

## Shared Risk & Protective Factors

### Behaviors Reviewed:

CA = child abuse DA = domestic abuse SA = substance abuse SV = sexual violence (to include sexual assault) YV = youth violence (to include bullying)	SRB = suicide-related behaviors Harassment Hazing (a form of harassment) Discrimination Unhealthy lifestyle (UL)
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Risk Factor	Behavior
Younger age / lower rank	CA, DA, SA
Poverty / lower income or SES	CA, DA, SV, YV, UL
History of abuse (e.g., childhood abuse, physical or sexual abuse, exposure to domestic violence)	DA, SV, SRB
High stress (e.g., work, family, financial stress) / poor stress management	CA, DA, SA, SRB, UL
Social isolation	CA, DA, SRB
Alcohol and substance use/misuse	DA, SV, YV, SRB, Hazing
Mental health challenges (e.g., anxiety, depression)	CA, DA, SA, SRB
Family conflict	CA, YV, SV
Aggression (adult, child)	SV, CA, YV, SRB
Hypermasculinity, adherence to traditional gender norms	SV, Hazing
Lack of resources (e.g., inadequate or unaffordable childcare, limited access to recreational facilities or parks)	CA, UL
Culture/climate (e.g., culture of silence, community adherence to hazing behavior, weak community sanctions against sexual violence perpetrators, tolerance of X behavior within the community)	SA, SV, Hazing, Harassment

Protective Factor	Behavior
Social skills / social competence (parent, youth)	CA, YV
Higher self-esteem (parent, youth)	CA, DA, YV, SRB
Life skills (e.g., problem-solving skills, coping skills, stress management)	DA, YV, SRB
Emotional intelligence / emotion regulation skills / ability to regulate negative emotions	SA, SRB, Discrimination
Empathy (adult, youth)	SV, YV
Social connections / social support / positive social relationships	CA, DA, SV, SA, YV, SRB
Community cohesion, involvement, connectedness / unit or neighborhood cohesion	CA, DA, SV, SRB
Peer support / positive peer relationships	YV, SV, Hazing
Leadership support / enforcing policies around problematic behaviors	DA, SA, Hazing, Harassment
Culture/climate (e.g., culture of respect, community that de-glamorizes alcohol consumption, positive school climate)	SA, YV, Hazing, Harassment
School/community safety	YV, UL

Access to effective health, mental and behavioral health, and social services	CA, SV, SRB
Coordination of resources and services among community agencies / greater satisfaction with community resources	DA, SV, SA
Access to positive activities and programs (e.g., recreational activities, safe spaces, alcohol-free community events) / involvement in prosocial activities	YV, SA