

School-Connect 4.0 Curriculum Alignment with Counterbalancing Risk & Protective Factors

Decades of research reinforce the impact of **risk and protective factors** influencing the healthy development of children and adolescents. Effective prevention focuses on reducing those risk factors, and strengthening protective factors within the individual, family, school, and community.

Risk factors are characteristics that increase the likelihood of youth engaging in health compromising behavior and are associated with a higher likelihood of negative outcomes (e.g., depression, anxiety, substance use, school failure, self-injurious behavior). **Protective factors**, on the other hand, are characteristics associated with a lower likelihood of negative outcomes or that reduce a risk factor’s impact. Protective factors can be positive countering events that can help youth be more resilient and equipped among risk factors.*

Risk Factor	Protective Factor	School-Connect Lessons	
INDIVIDUAL FACTORS			
<ul style="list-style-type: none"> • Emotional dysregulation 	→ Emotional management	1.7: Checking in on Ourselves and Others 1.8: Finding Calm 2.3: Tuning In to Others 3.8: Making the Most of Test Prep 4.3: Disagreeing Respectfully 6.3: Monitoring & Managing Emotions	8.1: Using Your Emotional Radar 8.2: Appreciating the Power of Thought 8.3: Coping with Stress/Anxiety 8.4: Understanding Sadness/Depression 8.8: Cultivating Hope and Happiness
<ul style="list-style-type: none"> • Loneliness 	→ Social competence	1.1: Getting to Know You 1.2: Appreciating the Power of a Name 2.1: Creating First Impressions 2.4: Using Active Listening 2.5: Connecting with Peers 2.6: Communicating with Adults	4.2: Collaborating Effectively 5.5: Branching Outside Your Social Circle 6.1: Developing Positive Relationships 6.6: Making a Sincere Apology 8.5: Breaking Through Loneliness
<ul style="list-style-type: none"> • Impulsiveness 	→ Problem-solving skills	1.4: Understanding Your Brain 2.7: Giving and Receiving Feedback 3.5: Managing Time and Priorities 4.3: Disagreeing Respectfully	5.7: Skill-building for Challenging Conversations 6.4: De-escalating Conflict 6.5: Using Problem-solving Strategies

<ul style="list-style-type: none"> • Disengagement 	→ Sense of purpose/future	1.5: Growing and Improving 1.6: Setting up for School Success 3.1: Goal-Setting for School Success 3.2: Applying Growth Mindset 7.3: Forging Your Path	7.4: Exploring Career Options 7.5: Furthering Your Education 7.6: Envisioning Your Future 7.7: Setting Life Goals 7.8: Mapping Your Plan
<ul style="list-style-type: none"> • Lack of control over their lives/decisions 	→ Autonomy	1.5: Growing and Improving 3.3: Bouncing Back from Setbacks 4.5: Agreeing on Group Responsibilities 4.6: Negotiating Within Groups	5.8: Becoming Change Agents 7.2: Being Your True Self 8.2: Appreciating the Power of Thought 8.7: Practicing Self-Care
<ul style="list-style-type: none"> • Academic failure 	→ Study skills	1.6: Setting up for School Success 2.8: Preparing for Presentations 3.4: Optimizing In-class Learning 3.5: Managing Time and Priorities	3.6: Overcoming Procrastination 3.7: Maximizing Out-of-class Learning 3.8: Making the Most of Test Prep
<ul style="list-style-type: none"> • Excessive technology use 	→ Self-management	2.2: Reviving Digital Zombies 3.5: Managing Time and Priorities 3.6: Overcoming Procrastination 8.3: Coping with Stress/Anxiety	8.4: Understanding Sadness/Depression New Mod 9: TEEN GUIDE to Surviving a Tech World
<ul style="list-style-type: none"> • Peer pressure 	→ Resistance skills	5.6: Advocating for Others 6.8: Understanding Healthy Dating	8.3.1: Understanding Unhealthy Coping Strategies 8.3.2: Refusing and Persuading
<ul style="list-style-type: none"> • Bullying/Exclusion 	→ Empathy/Advocacy	5.2: Working Toward Empathy 5.3: Checking for Blind Spots 5.4: Appreciating Diversity 5.5: Branching Outside Your Social Circle	5.6: Advocating for Others 5.8: Becoming Change Agents 5.9: Envisioning More Inclusive Communities
<ul style="list-style-type: none"> • Deviant Peers 	→ Prosocial peers	1.9: Agreeing on a Class Contract (PBL) 2.5: Connecting with Peers 5.5: Branching Outside Your Social Circle	6.1: Developing Positive Relationships 8.6: Recognizing When You/Others Need Help
<ul style="list-style-type: none"> • Low Self-esteem 	→ Self-efficacy	1.5: Growing and Improving 7.1: Recognizing Character Strengths	7.2: Being Your True Self 8.5: Breaking Through Loneliness 8.7: Practicing Self-Care

ENVIROMENTAL FACTORS – FAMILY, SCHOOL & COMMUNITY		
Risk Factor	Protective Factor	School-Connect Lessons
<p>Family:</p> <ul style="list-style-type: none"> • Ineffective parental supervision • Family conflict • Poor modeling 	→ Parent/family involvement and modeling prosocial skills	EQ @ Home or School: 35 lessons that can be accessed at home and with parents. Each lesson includes family discussion questions and activities
<p>School:</p> <ul style="list-style-type: none"> • Bullying 	→ Anti-bullying strategies	Module 5: Supporting Empathy and Inclusion
<ul style="list-style-type: none"> • Academic Disengagement 	→ School-Connectedness	Mod 1: School-Connect Foundations Mod 2: Improving Communication Skills Mod 3: Boosting Academic Skills & Motivation Mod 4: Collaborating on Group Projects
<ul style="list-style-type: none"> • Anonymity 	→ A caring adult	School-Connect classes and Teacher’s Guide improve relationships among teachers and students. Ideally, School-Connect teachers become an “anchor adult” who know their students well throughout high school.
<p>Community:</p> <ul style="list-style-type: none"> • Community Disengagement • Disorganization 	→ Community Service and involvement	4.9: Presenting a Service Project Plan (PBL) 5.8: Becoming Change Agents 8.8: Cultivating Hope and Happiness

***Note:** Risk and protective factors extend to macro issues beyond this list (e.g., poverty, physical illness, genetic influences). This summary focuses on characteristics that can benefit from school-based intervention options.