Strengthening Families Program by Dr. Karol Kumpfer

Assess Your Child's Risk for Substance Abuse

Whether kids use alcohol, tobacco or other drugs depends on life factors that protect or put them at risk. Evaluate "Risk and Protective Factors" for each child, and write the number of the risks you find. Create an "Action Plan" to reduce risks and increase protections. See "Family Protective Strategies" for ideas.

PUTS YOUR CHILD AT RISK:

PERSONAL:
1) Difficult temperament from age 2–3
2) Impulsive; hyperactive, on edge
3) Thrill seeking, risk-taking
4) Low self-esteem or depression
5) Attitudes favorable to A.T.O.D. use

FAMILY:
6) Lack of love and nurturing; neglect
7) Chaotic, poorly managed home life
8) Harsh discipline; or lax discipline
9) Hostile parent-child conflicts
10) Insufficient parental monitoring
11) Teenage mother
12) Parent who abuses A.T.O.D.

PEERS:
13) Friends who use/ approve A.T.O.D.
14) Peer rejection
15) Poor social skills

SCHOOL:
16) Poor school performance
17) Aggressive classroom behavior
18) Low commitment to school

COMMUNITY:
19) Frequent moves/ changing school
20) Bar density-easy access to A.T.O.D.
21) Poverty

Name	# of risks per section
	__ PERSONAL __ FAMILY __ PEERS __ SCHOOL __ COMMUNITY
	__ PERSONAL __ FAMILY __ PEERS __ SCHOOL __ COMMUNITY
	__ PERSONAL __ FAMILY __ PEERS __ SCHOOL __ COMMUNITY
	__ PERSONAL __ FAMILY __ PEERS __ SCHOOL __ COMMUNITY

Use the next page to create an Action Plan to reduce risks and increase protections.

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Your Child's Protection for Substance Abuse

PROTECTS YOUR CHILD:

PERSONAL:
1) Pro-social beliefs, norms and values
2) Self-control; can delay gratification
3) Opportunity for positive involvement
4) Positive sense of self
5) Attitudes unfavorable to A.T.O.D. use

FAMILY:
6) Strong, loving parent-child bonds
7) Functional, well-managed home
8) Mild, consistent discipline
9) Clear rules against A.T.O.D. use
10) Monitoring child's activities & peers
11) High expectations; involved parent
12) Parents set a good A.T.O.D. example

PEERS:
13) Peers disapprove of A.T.O.D. use
14) Positive social opportunities
15) Well-developed social skills

SCHOOL:
16) School attendance and success
17) Participation in school activities
18) Caring support of teachers and staff

COMMUNITY:
19) Opportunities for participation
20) Decrease A.T.O.D. accessibility
21) Strong bonds with religious organization

Name _____

THINGS TO DO TO REDUCE RISKS AND INCREASE PROTECTIONS

Name _____

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Name _____

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