

PROTECTIVE FACTORS VS. RISK FACTORS

Things that increase our well-being and help us thrive

VS.

Things that increase stress and make challenges harder



PROTECTIVE FACTORS

Supportive influences and strengths that help us handle life's challenges.



Strong relationships

Family, friends, and caring adults who support and encourage you.



Good communication skills

Being able to express feelings, listen, and ask for help.



Healthy coping skills

Using positive ways to manage stress and solve problems.



High self-esteem

Believing in yourself and knowing you matter.



Opportunities & access

Having access to education, activities, and resources.



Community & cultural connection

Feeling connected to your community, culture, and beliefs.



Resilience

Bouncing back from tough times and learning from experiences.

We all have both protective and risk factors. Building protective factors can help reduce risk and support a healthy, fulfilling life.

RISK FACTORS

Challenges or negative influences that can make life more difficult.



Family problems

Conflict, divorce, neglect, or family history of mental health or substance use.



Peer pressure

Being around people who make risky choices or negative influences.



Poor mental health

Stress, anxiety, depression, or unresolved trauma.



Substance use

Alcohol, drugs, or other substances that can lead to harmful behaviors.



Environmental stress

Poverty, violence, abuse, unsafe neighborhoods, or instability.



Lack of support

Feeling alone, isolated, or without someone to talk to.



Negative behaviors

Impulsive actions, aggression, or risky decision-making.



REMEMBER: You can't always control risk factors, but you CAN build protective factors! Small steps today can lead to a stronger, healthier tomorrow.

