

Box 1. Risk and protective factors (8,10)

Risk factors

- High availability of substances in the environment
- Substance use/dependence among patients
- Substance use by older siblings
- Lack of parental supervision
- Low quality of family relations
- Family disruption and problematic economic conditions
- Low perception of harm in society, especially among your people
- Individual risk factors: mental disorders, conduct disorder, aggressive behaviour, academic failure

Protective factors

- Reduced availability and high prices
- Parental monitoring
- Academic competence
- Effective policies
- Strong neighbourhood attachment
- Strong positive attachment or bond between children and parents
- Positive external support system
- Individual attributes such as positive temperament and disposition, self-control