

MAKING SENSE OF ADOLESCENT RISK AND PROTECTIVE FACTORS FOR ALCOHOL, CANNABIS, AND E-CIGARETTES

Findings for this infographic are from a research study based on secondary data analysis from approximately 45K students in grades 6,8,10, and 12.^{1*}

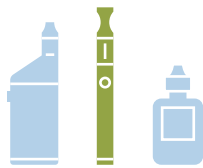
3 Substances Used Most by Adolescents



Alcohol



Cannabis



E-Cigarettes

Risk Factors and Protective Factors²

Results from this study¹ show **these risk factors** were associated with **increased use** of alcohol, cannabis and e-cigarettes **↑**. These were not associated **×**.^{*}

Adolescent Risk factors	Increased Risk of Substance Use		
	Alcohol	Cannabis	E-Cigarettes
Favorable attitude toward substances	↑	↑	↑
Peer(s) using substances	↑	↑	↑
Parent(s) with favorable attitude toward substances	↑	×	×
Perceived availability of substances	↑	↑	↑

Results from this study¹ show **these protective factors** were associated with **decreased use** of alcohol, cannabis and e-cigarettes **↓**. These were not associated **×**.^{*}

^{*}Prosocial = relating to or denoting behavior, which is positive, helpful, and intended to promote social acceptance and friendship.

Adolescent Protective factors	Decreased Risk of Substance Use		
	Alcohol	Cannabis	E-Cigarettes
Belief the substance is risky	×	↓	↓
Interaction with prosocial ^{**} peers	×	↓	↓
Positive family management	↓	↓	×
Rewards for prosocial ^{**} involvement	↓	×	↓

Prevention Strategies to Consider

1. Provide adolescents with factual information on the risks of using substances (*for cannabis, e-cigarettes*)
2. Promote positive family interactions such as clear communication, rules, and expectations (*for alcohol, cannabis*)
3. Provide adolescents with positive recognition/rewards for their prosocial involvement during events, sports, extracurriculars, and other activities (*for alcohol, e-cigarettes*).



REFERENCES

1. Burrow-Sánchez, J. J., & Ratcliff, B. R. (2022). The influence of risk and protective factors on adolescent alcohol, cannabis, and electronic cigarette use. *Journal of Prevention*.
2. Hawkins, J. D., Catalano, R., & Miller, J. Y. (1992). Risk and protective factors for alcohol and other drug problems in adolescence and early adulthood. *Psychological Bulletin*, 112(1), 64.

^{*}Findings for this information is from a research study based on secondary data analysis of the 2019 Prevention Needs Assessment Survey, which is administered every two years in the State of Utah to a large sample of students in grades 6, 8, 10, and 12 grades. A subsample of students (n = 44,728) was included in the analysis.



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