

Opportunities, skills, relationships, values and self-perceptions that are essential to young people's success

Developmental Assets

A proactive process that empowers individuals and systems to meet the challenges of life events and transitions by creating and reinforcing conditions that promote healthy behaviors and lifestyles

Prevention

The capability to spring back, rebound, successfully adapt in the face of adversity, and develop social and academic competence despite exposure to severe stress...or simply the stress of today's world

Resiliency

Factors associated with alcohol, tobacco & other drug use among youth that tend to protect youth and make it less likely they will use

Protective Factors

Factors associated with alcohol, tobacco & other drug use among youth that tend to increase the likelihood of use

Risk Factors