

Protective Factors Cards

Ability to deal with stress and problem solve	Ability to connect with others
Having a safe and trustworthy person to whom you can reach out for help	Ability to express and deal with emotions
Being optimistic and excited about the future	Being part of a school club, a sports team, a community program (cadet / JCR program), or volunteering for a cause
School / organizational / program / community policies to reduce abuse, bullying, and harassment	Culture