

# COUNCIL ON ALCOHOLISM AND ADDICTIONS OF THE FINGER LAKES

## THE RISK AND PROTECTIVE FACTORS: A PREVENTION PARADIGM

### Risk Factors That Inhibit Healthy Youth Development

RISK FACTORS	Problem Behaviors				
	Substance Abuse	Delinquency	Teen Pregnancy	School Drop-Out	Violence
<b>Community</b>					
1. Availability of Alcohol and Other Drugs	√				√
2. Community Laws and Norms Favorable Toward Substance Use	√	√			√
3. Transitions and Mobility	√	√		√	
4. Low Neighborhood Attachment	√	√			√
5. Community Disorganization	√	√			√
6. Extreme Economic Deprivation	√	√	√	√	√
<b>Family</b>					
7. Family History of the Problem Behavior	√	√	√	√	√
8. Family Management Problems	√	√	√	√	√
9. Family Conflict	√	√	√	√	√
10. Parental Attitudes Favorable Towards Drugs / Other Problem Behavior	√	√			√
<b>School</b>					
11. Academic Failure	√	√	√	√	√
12. Low Commitment to School	√	√	√	√	√
<b>Individual and Peer</b>					
13. Early Initiation of Drug Use	√	√	√	√	√
14. Early Initiation of Problem Behavior	√	√	√	√	√
15. Rebelliousness	√	√		√	
16. Friends Who Use Drugs / Engage in Other Problem Behavior	√	√	√	√	√
17. Favorable Attitudes Toward Drug Use / Other Problem Behavior	√	√	√	√	
18. Perceived Risk of Drug Use	√				
19. Peer Rewards for Drug Use	√				
20. Depressive Symptoms	√				

√ Indicates that 2 or more prospective studies have found the risk factor to predict the youth problem behavior.

Table 2

## Protective Factors That Promote Healthy Youth Development

---

### Community

1. Community Opportunities for Prosocial Involvement
2. Community Rewards for Prosocial Involvement

### Family

3. Family Opportunities for Prosocial Involvement
4. Family Rewards for Prosocial Involvement
5. Family Attachment

### School

6. School Opportunities for Prosocial Involvement
7. School Prosocial Involvement
8. School Rewards for Prosocial Involvement

### Individual & Peer

9. Religiosity
10. Belief in the Moral Order
11. Social Skills

---

### Research Findings:

- All Risk and Protective factors from the research predict youth (ages 10-20) substance use and the other problem behaviors.
- Research from Univ. of Washington, Social Development Research Group provides evidence that the Risk and Protective factor scores also predict statewide academic testing scores at the school district level.
  - **Risk factors** increase the probability of problem behaviors.
  - **Protective factors** decrease the probability of problem behaviors.

Guidance to consider when applying the framework: