

## 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

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