Throughout childhood and adolescence, students experience a range of events and influences that may impact upon wellbeing. These factors are referred to as risk and protective factors. Whole-school wellbeing approaches can provide a strong protective factor for student wellbeing whether learning at home or on-campus.

Protective Factors for Wellbeing

Protective factors are resources that support student resilience and maintain wellbeing. They relate to the student themselves, family circumstances, peer relationships, school setting, and the broader community (Be You, 2020).

By supporting and enhancing protective factors, young people may be less vulnerable to mental health issues. Protective factors can buffer or moderate the influence of risk factors (Loxley et al., 2004).

References

- Beyond Blue Be You National student mental health and wellbeing initiative (2020)
- Collaborative for Academic and Social and Emotional Learning - CASEL (2020)