

Building Resilience Against Drug Abuse

The likelihood of an individual engaging in drug abuse is influenced by risk factors (e.g. stress, peer pressure) and protective factors which include:



Children (6–11 Years Old)

Characteristics of Age Group:

- More influenced by family than by friends
- Low interest in trying drugs

Strategies:

- Share facts on the consequences of short- and long-term drug abuse
- Encourage parental involvement and engagement in their children's lives



Young Teens (12–15 Years Old)

Characteristics of Age Group:

- Susceptible to peer pressure
- Capable of abstract reasoning and independent thought

Strategies:

- Provide unbiased and accurate information on the consequences of drug abuse
- Focus on nurturing skills such as media literacy and resisting peer pressure



Emerging Adults (16–25 Years Old)

Characteristics of Age Group:

- Higher resistance to direct influence
- More driven by intrapersonal motivations

Strategies:

- Share stress management strategies
- Promote community engagement, particularly involvement in youth-led activities
- Encourage them to reaffirm their commitment to refuse drugs



APPLYING THE RISE MODEL



Teach **R**efusal skills



Look out for **I**ndicators



Use conversation **S**tarters



Engage meaningfully

