

Risk & Protective Factors

FOR TEENAGE ALCOHOL & DRUG USE

There are a number of risk and protective factors for alcohol and drug use and problems. Many of them also overlap with risk and protective factors for mental health.

Risk and protective factors are cumulative - so the greater the number, the more at risk or protected, but having risk factors doesn't mean a person will definitely develop an alcohol or drug problem.

Risk Factors

- Chaotic or neglecting family environment
- Low parental supervision
- Parental approval of alcohol and drug use
- Family history of use

- Poor social and community bonds
- Transitions and mobility
- Economic disadvantage
- Perceived availability of drugs

- Poor coping skills
- Impulsiveness
- Academic problems
- Bullying
- Anti-social peer group

Protective Factors

- Strong family bonds
- Parental engagement
- Consistent parenting
- Clear expectations and boundaries
- Family responsibilities

- Bonds with school and community groups
- Supportive relationships outside the family
- Participation in sport or community activities

- Effective coping skills
- Emotion regulation
- Academic achievement
- Social skills
- Pro-social peers

Specialists in alcohol and other drug responses

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