



Building Protective Factors Using the Social Development Strategy

Participant Workbook – May 24, 2022

Definition of Prevention

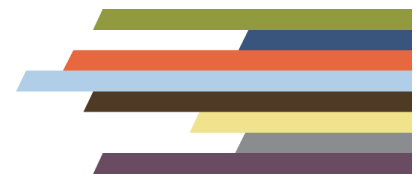
Prevention is the *proactive* process of empowering individuals and systems to meet the challenges of life events and transitions by creating and reinforcing conditions that promote healthy behaviors and lifestyles.

For Maximum Effectiveness in Your Prevention Work

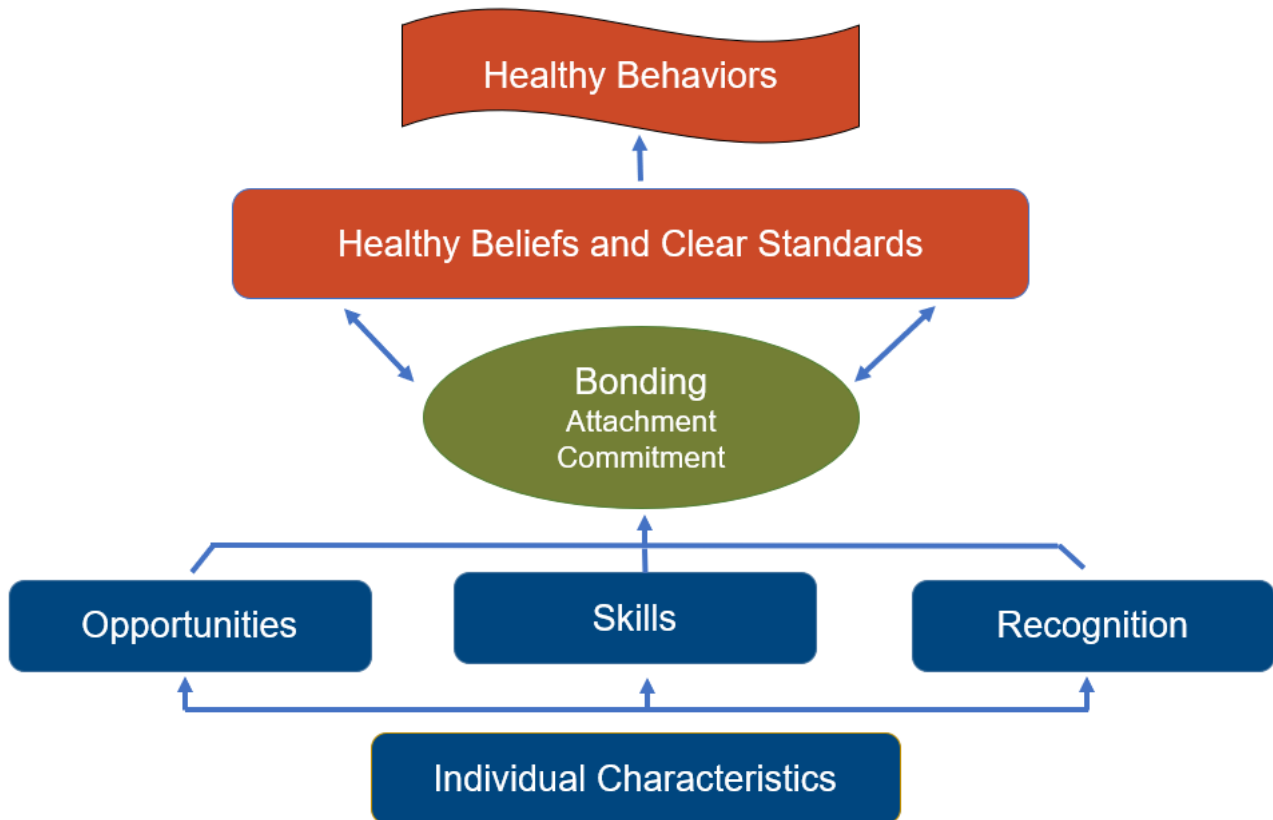
Implement strategies that both **enhance** protective factors and **reduce** priority risk factors

Social Development Strategy - Background

- Operationalizes protective factors
- Created by Dr. David Hawkins and Dr. Rico Catalano, University of Washington
- Theory base: Pulls from three developmental theories:
 - Social control theory
 - Social learning theory
 - Differential association theory
- Research has shown the SDS to be effective:
 - Across developmental stages, gender, race/ethnicity, and income levels
 - For different outcomes (e.g., childhood behavior problems, violence, substance use, alcohol misuse and drug use, etc.)
- Boils down the essentials to building protective factors
- Straight-forward to implement
- Can use across all contexts



Social Development Strategy



Created by Dr. David Hawkins and Dr. Rico Catalano, University of Washington

Meaningful Opportunities: Your Example

Write an example of a meaningful opportunity you have provided to a youth, or that was provided to you:

(Share what you wrote here: <https://tinyurl.com/SDSopp>)

Skills: Your Example

Write an example of a skill you have taught when you were:

- *Intentional and realistic*
- *Started small*
- *Made sure to model, then provided opportunities for practice*
- *Built on success*

(Share what you wrote here: <https://tinyurl.com/SDSskills>)

Recognition: Your Example

Write an example of recognition you have provided that was:

- *Viewed as positive by the recipient*
- *Specific to the skill the recipient was learning*
- *Focused on the positive*

(Share what you wrote here: <https://tinyurl.com/SDSrecognition>)

Bonding: Your Example

Write an example of a bond you have experienced that was the result of a meaningful opportunity(ies) provided to you, along with the skills to be successful with the opportunity, and recognition for having taken the opportunity and learned the new skills.

(Share what you wrote here: <https://tinyurl.com/SDSbonding>)

Your Commitment to Putting the SDS into Action

What action(s) will you commit to doing within 24 hours to put the SDS into action?

(Share what you wrote here: <https://tinyurl.com/SDSaction>)

Key Points to Remember for Each Component of the SDS

Individual Characteristics

Individual characteristics are personalities and traits, such as:

- Resilient temperament
- Sociability
- Ability to learn quickly

These characteristics are important because they impact opportunities, skills, and recognition.

Opportunities

Opportunities must be:

- Meaningful
- Developmentally appropriate
- Matched to the individual characteristics and interests
- A “Goldilocks” level of challenge

Skills

It is essential to provide skills to be successful at opportunities because:

- Opportunity without skill = frustration
- Skill without opportunity = boredom

When building skills, be sure to:

- Be intentional and realistic according to the youth’s abilities, age, individual characteristics
- Break the skill into small steps
- Model the skill and provide many opportunities for practice
- Build on success; provide new challenges as youth are successful

Recognition

- Make sure the recognition is viewed as positive, not punishment!
- Recognition is most effective when it is specific to the skill a person is learning
- Focus on the positive!

Bonding

- Opportunities, skills, and recognition **together** create bonding

Healthy Beliefs and Clear Standards

- We miss opportunities for preventive impacts by failing to convey healthy beliefs and clear standards
- Must be conveyed **overtly**, not assumed
- For groups, can be condition of participation
- For individuals, must be communicated

Upcoming Webinars

Risk Factors for Youth Substance Misuse

- June 23 from 10-11:30 CT

Substance Misuse Prevention “Nexus” Series:

- *Suicide Prevention*
May 26 from 11-12:30 CT
- *Problem Gambling Prevention*
June 29 from 10-11:30 CT
- *Mental Health Promotion*
July 28 from 11-12:30 CT

To register: <https://tinyurl.com/GLPTTCevents>

Great Lakes PTTC Facebook Page

“Follow” and “Like” our Facebook page so that the new resources and events we post will show in your feed.

- <https://www.facebook.com/GLPTTC>

Post-event Evaluation

Thank you for providing us with your feedback. We greatly appreciate it!

- <https://ttc-gpra.org/P?s=989431>

Reference

Haggerty, K. & McCowan, K. (2018). Using the Social Development Strategy to unleash the power of prevention, *Journal of the Society for Social Work and Research*, 9(4), 741-763.