

ii) Some of the protective factors of mental disorders include:

→ High self-esteem and high self-concept of youth are able to disregard the 'ideal' persona of an individual perceived in the media and accepted by their peers and society. They will ultimately be more confident who they are as individuals.

→ Protective factors can be further split into sociocultural, social environmental and socioeconomic and will be discussed by these headings below:

SOUCULTURAL Able to be apart of a

Additional writing space on back page.

supportive family environment which does not promote abuse ~~nor~~ whether physical or psychological and praises youths
→ is able to be accepted by peers in school and workplace. This ultimately provides confidence and self esteem as the belong and therefore will not ~~feel~~ proceed with feelings of lack of self worth and uselessness
→ have a spiritual belief which nurtures the

SOLO ENVIRONMENTALS → resides in an environment where the absence of prohibited and lethal drugs is supported rather than the easy accessibility of the substances. This is because youth quite often "self medicate" with illicit drugs as it may be accepted by their peer group or may give them a desired effect eg. If suffering depression an individual may want to commit suicide and therefore purchase ~~over~~ the counter paracetamols to overdose and die
→ Reside in an environment where there is not the open possible exposure to harmful

You may ask for an extra Writing Booklet if you need more space.