

A Constellation of Protective Factors

Background

You don't get to choose your genes or your family history. But for complex diseases (like drug addiction), your genes are not your destiny. Your lifestyle and environment also play a role.

Protective factors are things that decrease your risk for developing a disease such as drug addiction. They include things in your environment, like your neighborhood and your family. They also include your personal habits and behaviors.

There are some factors that we can't control. But there are also many that we can.

Instructions

1. Focusing on things that you have the power to influence, choose some protective factors that resonate with you. Be sure to use "I" statements. For example:
 - I (will) participate in organized activities outside of school.
 - I (will) turn to family, friends, or support services for help with problems and challenges.
 - I (will) commit myself to school and finish my education.
 - I (will) take care of my physical health
 - I (will) take care of my mental health.
 - I (will) avoid drugs and alcohol.
 - I (will) practice refusal skills.
 - I (will) practice coping strategies.
2. Write your personal protective factors on the star and planet cards:
 - Stars = factors that you have
 - Planets = factors that you want to develop
3. Build a poster:
 - a. Put something to represent yourself at the center (a photo, drawing, or your name).
 - b. Arrange the stars and planets around the outside.

Protective factors that I have:



Protective factors that I want to develop:

