Risk and Protective Factors for older children and young people

The following risk and protective factors are based on long-standing research evidence that is primarily focused on the risk of offending. However, there is a big overlap between the factors that increase the risk of offending and poor mental health, and behaviours such as drinking and drug abuse. Risk factors present in the early life of a child (see Risk and Protective Factors 1) with no corresponding protective factors or protective interventions indicate that a high percentage of these children will continue to have poor life outcomes (offending/mental ill health/repeat abuse/neglect as parents).

As children get older, the influence from peers and the wider community exerts an increasing impact, both positive and negative. It is important to understand the potential risks and the protective factors that can affect a child, but you also need to remember that these are only predictive indicators: we do not fully understand why some children ‘escape’ the poor outcomes.

- ADHD/hyperactivity
- Child with communication difficulties
- Defiant/angry child
- Early onset of coming to police attention
- Low intelligence
- Male
- Member of deviant peer group
- Peer rejected/child bullied
- Poor school attendance & attainment
- Parent with history of offending
- Parent with history of poor school attendance and attainment
- Parent misuses substance or alcohol
- Parent with mental health difficulties
- Family/parent conflict
- Poor supervision/interest in child’s activities
- Large number of siblings

Key code: Need to review as not same level of evidence
- High evidence risk
- Medium evidence risk
PROTECTIVE FACTORS

- Calm child with positive attachment
- Good communication skills
- Female
- Positive peer relationships
- Good self esteem and engagement with peers
- Good school attendance and attainment
- Child has secure relationships and able to express self verbally
- Parent with good physical and mental health
- Positive regard for the young person
- Good supervision of the young person
- Non offending parents
- Positive attitude to education
- Family support

Key code: Needs revising

- High evidence
- Medium evidence
References

Youth Justice Board ‘Risk and Protective Factors’ 2005
“The risk factors for youth offending and substance abuse overlap to a very large degree with those for educational underachievement, young parenthood, and adolescent mental health problems. Action taken to address these risk factors (and to increase levels of protection) therefore helps to prevent a range of negative outcomes. Moreover, because these outcomes are closely related (anti-social behaviour is strongly correlated with heavy alcohol consumption, for example, and vice versa), this broad based approach to prevention offers the greatest prospect of securing lasting reductions in offending behaviour.”