

Protective Factors

Certain aspects of a child's life can be "protective factors" against abuse. As a parent or community member, be observant and knowledgeable. What can you do as a parent or community member to ensure children within your sphere of influence have as many protective factors as possible?

Child Protective Factors

- ❑ Good health, history of adequate development
- ❑ Above-average intelligence
- ❑ Hobbies and interests
- ❑ Good peer relationships
- ❑ Personality factors
 - Easy temperament
 - Positive disposition
 - Active coping style
 - Positive self-esteem
 - Good social skills
 - Internal locus of control
 - Balance between help seeking and autonomy

Parental/Family Protective Factors

- ❑ Secure attachment; positive and warm parent-child relationship
- ❑ Supportive family environment
- ❑ Household rules/structure; parental monitoring of child
- ❑ Extended family support and involvement, including caregiving help
- ❑ Stable relationship with parents
- ❑ Parents have a model of competence and good coping skills
- ❑ Family expectations of pro-social behavior
- ❑ High parental education

Social/Environmental Protective Factors

- ❑ Access to healthcare and social services
- ❑ Consistent parental employment
- ❑ Adequate housing
- ❑ Family religious faith participation
- ❑ Good schools
- ❑ Supportive adults outside of family who serve as role models/mentors to child

Learn more. Call (512) 321-6161 or 1-866-88CHILD.