

Risk and Protective Factors – identifying mental health and behaviour problems (Mental health and behaviour in schools, DfE 2016 – Table 1)

	Risk Factors	Protective factors
In the child	<ul style="list-style-type: none"> • Genetic influences • Low IQ and learning disabilities • Specific developmental delay or neuro-diversity • Communication difficulties • Difficult temperament • Physical illness • Academic failure • Low self-esteem 	<ul style="list-style-type: none"> • Being female (in younger children) • Secure attachment experience • Outgoing temperament as an infant • Good communication skills, sociability • Being a planner and having a belief in control • Humour • Problem solving skills and positive attitude • Experiences of success and achievement • Faith or spirituality • Capacity to reflect
In the family	<ul style="list-style-type: none"> • Overt parental conflict including domestic violence • Family breakdown (Including where children are taken into care or adopted) • Inconsistent or unclear discipline • Hostile and rejecting relationships • Failure to adapt to a child's changing needs • Physical, sexual, neglect or emotional abuse • Parental psychiatric illness • Parental criminality, alcoholism or personality disorder • Death and loss – including loss of friendship • 	<ul style="list-style-type: none"> • At least on good parent-child relationship (or one supportive adult) • Affection • Clear, consistent discipline • Support for education • Supportive long term relationship or absence of severe discord
In the school	<ul style="list-style-type: none"> • Bullying • Discrimination • Breakdown or lack of positive friendships • Deviant peer influences • Peer pressure • Poor pupil to teacher relationships • 	<ul style="list-style-type: none"> • Clear policies on behaviour and bullying • 'Open door' policy for children to raise problems • A whole school approach to promoting good mental health • Positive classroom management • A sense of belonging • Positive peer influences

In the community	<ul style="list-style-type: none">• Socio-economic disadvantage• Homelessness• Disaster, accidents, war or other overwhelming events• Discrimination• Other significant life events	<ul style="list-style-type: none">• Wider supportive network• Good housing• High standard of living• High morale school with positive policies for behaviour, attitudes and anti-bullying• Opportunities for valued social roles• Range of sport and leisure activities
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