

## PROTECTIVE FACTORS

# 12 ways to raise a child to make good choices



1

**PARENT INVOLVEMENT** - Even when adolescence arrives on the scene, know what your child is doing, provide feedback, and demonstrate that you care.

2

**EMOTIONAL HEALTH AND CONNECTION TO CULTURE** - Help your child to express their feelings. Build strong identity by providing opportunities to learn and practice their culture.

3

**ACADEMIC ACHIEVEMENT AND HIGH EDUCATIONAL ASPIRATIONS** - Not every student will be good in every subject, but learn and focus on your child's strengths. Offer affirmation.

4

**POSITIVE INFLUENCES AND CONNECTION TO FAMILY AND CARING ADULTS** - Provide an environment rich with healthy friends, social opportunities and good role models. Athletics are one good outlet.

5

**SHARED ACTIVITIES WITH PARENTS** - This doesn't have to be budget-breaking. It can be as simple as a game of cards or grocery shopping together.

6

**POSITIVE ENGAGEMENT WITH A SUPPORTIVE TEACHER** – The larger the circle of respected adults in a child’s life, the more support they will have when they face challenges.

7

**ACCESS TO MENTAL HEALTH AND SUBSTANCE ABUSE SERVICES** – Remove the stigma surrounding these services that are vital to everyone’s health.

8

**COMMUNITY SUPPORT AND CONNECTION** – When your child sees that they have a place in the wider community, they feel belonging.

9

**ABILITY TO DISCUSS PROBLEMS WITH PARENTS** – Children need to know it is okay to fail and that you are willing to walk through problems with them. Model coping and problem-solving.

10

**CLOSE RELATIONSHIPS WITH POSITIVE PEERS** – Make your home a place where your child will want to bring friends.

11

**EMPATHY AND CONCERN FOR OTHERS** – The news is full of conversation starters, and doing chores together is an opportunity to point out how important it is for everyone to contribute to the good.

12

**HIGH SELF-ESTEEM** – Avoid your own negative self-talk and encourage your child to be aware of their good qualities.



**St. Joseph's Indian School**  
We serve and teach, we receive and learn.

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