



MCDOWELL INSTITUTE
COLLEGE OF EDUCATION

Building Protective Factors

Targeted Protective Factor	How this will be helpful	Actions ... what needs to be done
<u>People</u> Example: Spend more time with peers or adults who encourage me to act responsibly. 1) 2) <u>Places</u> Example: Limit my free time hanging out in places that don't support me and spend more time involved in more organized and supervised activities. 1) 2) <u>Things/Activities</u> Example: Explore and join some community group that focuses on helping others (e.g., service club of interest at school). 1) 2)	<u>People</u> Example: This will help me by being around people who genuinely care about me and encourage me to succeed. 1) 2) <u>Places</u> Example: This will help me by limiting my time in places that can lead me toward trouble while increasing my use of free time in more supportive places. 1) 2) <u>Things/Activities</u> Example: This will help me because it feels good to help others. 1) 2)	<u>People</u> Example: First, I will choose one person who is positive, encouraging, and supportive, and plan to spend more of my time with them. 1) 2) <u>Places</u> Example: After school and on the weekend, I will more of my time in supportive places doing more productive activities. 1) 2) <u>Things/Activities</u> Example: I will talk to the high school counselor to explore getting involved in a club that is interesting to me. 1) 2)