

# Substance Use Prevention

## Risk and Protective Factors

### Common Risk Factors

- ✓ Genetics
- ✓ Peer Influence
- ✓ A lack of supervision
- ✓ A lack of community resources/opportunity
- ✓ Unclear expectations regarding use/behaviors
- ✓ Inaccurate perception of peer use and parental concern
- ✓ Sense of entitlement
- ✓ Alienation/marginalization

### Common Protective Factors

- ✓ Delayed use/Abstinence
- ✓ Consistent community message
- ✓ Be part of the village/See something-say something
- ✓ Access barriers
- ✓ Opportunities to contribute in the community
- ✓ Family, schools and community programs should work in tandem
- ✓ Set high standards/expectation regarding substance use
- ✓ Exist in all aspects of your young person's life
- ✓ Seek help!