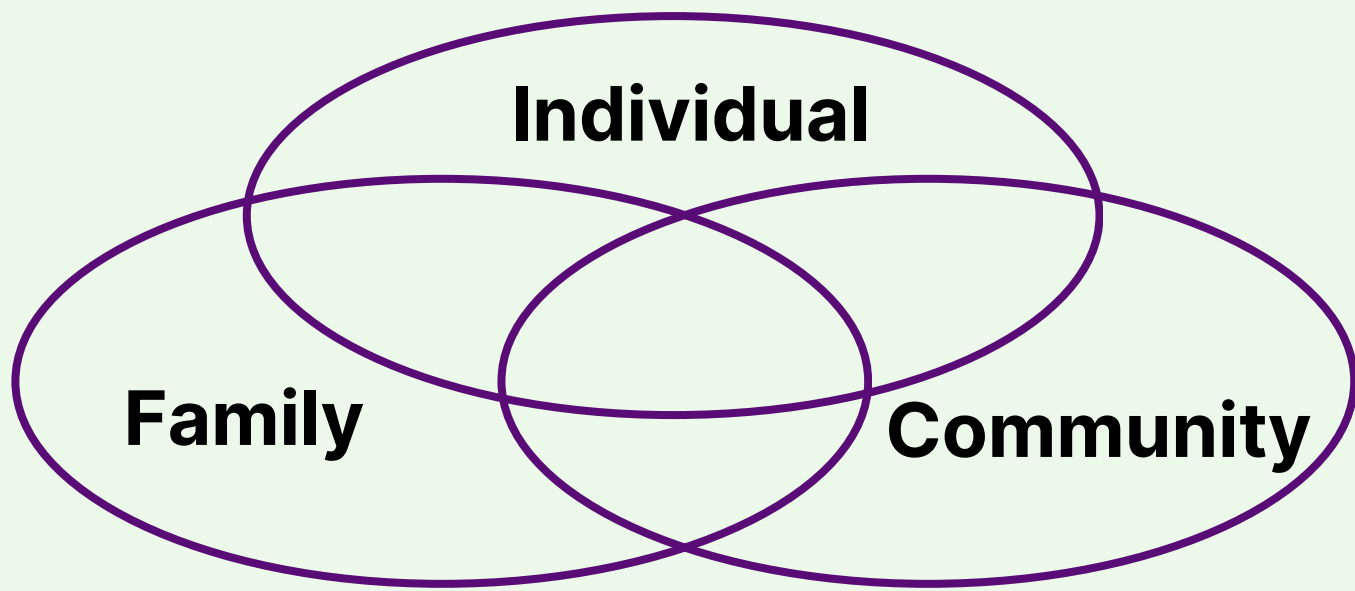


Protective & Risk Factors for Substance Use

Protective factors give individuals the tools to handle life's challenges in a safe and healthy way. Protective factors allow youth to overcome risk factors associated with substance use.

Protective factors overlap and complement one another:



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



Examples of Protective Factors

Refer to the trauma-informed practices (**TIPs**) infographic to learn more about supporting youth through difficult experiences. decyde.ca/tips/

Individual:
Healthy Coping Skills
Emotional regulation strategies and effective stress management.

To learn more about promoting protective factors, visit us: decyde.ca/mental-health-and-well-being/

Individual:
Help-Seeking Behaviour
Seeking help from clinicians or trusted adults when dealing with adversity.

Individual:
Positive Self-Image
A strong sense of identity, high self-esteem, and a sense of purpose.

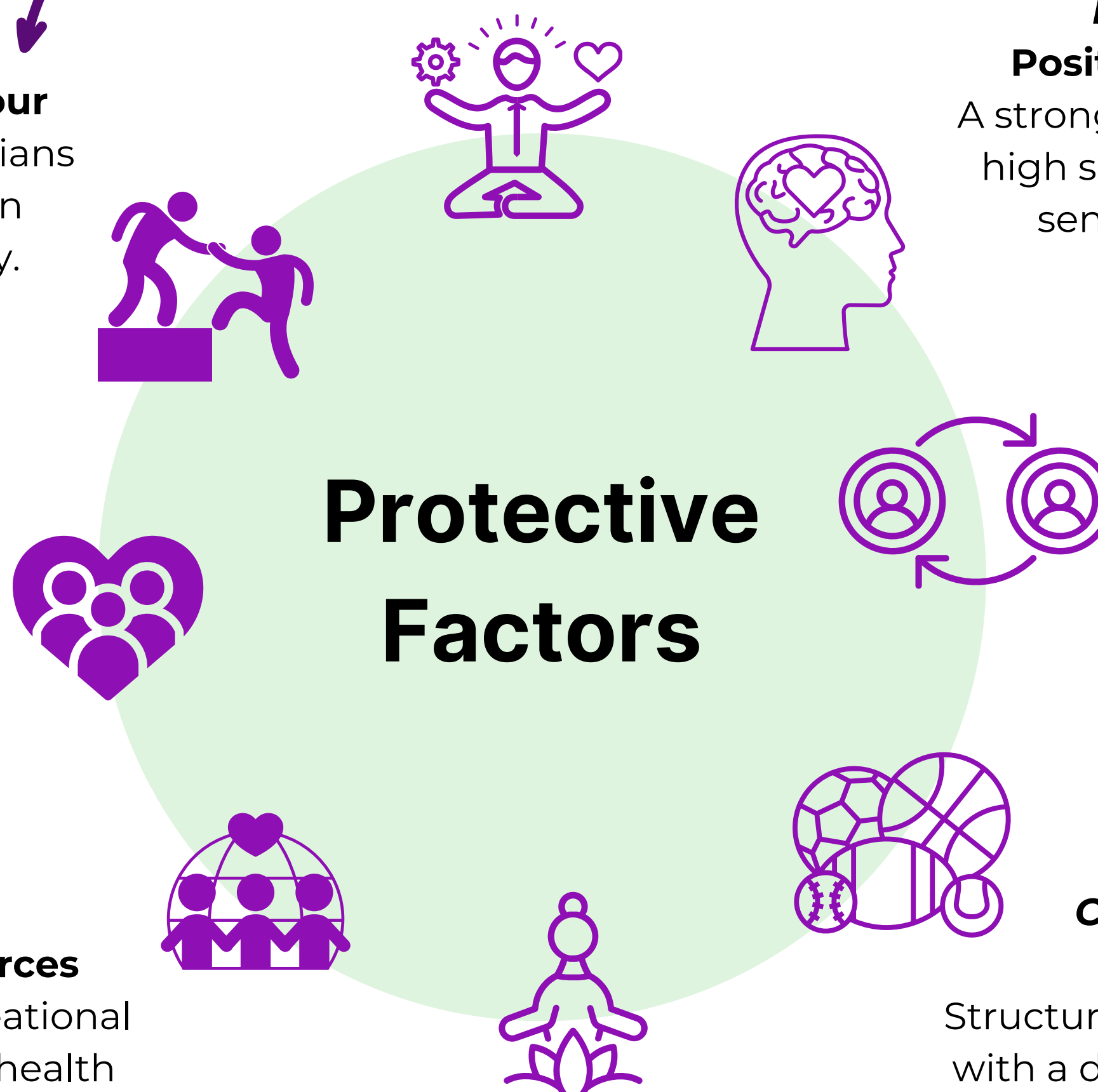
Family:
Family Support
A warm and supportive relationship with a caregiver which includes appropriate supervision.

Community:
Social Connectedness
Peer groups that promote prosocial behaviours.

Community:
Community Resources
Youth programs, recreational facilities, and mental health services.

Community:
Leisure
Structured leisure activities with a defined curriculum, adult supervision, and a desired outcome or goal.

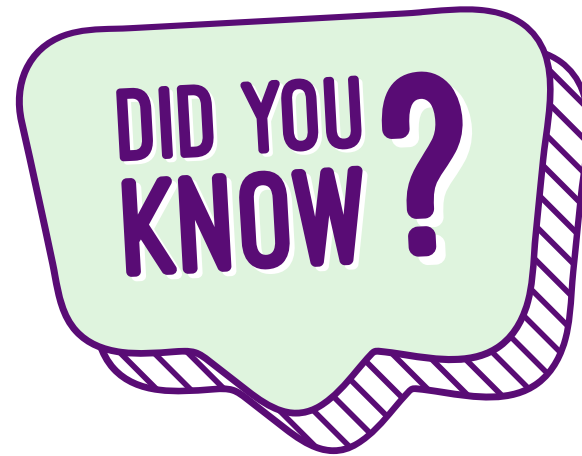
Community:
Religion and Spirituality
Strong religious and spiritual beliefs and practices integrated into society.



Protective & Risk Factors for Substance Use

Risk factors are factors which **increase** the likelihood of youth substance use, especially in the absence of protective factors. Protective factors can help reduce the risk of substance use.




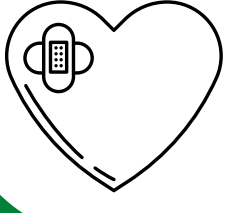
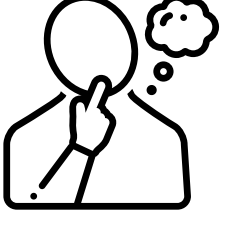
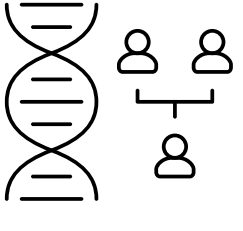
Some risk factors can be modified, like an individual's knowledge and attitudes surrounding substance use, while others cannot be modified, like genetics.



Therefore, it is critical to focus on the risk factors that can be changed through building protective factors.

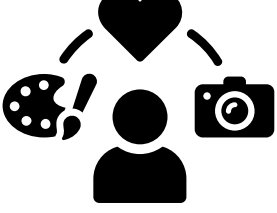
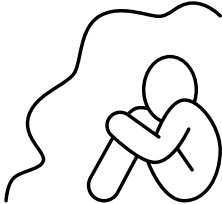
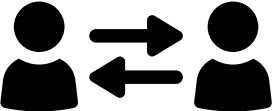
Examples of Risk Factors

Individual

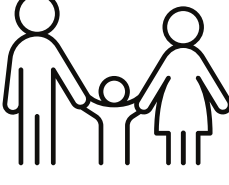

<p>Individual Traits</p>  <p>Impulsivity, rebelliousness, and difficulties with emotional regulation.</p>	<p>Mental Health Problems</p>  <p>Living with conditions such as depression or conduct problems.</p>	<p>Prior Use</p>  <p>A previous history of using substances and an early initiation of substance use is linked to a greater likelihood of developing a substance use disorder.</p>
<p>Adverse Childhood Experiences (ACEs)</p>  <p>Childhood trauma or maltreatment.</p>	<p>Knowledge and Attitudes</p>  <p>Perceiving little risk of consuming substances, or that consuming substances can be beneficial.</p>	<p>Genetics</p>  <p>SUDs can be inherited through gene mutations passed on by one or both biological parents.</p>

Learn more about ACEs here: <https://decyde.ca/tips/>

Community

<p>Leisure</p>  <p>Lack of structured leisure activities (e.g., activities which are unsupervised) and high amounts of daily screen time..</p>
<p>Social Isolation</p>  <p>Lacking peer groups or social connections.</p>
<p>Peer Influence</p>  <p>Peer acceptance of use, perceived peer use, and reported peer use of substances.</p>

Family

<p>Family History</p>  <p>Children of mothers who used substances during pregnancy and caregiver substance use at home.</p>
<p>Family Dynamics</p>  <p>Low parental education level, less time spent with and supervised by parents, and normalization of substance use at home.</p>

To learn more about **Caregiver Substance Use**, visit our website: <https://decyde.ca/caregiver-substance-use/>

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