

AOD Primary Prevention, including Risk & Protective Factors.

What is Primary Prevention?



Actions aimed at preventing illness by maintaining and/or enhancing the wellbeing of the general population that can be targeted at whole of community, sub-groups of the population at risk, or targeted groups showing early signs/behaviours linked to AoD issues.

What are risk factors?



Risk factors *increase* the likelihood of frequent or excessive drug use. Exposure to risk factors does not mean a person is certain to use drugs, or develop a drug problem, but the chance is higher when they are exposed to several risk factors.

What are protective factors?

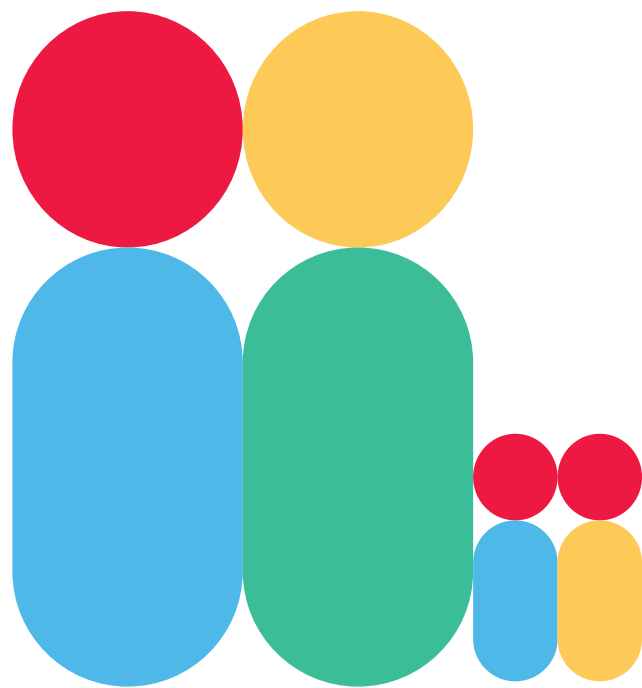


Protective factors *reduce* the likelihood of a person initiating drug use and then using them frequently or excessively. The presence of protective factors moderates the influence of risk factors and lowers the chance of a person engaging in drug use.







Resilience



When things go wrong, resilience emerges as the capacity to still find determination and reason to cope with the situation despite all odds, and more often than not, to find ways through. Resilient individuals and communities are inclined to see and react to problems as opportunities for growth.



Examples of risk and protective factors

Domain	Risk Factors	Protective Factors	What works
 Individual/Peer	<ul style="list-style-type: none"> • Mental health issues • Negative peer influence • Favourable personal and peer attitudes towards alcohol and other drug use • Personality traits, such as sensation seeking 	<ul style="list-style-type: none"> • Knowledge of harms/health beliefs that support low-risk AOD use • Community AOD and Mental Health support services 	<ul style="list-style-type: none"> • Access to community support services including AOD and Mental Health • Involvement in programs supporting skill building, social connection and positive peer and adult relationships • Engagement in positive family, peer, community and school activities
 Family	<ul style="list-style-type: none"> • Parental supply of alcohol • Favourable parental attitudes towards alcohol use • Family alcohol and drug issues • Family conflict • Cultural norms 	<ul style="list-style-type: none"> • Sense of belonging/connectedness to family • Parental supervision • Quality parent-child relationships • Parental involvement and support • Clear boundaries and rule setting inc alcohol • Cultural norms 	<ul style="list-style-type: none"> • Access to positive parenting and programs to support teenagers. • Parent education • Access to community family and child support services
 Leisure	<ul style="list-style-type: none"> • Attending unsupervised parties • Poor peer relationships • Lack of positive adult rolemodels and supervision 	<ul style="list-style-type: none"> • Participation in supervised recreational activities • Development of positive peer and adult relationships 	<ul style="list-style-type: none"> • Access to supervised recreational activities • Youth Peer Support and Mentoring Programs • Increased access to community support services
 School	<ul style="list-style-type: none"> • Low academic achievement • Low attachment to school • Early school leaving 	<ul style="list-style-type: none"> • Sense of belonging/connectedness to school • Evidence-based drug education • Workforce training and skills development opportunities 	<ul style="list-style-type: none"> • Evidence-based school drug education programs • Activities to encourage parent and community engagement in schools • School to workforce transitioning programs
 Local Community	<ul style="list-style-type: none"> • High availability of AOD in the community • Low attachment to community • Lack of engagement in supervised activities with adults and peers 	<ul style="list-style-type: none"> • Sense of belonging/connectedness to community • Community building activities • Positive role models, including around AOD • Access to community support services 	<ul style="list-style-type: none"> • Increased access and promotion of community support services • Programs to increase social and community connection e.g. Peer Support, Mentoring and Volunteering Programs • Access to supervised recreational activities
 Broader Environment	<ul style="list-style-type: none"> • Availability of alcohol • Lack of safe community spaces 	<ul style="list-style-type: none"> • Price of alcohol (through a minimum unit pricing, or through taxation) • Good management of alcohol provision and promotion • Safe community recreation spaces 	<ul style="list-style-type: none"> • Responsible Service of Alcohol Training • Alcohol Harm Minimisation Plans • High-risk Settings Management Plans • Safe Community Space Projects - inc catering for diverse groups