

Youth Substance Use PROTECTIVE FACTORS



There are many different factors that impact whether a young person uses substances. While risk factors can lead to a higher likelihood of substance use during adolescence, protective factors can reduce the impact of those risk factors, and lower the risk of substance use.¹ One of the goals of prevention is to intervene early in a young person's life and promote multiple protective factors, which can reduce the risk of substance use even further.



Parent/caring adult support, engagement and monitoring



Access to health resources and information



Availability of after-school activities



Public policies that support prevention and prevent access



Parent/caring adult disapproval of substance use



School connectedness



Academic support and achievement



Awareness of positive community norms



Strong neighborhood attachment

Resources:

1. <https://nida.nih.gov/publications/preventing-drug-use-among-children-adolescents/chapter-1-risk-factors-protective-factors/what-are-risk-factors>
2. <https://www.samhsa.gov/sites/default/files/20190718-samhsa-risk-protective-factors.pdf>
3. <https://www.cdc.gov/healthyyouth/substance-use/index.htm>