

## Protective Factors – kids who have these factors are less likely to use

- parents who talk frequently and openly with their children
- internalized morality, internal values
- connectedness with family, bonded with family
- realize their uniqueness, that each kid is special and unique
- role models, kids know people living the values you want to instill
- having someone they can go to freely to talk with
- parental monitoring and supervision – the 4 w's: who, what, when, where
- personal skills – ability to say “no” (refusal skills)
- future orientation – kids who have goals, dreams
- good relationships with peers and other adults