

# *Protective Factors Associated with Student Well-being*

<b>Example Protective Factors</b>	
<b>Individual</b>	<ul style="list-style-type: none"><li>★ High self-efficacy (confidence)</li><li>★ Emotional self-regulation (management of emotional and positive communication skills)</li><li>★ Positive communication and social skills</li><li>★ Positive coping and problem-solving capacities</li><li>★ Healthy eating and proper nutrition</li><li>★ Physical activity</li></ul>
<b>Family</b>	<ul style="list-style-type: none"><li>★ Family routines that provide structure, limits and predictability</li><li>★ Presence of caregivers and parents at key times (e.g., after school and meal time routines)</li><li>★ Clear expectations for behaviour and values</li><li>★ Parent and caregiver interest in and supervision of child and youth activities</li><li>★ Cohesion and cooperation among family members</li><li>★ Supportive relationships among family members</li></ul>
<b>School and Community</b>	<ul style="list-style-type: none"><li>★ School connectedness contributing to academic success, social support and retention</li><li>★ Presence of mentors who support learning and development of skills and interests</li><li>★ Involvement in social settings that are physically and psychologically safe</li><li>★ Opportunity for development of positive peer relationships and attachments with caring adults</li><li>★ Engagement in community physical or recreational activities</li></ul>

