

## Risk and protective factors for suicide among youth

KEY CONTEXT	PREDISPOSING FACTORS	CONTRIBUTING FACTORS	PRECIPITATING FACTORS	PROTECTIVE FACTORS
<b>Individual</b>	<ul style="list-style-type: none"> <li>previous suicide attempt</li> <li>depression. or other mental health problems</li> <li>hopelessness</li> <li>persistent and enduring suicidal thoughts</li> <li>history of childhood neglect, sexual or physical abuse</li> </ul>	<ul style="list-style-type: none"> <li>rigid cognitive style</li> <li>poor coping skills</li> <li>limited distress tolerance skills</li> <li>substance misuse</li> <li>impulsivity</li> <li>aggression</li> <li>hypersensitivity/ anxiety</li> </ul>	<ul style="list-style-type: none"> <li>loss</li> <li>personal failure</li> <li>victim of cruelty, humiliation, violence</li> <li>individual trauma</li> <li>health crisis</li> </ul>	<ul style="list-style-type: none"> <li>individual coping, self-soothing and problem solving skills</li> <li>willingness to seek help</li> <li>good physical and mental health</li> <li>experience/feelings of success</li> <li>strong cultural identity and spiritual beliefs*</li> <li>living in balance and harmony*</li> </ul>
<b>Family</b>	<ul style="list-style-type: none"> <li>family history of suicidal behaviour /suicide</li> <li>family history of mental disorder</li> <li>early childhood loss/ separation or deprivation</li> </ul>	<ul style="list-style-type: none"> <li>family discord</li> <li>punitive parenting</li> <li>impaired parent-child relationships</li> <li>invalidating interpersonal environment</li> <li>multi-generational trauma and losses *</li> </ul>	<ul style="list-style-type: none"> <li>loss of significant family member</li> <li>death of a family member, especially by suicide</li> <li>recent conflict</li> </ul>	<ul style="list-style-type: none"> <li>family cohesion and warmth</li> <li>positive parent-child connection</li> <li>positive role models</li> <li>active parental supervision</li> <li>high &amp; realistic expectations</li> <li>involvement of extended family, Elders and ancestors*</li> </ul>
<b>Peers</b>	<ul style="list-style-type: none"> <li>social isolation &amp; alienation</li> </ul>	<ul style="list-style-type: none"> <li>negative attitudes toward help seeking</li> <li>limited/conflicted peer relationships</li> <li>suicidal behaviours among peers</li> </ul>	<ul style="list-style-type: none"> <li>interpersonal loss or conflict</li> <li>peer victimization</li> <li>rejection</li> <li>peer death by suicide</li> </ul>	<ul style="list-style-type: none"> <li>social competence</li> <li>healthy peer modeling</li> <li>peer friendship, acceptance &amp; support</li> </ul>
<b>School</b>	<ul style="list-style-type: none"> <li>history of negative school experience</li> <li>lack of meaningful connection to school</li> </ul>	<ul style="list-style-type: none"> <li>reluctance/uncertainty about how to help among school staff</li> </ul>	<ul style="list-style-type: none"> <li>failure</li> <li>expulsion</li> <li>disciplinary crisis</li> <li>school-based harassment</li> </ul>	<ul style="list-style-type: none"> <li>success at school</li> <li>interpersonal connectedness/ belonging</li> <li>supportive school climate</li> <li>school engagement</li> <li>anti-harassment policies and practices</li> </ul>
<b>Community</b>	<ul style="list-style-type: none"> <li>multiple suicides</li> <li>community marginalization*</li> <li>socioeconomic deprivation*</li> </ul>	<ul style="list-style-type: none"> <li>sensational media portrayal of suicide</li> <li>access to firearms or other lethal methods</li> <li>uncertainty about how to help among key gatekeepers</li> <li>inaccessible community resources</li> </ul>	<ul style="list-style-type: none"> <li>high profile/ celebrity death, especially by suicide</li> <li>conflict with the law/incarceration</li> </ul>	<ul style="list-style-type: none"> <li>opportunities for youth participation</li> <li>availability of resources</li> <li>community ownership*</li> <li>control over local services*</li> <li>culturally safe healing</li> <li>connection to land nature*</li> </ul>
<b>Sociopolitical</b>	<ul style="list-style-type: none"> <li>colonialism*</li> <li>historical trauma*</li> <li>cultural stress*</li> <li>interlocking oppressions</li> </ul>	<ul style="list-style-type: none"> <li>racism*</li> <li>sexism</li> <li>classism</li> <li>ableism</li> <li>heterosexism</li> </ul>	<ul style="list-style-type: none"> <li>social exclusion*</li> <li>social injustice*</li> </ul>	<ul style="list-style-type: none"> <li>social capital *</li> <li>social justice*</li> <li>social safety net</li> <li>social determinants of health</li> </ul>

Developed by Jennifer White (2012)