

NEW YORK STATE OFFICE of ALCOHOLISM & SUBSTANCE ABUSE SERVICES

RISK FACTORS THAT INHIBIT HEALTHY YOUTH DEVELOPMENT

A. RISK FACTORS	B. PROBLEM BEHAVIORS				
□ COMMUNITY	Substance Abuse	Delinquency	Teen Pregnancy	School Drop-Out	Violence
1. Availability of Alcohol & Other Drugs	X				X
2. Insufficient Laws & Policies to Reduce Substance Use	X	X			X
3. Social Norms Favorable Toward Substance Use	X	X			X
4. Community Disorganization	X	X			X
5. Extreme Economic Deprivation	X	X	X	X	X

A. RISK FACTORS	B. PROBLEM BEHAVIORS				
□ FAMILY	Substance Abuse	Delinquency	Teen Pregnancy	School Drop-Out	Violence
1. Family History of The Problem Behavior	X	X	X	X	X
2. Family Management Problems	X	X	X	X	X
3. Family Conflict	X	X	X	X	X
4. Parental Attitudes Favorable Towards Drugs	X	X			X
5. Parental Attitudes Favorable Towards Other Problem Behaviors	X	X			X

A. RISK FACTORS	B. PROBLEM BEHAVIORS				
□ SCHOOL	Substance Abuse	Delinquency	Teen Pregnancy	School Drop-Out	Violence
1. Academic Failure	X	X	X	X	X
2. Low Commitment to School	X	X	X	X	X

A. RISK FACTORS	B. PROBLEM BEHAVIORS				
□ INDIVIDUAL & PEER	Substance Abuse	Delinquency	Teen Pregnancy	School Drop-Out	Violence
1. Early Initiation of Drug Use	X	X	X	X	X
2. Early Initiation of Problem Behavior	X	X	X	X	X
3. Perceived Risk of Drug Use	X				
4. Favorable Attitudes Toward Drug Use	X	X	X	X	X
5. Friends Who Use Drugs / Engage In Other Problem Behavior	X	X		X	
6. Peer Rewards For Drug Use	X				
7. Depressive Symptoms	X				

X Indicates that at least two longitudinal studies have found the risk factor to predict the problem behavior

***** Indicates some preliminary evidence of correlation to problem gambling

PROTECTIVE FACTORS THAT PROMOTE HEALTHY YOUTH DEVELOPMENT

COMMUNITY	<p>1. Community Opportunities For Pro-social Involvement</p> <ul style="list-style-type: none"> ▪ When more opportunities in a community are available for youth to get actively involved, they are less likely to engage in substance use and other problem behaviors. Pro-social activities for youth are often structured and supervised by positive role models, but they always provide opportunities for youth to practice and build stronger social skills. <p>Examples include: (1) fitness-sports activities (2) cultural-multicultural (3) arts activities (4) community volunteer activities (5) other pro-social activities</p> <p>2. Community Rewards For Pro-social Involvement</p> <ul style="list-style-type: none"> ▪ Rewards for participation in pro-social activities help children and young adults bond to the community, thus lowering their risk for substance use.
FAMILY	<p>1. Family Opportunities For Pro-social Involvement</p> <ul style="list-style-type: none"> ▪ Young people who are exposed to more opportunities to participate meaningfully in the responsibilities and activities of the family are less likely to engage in drug use and other problem behaviors. <p>2. Family Rewards For Pro-social Involvement</p> <ul style="list-style-type: none"> ▪ When parents, siblings, and other family members praise, encourage, and attend to things done well by children, the children are less likely to engage in substance use and problem behaviors. <p>3. Family Attachment</p> <ul style="list-style-type: none"> ▪ Young people who feel close to their parents and feel they are a valued part of their family are less likely to engage in substance use and other problem behaviors.
SCHOOL	<p>1. School Opportunities For Pro-social Involvement</p> <ul style="list-style-type: none"> ▪ When young people are given more opportunities to participate meaningfully in important activities at school, such as extra-curricular activities or after school academic activities, they are less likely to engage in drug use and other problem behaviors. <p>2. School Rewards For Pro-social Involvement</p> <ul style="list-style-type: none"> ▪ Students with greater participation in after-school activities such as music, sports, arts, academic related groups (e.g., French club, school newspaper, science clubs), community service clubs or other pro-social structured activities report decreased rates of alcohol and other substance abuse.
INDIVIDUAL & PEER	<p>1. Social Skills</p> <ul style="list-style-type: none"> ▪ Young people who are socially competent can engage in positive interpersonal relations with their peers are less likely to use drugs and engage in other problem behaviors <p>2. Belief In The Moral Order</p> <ul style="list-style-type: none"> ▪ Young people who have strong beliefs in what is “right” or “wrong” are less likely to use drugs. <p>3. Religiosity</p> <ul style="list-style-type: none"> ▪ Young people who regularly attend religious services are less likely to engage in problem behaviors. Conversely, the research has shown that youth who do not attend church/religious services regularly are more likely to engage in substance use.

RESEARCH FINDING:

- All Risk & Protective factors from the research predict youth substance use and the other problem behaviors.
- Research from University of Washington, Social Development Research Group provides evidence that the Risk and Protective factor scores also predict statewide standardized academic test scores at the school district level.
- **Risk factors** increase the probability of problem behaviors.
- **Protective factors** decrease the probability of problem behaviors.