

Risk and Protective factors

Background information to support the assessment of 91236: Evaluate factors that influence people's ability to manage change.

Risk factors increase the likelihood of difficulties, and poor well-being.

Protective factors enhance life opportunities and promote good well-being. These factors can reduce the impact of unavoidable negative events.

The Youth Development Strategy Aotearoa, Ministry of Youth Affairs, 2002 provides a list of common risk and protective factors (pages 20-21). These can be summarised in the form of a list, which can be given to students as part of the assessment materials and used as factors for the evaluation. This document is available for download under the Resources & Reports tab on the Ministry of Youth Development website: <http://www.myd.govt.nz/resources-and-reports/publications/youth-development-strategy-aotearoa.html>

For example common **risk factors** (impairing the building of resilience) include:

- having low self-esteem and poor social or coping skills
- lack of social support from family, friends, community
- truancy, academic failure, and dropping out of school
- experiencing parental conflict and divorce when growing up
- low family income and family disadvantage.

Common **protective factors** (helping to build resilience) include:

- having a large social support network (family, friends, people in the community)
- having optimism, aspirations, hopes and plans for the future, and faith that life has meaning
- having at least one close friend
- having at least one supportive parent who shows warmth and caring, who sets clear limits and expectations
- staying longer at school and achieving well
- having many personal interests and hobbies that are valued and recognised by others
- having meaningful employment
- living in a safe and supportive neighbourhood
- feeling connected to the community and one's culture
- having the skills (and opportunity to use them) for leadership, autonomy (working independently), interpersonal communication and leisure activities
- having thinking skills for problem-solving and decision-making
- being able to see things from other people's perspectives
- having positive interactions with other people.