Protective Factors for Delaware Youth

Support and Encouragement
In 2021, 95% of surveyed 5th grade students reported that at least one person in their life provides them with support and encouragement, most commonly a parent or guardian.¹

Feelings of Safety
In 2021, 8th and 11th grade students who reported feeling safe in their neighborhood also reported lower rates of anxiety and depression.²

Academic Achievement
In 2021, surveyed students in 8th and 11th grade who reported higher grades also reported lower rates of vaping, alcohol, and marijuana use.²

Family Resilience Composite Measure* (%)

- All or most of the time to 0-1 items
  - Nationwide: 5.9
  - Delaware: 9.7
- All or most of the time to 2-3 items
  - Nationwide: 10.2
  - Delaware: 11.4
- All or most of the time to all 4 items
  - Nationwide: 83.9
  - Delaware: 78.9

The National Survey of Children’s Health includes four questions to determine the Family Resilience Composite Measure. About 79% of Delaware parents report their child lives in a home with all four supports in place all or most of the time, which is lower than the national sample.²

*The composite measure includes the following four items: talk together about what to do; work together to solve our problems; know we have strengths to draw upon; and stay hopeful even in difficult times.

Source(s):