

Promoting Protective Factors for Youth

Examples of Protective Factors



For more information about protective factors, visit our **Protective and Risk Factors for Substance Use** infographic at decyde.ca/mental-health-and-well-being/



Promoting multiple protective factors in youth can significantly **lower** the risk of substance use.

However, it's important to focus on addressing protective factors that can be changed.

There are many ways to promote protective factors in youth.

Promoting Protective Factors

Individual



Promote **help-seeking behaviour** by helping youth recognize their emotions, instilling positive beliefs/attitudes about seeking help, and teaching youth mental health literacy.

Encourage **healthy coping skills** by teaching youth how to process their emotions and handle stress during challenging situations.



Promote a **positive self-image** by recognizing youth's efforts, helping to set goals, and helping them learn from setbacks.

Family



A **supportive family environment** can be encouraged by:

- Spending time together as a family, like having family meals or game nights.
- Being warm, supportive, and empathetic to youth's needs.
- Parenting with an appropriate amount of control and supervision.

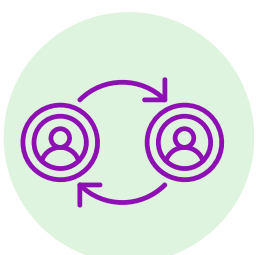
Community



Promote **using community resources** such as

- Youth programs (e.g. Boys and Girls Club).
- Recreational facilities (e.g. the YMCA).
- Mental health services (e.g. Bridge the Gapp).

Foster **social connectedness** through peer groups that promote prosocial activities and behaviours such as:



Leisure activities like:



- Organized sports
- Music lessons
- Youth groups (scouts/girl guides)

Faith-based activities like:



- Youth groups and activities
- Musical groups, like choir or band
- Dramatization or dance groups

References

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