

## Power of Protective Factors

ACEs put youth at risk for alcohol and drug misuse, mental health problems, and suicidal behaviors. While simultaneously working to prevent future ACEs, communities can also work to enhance protective factors that buffer risks faced by youth with existing ACEs. The following data are from the 2016 Minnesota Student Survey, and are based on statewide responses from students in grades 8, 9 and 11. Data show how the presence of each protective factor can buffer the risk factor featured in each separate table, even among youth with high ACE scores. For example, among students with 4-7 ACEs, those with more social competency were over two times *less* likely to report past month alcohol use as compared to those with less social competency: 21% vs. 46%.

<i>Past-Month Alcohol Use</i>	<b>0 ACEs</b>	<b>1-3 ACEs</b>	<b>4-7 ACEs</b>
Less empowerment	12%	24%	46%
More empowerment	7%	16%	34%
Less positive identity	11%	22%	45%
More positive identity	6%	15%	31%
Less social competency	13%	23%	46%
More social competency	4%	8%	21%
Parents care some, a little, or not at all	15%	28%	48%
Parents care very much or quite a bit	9%	19%	39%
Other relatives care some, a little, or not at all	13%	26%	50%
Other relatives care very much or quite a bit	8%	19%	37%
Friends care some, a little, or not at all	11%	22%	47%
Friends care very much or quite a bit	8%	20%	41%
Adults at school care some, a little, or not at all	12%	24%	46%
Adults at school care very much or quite a bit	6%	15%	35%
Community cares some, a little, or not at all	11%	23%	45%
Community cares very much or quite a bit	6%	15%	36%

<i>Past-Month Marijuana Use</i>	<b>0 ACEs</b>	<b>1-3 ACEs</b>	<b>4-7 ACEs</b>
Less empowerment	7%	17%	35%
More empowerment	3%	10%	26%
Less positive identity	6%	15%	35%
More positive identity	3%	9%	23%
Less social competency	7%	16%	35%
More social competency	1%	4%	12%
Parents care some, a little, or not at all	10%	19%	38%
Parents care very much or quite a bit	4%	13%	29%
Other relatives care some, a little, or not at all	8%	19%	39%
Other relatives care very much or quite a bit	4%	12%	27%
Friends care some, a little, or not at all	6%	16%	37%
Friends care very much or quite a bit	4%	13%	31%

Adults at school care some, a little, or not at all	6%	16%	35%
Adults at school care very much or quite a bit	3%	9%	26%
Community cares some, a little, or not at all	6%	16%	35%
Community cares very much or quite a bit	3%	10%	29%

<i>Past-Year Rx Pain Reliever Misuse</i>	<b>0 ACEs</b>	<b>1-3 ACEs</b>	<b>4-7 ACEs</b>
Less empowerment	2%	6%	18%
More empowerment	1%	3%	11%
Less positive identity	2%	6%	17%
More positive identity	1%	3%	9%
Less social competency	2%	6%	17%
More social competency	1%	2%	5%
Parents care some, a little, or not at all	4%	8%	20%
Parents care very much or quite a bit	1%	4%	13%
Other relatives care some, a little, or not at all	3%	8%	21%
Other relatives care very much or quite a bit	1%	4%	12%
Friends care some, a little, or not at all	2%	6%	19%
Friends care very much or quite a bit	1%	4%	14%
Adults at school care some, a little, or not at all	2%	6%	18%
Adults at school care very much or quite a bit	1%	3%	13%
Community cares some, a little, or not at all	2%	6%	17%
Community cares very much or quite a bit	1%	4%	16%

Past-year pain reliever misuse includes use of pain relievers not prescribed for you by your doctor.

<i>Past-Two Week Depressive Symptoms</i>	<b>0 ACEs</b>	<b>1-3 ACEs</b>	<b>4-7 ACEs</b>
Less empowerment	26%	42%	58%
More empowerment	8%	17%	36%
Less positive identity	20%	37%	57%
More positive identity	7%	14%	33%
Less social competency	19%	36%	56%
More social competency	8%	17%	35%
Parents care some, a little, or not at all	40%	56%	63%
Parents care very much or quite a bit	13%	27%	46%
Other relatives care some, a little, or not at all	33%	50%	63%
Other relatives care very much or quite a bit	12%	26%	46%
Friends care some, a little, or not at all	27%	44%	60%
Friends care very much or quite a bit	12%	27%	50%
Adults at school care some, a little, or not at all	20%	37%	57%
Adults at school care very much or quite a bit	10%	23%	46%
Community cares some, a little, or not at all	19%	37%	57%

Community cares very much or quite a bit	9%	21%	43%
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Depressive symptoms in past 2 weeks: Determined using two questions (from the PHQ-2): one about little interest or pleasure in doing things, and one about feeling down, depressed or hopeless.

<i>Mental, Emotional or Behavioral Health Problems</i>	<b>0 ACEs</b>	<b>1-3 ACEs</b>	<b>4-7 ACEs</b>
Less empowerment	20%	35%	55%
More empowerment	7%	15%	31%
Less positive identity	16%	31%	54%
More positive identity	4%	10%	25%
Less social competency	15%	30%	53%
More social competency	6%	13%	31%
Parents care some, a little, or not at all	29%	46%	60%
Parents care very much or quite a bit	10%	23%	42%
Other relatives care some, a little, or not at all	24%	41%	58%
Other relatives care very much or quite a bit	10%	22%	42%
Friends care some, a little, or not at all	19%	35%	56%
Friends care very much or quite a bit	9%	23%	46%
Adults at school care some, a little, or not at all	15%	30%	53%
Adults at school care very much or quite a bit	8%	21%	43%
Community cares some, a little, or not at all	15%	30%	53%
Community cares very much or quite a bit	7%	19%	40%

Mental/emotional/behavioral problem: Includes "long-term" problems, defined as lasting 6 months or more.

<i>Past-Year Suicidal Ideation</i>	<b>0 ACEs</b>	<b>1-3 ACEs</b>	<b>4-7 ACEs</b>
Less empowerment	12%	28%	49%
More empowerment	2%	8%	21%
Less positive identity	9%	24%	48%
More positive identity	1%	5%	17%
Less social competency	8%	23%	47%
More social competency	2%	8%	22%
Parents care some, a little, or not at all	25%	42%	56%
Parents care very much or quite a bit	5%	15%	33%
Other relatives care some, a little, or not at all	17%	36%	54%
Other relatives care very much or quite a bit	4%	14%	34%
Friends care some, a little, or not at all	13%	29%	52%

Friends care very much or quite a bit	4%	16%	38%
Adults at school care some, a little, or not at all	9%	24%	48%
Adults at school care very much or quite a bit	3%	12%	32%
Community cares some, a little, or not at all	8%	23%	47%
Community cares very much or quite a bit	3%	11%	33%

Past-year suicidal ideation: Seriously considering attempting suicide

## 2016 Minnesota Student Survey Protective Factor Measures

**Positive identity:** For *each* of the six MSS items below, students had to respond with "very or often" or "extremely or always" to be consider to have positive identity:

- I feel in control of my life and future
- I feel good about myself
- I feel good about my future
- I deal with disappointment without getting too upset
- I find ways to deal with the things that are hard in my life
- I am thinking about what my purpose in life is

**Empowerment:** For *each* of the three MSS items below, students had to respond with "very or often" or "extremely or always" to be consider to have empowerment:

- I feel valued and appreciated by others
- I am included in family tasks and decisions
- I am given useful roles and responsibilities

**Social Competency:** For *each* of the eight MSS items below, students had to respond with "very or often" or "extremely or always" to be consider to have social competency:

- I say no to things that are dangerous or unhealthy
- I build friendships with other people
- I express my feelings in proper ways
- I plan ahead and make good choices
- I stay away from bad influences
- I resolve conflicts without anyone getting hurt
- I accept people who are different from me
- I am sensitive to the needs and feelings of others

**Feel parents care:** Students who feel their parents care about them very much or quite a bit, as compared to some, a little or not at all.

**Other relatives care:** Students who feel other adult relatives care about them very much or quite a bit, as compared to some, a little or not at all.

**Feel friends care:** Students who feel their friends care about them very much or quite a bit, as compared to some, a little or not at all.

**Adults at school care:** Students who feel teachers and other adults at school care about them very much or quite a bit, as compared to some, a little or not at all.

**Community cares:** Students who feel other adults in the community care about them very much or quite a bit, as compared to some, a little or not at all.