

Common Protective Factors for Multiple Youth Outcomes

Protective Factor	*Substance Abuse	+Delinquency	*Risky Sexual Behavior	+School Drop-out	+Violence	+Depression & Anxiety
Individual						
Cognitive Competence	✓	✓	✓	✓	✓	✓
Emotional Competence		✓				
Social/Behavioral Competence	✓	✓	✓		✓	✓
Self-efficacy			✓			
Belief in the Future	✓	✓	✓		✓	✓
Self-determination			✓			
Pro-social Norms	✓	✓	✓		✓	✓
Spirituality	✓	✓	✓			
Family, School and Community						
Opportunities for Positive Social Involvement	✓	✓				
Recognition for Positive Behavior	✓	✓			✓	✓
Bonding to Prosocial Others	✓	✓	✓	✓	✓	✓