

## Appendix E: Risk and Protective Factors and Their Associated Survey Scales



### Risk and Protective Factor Scale Construction Summary

## Introduction

Based on the work of Dr. J. David Hawkins and Dr. Richard F. Catalano, the *Communities That Care*® *Youth Survey* is designed to identify the levels of **risk factors** related to problem behaviors such as alcohol, tobacco and other drug use—and to identify the levels of **protective factors** that help guard against those behaviors.

**Protective factors**, also known as “assets,” are conditions that buffer children and youth from exposure to risk by either reducing the impact of the risks or changing the way that young people respond to risks. Protective factors identified through research include strong bonding to family, school, community and peers. These groups support the development of healthy behaviors for children by setting and communicating healthy beliefs and clear standards for children’s behavior. Young people are more likely to follow the standards for behavior set by these groups if the bonds are strong. Strong bonds are encouraged by providing young people with opportunities to make meaningful contributions, by teaching them the skills they need to be successful in these new opportunities, and by recognizing their contributions.

**Risk factors** are conditions that increase the likelihood of a young person becoming involved in drug use, delinquency, school dropout and/or violence. For example, children living in families with poor parental monitoring are more likely to become involved in these problems.

The *Communities That Care*® *Youth Survey* provides the most comprehensive measurement of risk and protective factors currently available for 6<sup>th</sup> to 12<sup>th</sup> graders. Risk and protective factors are measured by sets of survey items called scales. Because they are very broad, some risk factors are measured by multiple scales. For example, “Favorable Parental Attitudes and Involvement in the Problem Behavior” is a single risk factor, but it is measured by two risk factor scales: *Parental Attitudes Favorable toward ATOD Use* and *Parental Attitudes Favorable toward Antisocial Behavior*. In total, 16 risk factors are measured by 23 risk factor scales, while each of the ten protective factors is measured by a single protective factor scale.

This document provides a list of all risk and protective factor scales. The APNA survey contains only some of these scales due to changes over time and for the sake of brevity. The scale construction information is organized by domain (Community, Family, School and Peer and Individual).

Community  
Domain  
Scales

**RISK FACTORS**

COMMUNITY DOMAIN	<b>Low Neighborhood Attachment</b>	<b>CR3</b>
	I'd like to get out of my neighborhood.	
	I like my neighborhood.	
	If I had to move, I would miss the neighborhood I now live in.	
	<b>Community Disorganization</b>	<b>CR4</b>
	How much do each of the following statements describe your neighborhood: crime and/or drug selling.	
	How much do each of the following statements describe your neighborhood: fights.	
	How much do each of the following statements describe your neighborhood: lots of empty or abandoned buildings.	
	How much do each of the following statements describe your neighborhood: lots of graffiti.	
	I feel safe in my neighborhood.	
	<b>Transitions and Mobility</b>	<b>CR5</b>
	Have you changed homes in the past year?	
	How many times have you changed homes since kindergarten?	
	Have you changed schools (including changing from elementary to middle and middle to high school) in the past year?	
	How many times have you changed schools since kindergarten?	

# Community Domain Scales

## RISK FACTORS, CONTINUED

COMMUNITY DOMAIN	<b>Laws and Norms Favorable to Drug Use</b> <b>CR9</b>	
	How wrong would most adults (over 21) in your neighborhood think it was for kids your age: to use marijuana.	
	How wrong would most adults (over 21) in your neighborhood think it was for kids your age: to drink alcohol.	
	How wrong would most adults (over 21) in your neighborhood think it was for kids your age: to smoke cigarettes.	
	If a kid drank some beer, wine or hard liquor (for example, vodka, whiskey, or gin) in your neighborhood, would he or she be caught by the police?	
	If a kid smoked marijuana in your neighborhood, would he or she be caught by the police?	
	<b>Laws and Norms Favorable to Firearms</b> <b>CR10</b>	
	If a kid carried a handgun in your neighborhood, would he or she be caught by the police?	
	<b>Perceived Availability of Drugs</b> <b>CR11</b>	
	If you wanted to get some beer, wine or hard liquor (for example, vodka, whiskey, or gin), how easy would it be for you to get some?	
	If you wanted to get some cigarettes, how easy would it be for you to get some?	
	If you wanted to get some marijuana, how easy would it be for you to get some?	
	If you wanted to get a drug like cocaine, LSD, or amphetamines, how easy would it be for you to get some?	
	<b>Perceived Availability of Firearms</b> <b>CR12</b>	
		If you wanted to get a handgun, how easy would it be for you to get one?

# Community Domain Scales

## PROTECTIVE FACTORS

COMMUNITY DOMAIN	<b>Community Rewards for Prosocial Involvement</b>	<b>CP2</b>
	My neighbors notice when I am doing a good job and let me know.	
	There are people in my neighborhood who encourage me to do my best.	
	There are people in my neighborhood who are proud of me when I do something well.	
	<b>Community Opportunities for Prosocial Involvement</b>	<b>CP1</b>
	Which of the following activities for people your age are available in your community: sports teams	
	Which of the following activities for people your age are available in your community: scouting	
	Which of the following activities for people your age are available in your community: boys and girls clubs	
	Which of the following activities for people your age are available in your community: 4-H clubs	
	Which of the following activities for people your age are available in your community: service clubs	
	There are lots of adults in my neighborhood I could talk to about something important.	

# Family Domain Scales

## RISK FACTORS

FAMILY DOMAIN	<b>Poor Family Management</b> <span style="float: right;"><b>FR10</b></span>
	<p>My parents ask if I've gotten my homework done.</p> <p>Would your parents know if you did not come home on time?</p> <p>When I am not at home, one of my parents knows where I am and whom I am with.</p> <p>The rules in my family are clear.</p> <p>My family has clear rules about alcohol and drug use.</p> <p>If you drank some beer or wine or liquor (for example, vodka, whiskey, or gin) without your parents' permission, would you be caught by your parents?</p> <p>If you skipped school, would you be caught by your parents?</p> <p>If you carried a handgun without your parents' permission, would you be caught by your parents?</p>
	<b>Family Conflict</b> <span style="float: right;"><b>FR6</b></span>
	<p>People in my family often insult or yell at each other.</p> <p>People in my family have serious arguments.</p> <p>We argue about the same things in my family over and over.</p>
	<b>Parental Attitudes Favorable toward Antisocial Behavior</b> <span style="float: right;"><b>FR9</b></span>
	<p>How wrong do your parents feel it would be for you to: steal anything worth more than \$5?</p> <p>How wrong do your parents feel it would be for you to: draw graffiti, or write things or draw pictures on buildings or other property (without the owner's permission)?</p> <p>How wrong do your parents feel it would be for you to: pick a fight with someone?</p>

Family  
Domain  
Scales

## RISK FACTORS, CONTINUED

FAMILY DOMAIN	<b>Parental Attitudes Favorable toward ATOD Use</b> <b>FR8</b>
	<p>How wrong do your parents feel it would be for you to: drink beer, wine or hard liquor (for example, vodka, whiskey or gin) regularly?</p> <p>How wrong do your parents feel it would be for you to: smoke cigarettes?</p> <p>How wrong do your parents feel it would be for you to: smoke marijuana?</p>
FAMILY DOMAIN	<b>Family History of Antisocial Behavior</b> <b>FR7</b>
	<p>Has anyone in your family ever had a severe alcohol or drug problem?</p> <p>Have any of your brothers or sisters ever: drunk beer, wine or hard liquor (for example, vodka, whiskey or gin)?</p> <p>Have any of your brothers or sisters ever: smoked marijuana?</p> <p>Have any of your brothers or sisters ever: smoked cigarettes?</p> <p>Have any of your brothers or sisters ever: taken a handgun to school?</p> <p>Have any of your brothers or sisters ever: been suspended or expelled from school?</p> <p>About how many adults (over 21) have you known personally who in the past year have: used marijuana, crack, cocaine, or other drugs?</p> <p>About how many adults (over 21) have you known personally who in the past year have: sold or dealt drugs?</p> <p>About how many adults (over 21) have you known personally who in the past year have: done other things that could get them in trouble with the police, like stealing, selling stolen goods, mugging or assaulting others, etc?</p> <p>About how many adults (over 21) have you known personally who in the past year have: gotten drunk or high?</p>

# Family Domain Scales

## PROTECTIVE FACTORS

FAMILY DOMAIN	<b>Family Attachment</b>	<b>FP1</b>
	Do you feel very close to your mother?	
	Do you share your thoughts and feelings with your mother?	
	Do you feel very close to your father?	
	Do you share your thoughts and feelings with your father?	
	<b>Family Opportunities for Prosocial Involvement</b>	<b>FP2</b>
	My parents give me lots of chances to do fun things with them.	
	My parents ask me what I think before most family decisions affecting me are made.	
	If I had a personal problem, I could ask my mom or dad for help.	
	<b>Family Rewards for Prosocial Involvement</b>	<b>FP3</b>
	My parents notice when I am doing a good job and let me know about it.	
	How often do your parents tell you they're proud of you for something you've done?	
	Do you enjoy spending time with your mother?	
	Do you enjoy spending time with your father?	



# School Domain Scales

## RISK FACTORS

SCHOOL DOMAIN	<b>Poor Academic Performance</b>	<b>SR3</b>
	Putting them all together, what were your grades like last year?	
	Are your school grades better than the grades of most students in your class?	
	<b>Low School Commitment</b>	<b>SR4</b>
	How often do you feel that the schoolwork you are assigned is meaningful and important?	
	How interesting are most of your courses to you?	
	How important do you think the things you are learning in school are going to be for your later life?	
	Now, thinking back over the past year in school, how often did you: Enjoy being in school?	
	Now, thinking back over the past year in school, how often did you: Hate being in school?	
	Now, thinking back over the past year in school, how often did you: Try to do your best work in school?	
	During the LAST FOUR WEEKS, how many whole days have you missed because you skipped or “cut”?	

# School Domain Scales

## PROTECTIVE FACTORS

SCHOOL DOMAIN	<b>School Opportunities for Prosocial Involvement</b>	<b>SP1</b>
	In my school, students have lots of chances to help decide things like class activities and rules.	
	There are lots of chances for students in my school to talk with a teacher one-on-one.	
	Teachers ask me to work on special classroom projects.	
	There are lots of chances for students in my school to get involved in sports, clubs, and other school activities outside of class.	
	I have lots of chances to be part of class discussions or activities.	
	<b>School Rewards for Prosocial Involvement</b>	<b>SP2</b>
	My teacher(s) notices when I am doing a good job and lets me know about it.	
	The school lets my parents know when I have done something well.	
	I feel safe at my school.	
	My teachers praise me when I work hard in school.	

# Peer and Individual Domain Scales

## RISK FACTORS

PEER AND INDIVIDUAL DOMAIN	<b>Low Perceived Risks of Drug Use</b>	<b>IP10</b>
	How much do you think people risk harming themselves (physically or in other ways) if they: smoke one or more packs of cigarettes per day?	
	How much do you think people risk harming themselves (physically or in other ways) if they: try marijuana once or twice?	
	How much do you think people risk harming themselves (physically or in other ways) if they: smoke marijuana regularly?	
	How much do you think people risk harming themselves (physically or in other ways) if they: take one or two drinks of an alcoholic beverage (beer, wine, liquor) nearly every day?	
	<b>Early Initiation of Drug Use</b>	<b>IP15</b>
	How old were you when you first: smoked marijuana?	
	How old were you when you first: smoked a cigarette, even just a puff?	
	How old were you when you first: had more than a sip or two of beer, wine or hard liquor (for example, vodka, whiskey, or gin)?	
	How old were you when you first: began drinking alcoholic beverages regularly, that is, at least once or twice a month?	
	<b>Sensation Seeking</b>	<b>IP13</b>
	How many times have you done the following things? Done what feels good no matter what.	
	How many times have you done the following things? Done something dangerous because someone dared you to do it.	
	How many times have you done the following things? Done crazy things even if they are a little dangerous.	

# Peer and Individual Domain Scales

## RISK FACTORS, CONTINUED

PEER AND INDIVIDUAL DOMAIN	<b>Rebelliousness</b> <b>IP4</b>
	<p>I do the opposite of what people tell me, just to get them mad.</p> <p>I ignore rules that get in my way.</p> <p>I like to see how much I can get away with.</p>
PEER AND INDIVIDUAL DOMAIN	<b>Friends' Delinquent Behavior</b> <b>IP5</b>
	<p>Think of your four best friends (the friends you feel closest to). In the past year (12 months), how many of your best friends have been suspended from school?</p> <p>Think of your four best friends (the friends you feel closest to). In the past year (12 months), how many of your best friends have carried a handgun?</p> <p>Think of your four best friends (the friends you feel closest to). In the past year (12 months), how many of your best friends have sold illegal drugs?</p> <p>Think of your four best friends (the friends you feel closest to). In the past year (12 months), how many of your best friends have stolen or tried to steal a motor vehicle such as a car or motorcycle?</p> <p>Think of your four best friends (the friends you feel closest to). In the past year (12 months), how many of your best friends have been arrested?</p> <p>Think of your four best friends (the friends you feel closest to). In the past year (12 months), how many of your best friends have dropped out of school?</p>

# Peer and Individual Domain Scales

## RISK FACTORS, CONTINUED

PEER AND INDIVIDUAL DOMAIN	<b>Friends' Use of Drugs</b>	<b>IP6</b>
	Think of your four best friends (the friends you feel closest to). In the past year (12 months), how many of your best friends have smoked cigarettes?	
	Think of your four best friends (the friends you feel closest to). In the past year (12 months), how many of your best friends have tried beer, wine or hard liquor (for example, vodka, whiskey or gin) when their parents didn't know about it?	
	Think of your four best friends (the friends you feel closest to). In the past year (12 months), how many of your best friends have used marijuana?	
	Think of your four best friends (the friends you feel closest to). In the past year (12 months), how many of your best friends have used LSD, cocaine, amphetamines, or other illegal drugs?	
	<b>Peer Rewards for Antisocial Behavior</b>	<b>IP7</b>
	What are the chances you would be seen as cool if you smoked cigarettes?	
	What are the chances you would be seen as cool if you began drinking alcoholic beverages regularly, that is, at least once or twice a month?	
	What are the chances you would be seen as cool if you smoked marijuana?	
	What are the chances you would be seen as cool if you carried a handgun?	

# Peer and Individual Domain Scales

## RISK FACTORS, CONTINUED

PEER AND INDIVIDUAL DOMAIN	<b>Favorable Attitudes toward Antisocial Behavior</b> <span style="float: right;"><b>IP8</b></span>
	<p>How wrong do you think it is for someone your age to take a handgun to school?</p> <p>How wrong do you think it is for someone your age to steal anything worth more than \$5?</p> <p>How wrong do you think it is for someone your age to pick a fight with someone?</p> <p>How wrong do you think it is for someone your age to attack someone with the idea of seriously hurting him or her?</p> <p>How wrong do you think it is for someone your age to stay away from school all day when their parents think they are at school?</p>
	<b>Favorable Attitudes toward ATOD Use</b> <span style="float: right;"><b>IP9</b></span>
	<p>How wrong do you think it is for someone your age to drink beer, wine or hard liquor (for example, vodka, whiskey or gin) regularly?</p> <p>How wrong do you think it is for someone your age to smoke cigarettes?</p> <p>How wrong do you think it is for someone your age to smoke marijuana?</p> <p>How wrong do you think it is for someone your age to use LSD, cocaine, amphetamines or another illegal drug?</p>

# Peer and Individual Domain Scales

## PROTECTIVE FACTORS

PEER AND INDIVIDUAL DOMAIN	<b>Religiosity</b>	<b>IP1</b>
	How often do you attend religious services or activities?	
	<b>Social Skills</b>	<b>IP2</b>
	<p>You're looking at CDs in a music store with a friend. You look up and see her slip a CD under her coat. She smiles and says, "Which one do you want? Go ahead, take it while nobody's around." There is nobody in sight, no employees and no other customers. What would you do now?</p> <p>It's 8:00 on a weeknight and you are about to go over to a friend's home when your mother asks you where you are going. You say, "Oh, just going to go hang out with some friends." She says, "No, you'll just get into trouble if you go out. Stay home tonight." What would you do now?</p> <p>You are visiting another part of town, and you don't know any of the people your age there. You are walking down the street, and some teenager you don't know is walking toward you. He is about your size, and as he is about to pass you, he deliberately bumps into you and you almost lose your balance. What would you say or do?</p> <p>You are at a party at someone's house, and one of your friends offers you a drink containing alcohol. What would you say or do?</p>	
	<b>Belief in the Moral Order</b>	<b>IP3</b>
	<p>I think it is okay to take something without asking, if you can get away with it.</p> <p>I think sometimes it's okay to cheat at school.</p> <p>It is all right to beat up people if they start the fight.</p> <p>It is important to be honest with your parents, even if they become upset or you get punished.</p>	

## Peer and Individual Domain Scales

### PROTECTIVE FACTORS, CONTINUED

PEER AND INDIVIDUAL DOMAIN	Interaction with Prosocial Peers	N/A
	Think of your four best friends (the friends you feel closest to). In the past year (12 months), how many of your best friends have participated in clubs, organizations or activities at school?	
	Think of your four best friends (the friends you feel closest to). In the past year (12 months), how many of your best friends have made a commitment to stay drug-free?	
	Think of your four best friends (the friends you feel closest to). In the past year (12 months), how many of your best friends have liked school?	
	Think of your four best friends (the friends you feel closest to). In the past year (12 months), how many of your best friends have regularly attended religious services?	
	Think of your four best friends (the friends you feel closest to). In the past year (12 months), how many of your best friends have tried to do well in school?	