.



Principles for adhering to the *Risk and Protective Factors* model in prevention programs.

PRINCIPLE 1 - Prevention programs should enhance protective factors and reverse or reduce risk factors.

PRINCIPLE 2 - Prevention programs should address all forms of drug abuse, alone or in combination, including the underage use of legal drugs (e.g., tobacco or alcohol); the use of illegal drugs (e.g., marijuana or heroin); and the inappropriate use of legally obtained substances (e.g., inhalants), prescription medications, or over-the-counter drugs.

PRINCIPLE 3 - Prevention programs should address the type of drug abuse problem in the local community, target modifiable risk factors, and strengthen identified protective factors.

PRINCIPLE 4 - Prevention programs should be tailored to address risks specific to population or audience characteristics, such as age, gender, and ethnicity, to improve program effectiveness.



**SCHOOL OF HEALTH, PHYSICAL
EDUCATION, AND RECREATION**

INDIANA UNIVERSITY
Bloomington



**DEPARTMENT OF
APPLIED HEALTH SCIENCE**

INDIANA UNIVERSITY
School of Health, Physical Education, and Recreation
Bloomington

The Indiana Prevention Resource Center is operated by the Department of Applied Health Science, School of Health, Physical Education and Recreation at Indiana University. Funded, in part, by a contract with the Indiana Family and Social Services Administration, Division of Mental Health and Addiction, financially supported through Health and Human Services/Substance Abuse Mental Health Services Administration, Center for Substance Abuse Prevention, Substance Abuse Prevention and Treatment Block Grant.

Risk Factors: Characteristic of people or their family, school, and/or community environments that are associated with increases in alcohol, tobacco, and other drugs.

Examples of Risk Factors:

- Chaotic home environments, particularly in which parents abuse substances or suffer from mental illnesses
- Ineffective parenting, especially with children with difficult temperaments or conduct disorders
- Lack of parent-child attachments and nurturing
- Inappropriately shy or aggressive behavior in the classroom
- Failure in school performance
- Poor social coping skills
- Affiliations with peers displaying deviant behaviors
- Perceptions of approval of drug-using behaviors in family, work, school, peer, and community environments

Protective Factors: Factors associated with reduced drug use potential, encompassing psychological, behavioral, family, and social characteristics that can insulate individuals from effects of risk factors in the environment.

Examples of Protective Factors:

- Strong and positive family bonds
- Parental monitoring of children's activities and peers
- Clear rules of conduct that are consistently enforced within the family
- Involvement of parents in the lives of their children
- Success in school performance; strong bonds with institutions, such as school and religious organizations
- Adoption of conventional norms about drug use

Indiana Prevention Resource Center

501 N. Morton St. Suite 110

Bloomington, IN 47404

Indiana Toll Free: 800-346-3077

Telephone: 812-855-1237

Fax: 812-855-4940

drugprc@indiana.edu

<http://www.drugs.indiana.edu>

Risk Factors: Characteristic of people or their family, school, and/or community environments that are associated with increases in alcohol, tobacco, and other drugs.

Examples of Risk Factors:

- Chaotic home environments, particularly in which parents abuse substances or suffer from mental illnesses
- Ineffective parenting, especially with children with difficult temperaments or conduct disorders
- Lack of parent-child attachments and nurturing
- Inappropriately shy or aggressive behavior in the classroom
- Failure in school performance
- Poor social coping skills
- Affiliations with peers displaying deviant behaviors
- Perceptions of approval of drug-using behaviors in family, work, school, peer, and community environments

Protective Factors: Factors associated with reduced drug use potential, encompassing psychological, behavioral, family, and social characteristics that can insulate individuals from effects of risk factors in the environment.

Examples of Protective Factors:

- Strong and positive family bonds
- Parental monitoring of children's activities and peers
- Clear rules of conduct that are consistently enforced within the family
- Involvement of parents in the lives of their children
- Success in school performance; strong bonds with institutions, such as school and religious organizations
- Adoption of conventional norms about drug use

Indiana Prevention Resource Center

501 N. Morton St. Suite 110

Bloomington, IN 47404

Indiana Toll Free: 800-346-3077

Telephone: 812-855-1237

Fax: 812-855-4940

drugprc@indiana.edu

<http://www.drugs.indiana.edu>

Risk Factors: Characteristic of people or their family, school, and/or community environments that are associated with increases in alcohol, tobacco, and other drugs.

Examples of Risk Factors:

- Chaotic home environments, particularly in which parents abuse substances or suffer from mental illnesses
- Ineffective parenting, especially with children with difficult temperaments or conduct disorders
- Lack of parent-child attachments and nurturing
- Inappropriately shy or aggressive behavior in the classroom
- Failure in school performance
- Poor social coping skills
- Affiliations with peers displaying deviant behaviors
- Perceptions of approval of drug-using behaviors in family, work, school, peer, and community environments

Protective Factors: Factors associated with reduced drug use potential, encompassing psychological, behavioral, family, and social characteristics that can insulate individuals from effects of risk factors in the environment.

Examples of Protective Factors:

- Strong and positive family bonds
- Parental monitoring of children's activities and peers
- Clear rules of conduct that are consistently enforced within the family
- Involvement of parents in the lives of their children
- Success in school performance; strong bonds with institutions, such as school and religious organizations
- Adoption of conventional norms about drug use

Indiana Prevention Resource Center

501 N. Morton St. Suite 110

Bloomington, IN 47404

Indiana Toll Free: 800-346-3077

Telephone: 812-855-1237

Fax: 812-855-4940

drugprc@indiana.edu

<http://www.drugs.indiana.edu>