Risk and Protective Factors Checklist V.3

Youth:_____   **Date:**_____

	Risk Factors		Protective Factors
Individual	☐ Trauma history ☐ Difficulty learning and understanding ☐ Cognitive and/or situational inflexibility ☐ High impulsivity ☐ Low harm avoidance; risk & sensation seeking ☐ Limited frustration tolerance ☐ Poor ability to problem solve; resolve conflicts ☐ Poor self-regulation skills (Behavior; emotions) ☐ Previous self harm ideation or behaviors ☐ Lacks futures orientation ☐ Drug Use: Favorable attitudes/Early use ☐ Physical Health Concerns (Diabetes, etc) ☐ Developmental Concerns (Autism Spectrum Disorders; learning disabilities; etc.) ☐ Medication: (non-compliance; no psychiatric)		☐ Gives back to the community ☐ Futures orientation ☐ Hopefulness ☐ Motivation to Succeed ☐ Effective communication skills ☐ Conflict resolution; problem solving skills ☐ Emotional regulation skills ☐ Organization and planning skills ☐ Appropriate decision-making skills ☐ Tolerance in frustrating situations ☐ Knowledge of triggers & relapse prevention skills ☐ Physically healthy and active ☐ Abilities & Talents_____ ☐ Medication compliant
Family	☐ Low parental monitoring and supervision ☐ Parental substance use ☐ Parental mental health issues ☐ Family violence ☐ High family conflict ☐ Low family bonding ☐ Lack of rules, structure, accountability ☐ Inconsistent or harsh discipline ☐ Basic needs unmet (Housing; food; utilities) ☐ Lack of physical or emotional safety		☐ High monitoring; supervision; structure ☐ Supportive relationships & strong bonds ☐ Positive communication ☐ Realistic expectations & accountability ☐ Clear rules and consistent consequences ☐ Available and accessible family supports ☐ Adequate resources ☐ Regular family activities ☐ Stable housing ☐ Physical and emotional safety ensured
Peers & Activities	☐ Negative peer influences (Drug Use; Gangs) ☐ Weak conventional ties (school/community) ☐ Unsupervised, unstructured time and activities ☐ No positive activities		☐ Pro-social peers ☐ Peers attend school/community events ☐ Organized activities with adult supervision ☐ Asset-enhancing activities
School	☐ Poor attendance/truancy ☐ Failure in school/poor school performance ☐ Unrealistic/unachievable expectations (school) ☐ Lack of positive connections in school ☐ Behavioral problems at school ☐ Lack of school credits (falling behind) ☐ Low commitment to school ☐ School placement does not meet educational needs		☐ Positive youth and parental involvement ☐ Accommodations matched to need ☐ Positive & caring school climate ☐ Realistic & achievable expectations (school) ☐ Clear rules and consequences ☐ On schedule to graduate ☐ Good fit with school placement ☐ Positive relationships with school
Community	☐ Poverty ☐ Restricted opportunity for positive involvement ☐ Density of delinquent peers ☐ Violence in neighborhood ☐ Drug use/selling in neighborhood		☐ Positive adult role models (mentors, etc) ☐ Faith connections ☐ Opportunities to give back ☐ Neighborhood monitoring and supports ☐ Structured & monitored activities available