Support and Encouragement

In 2022, 94% 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.

Feelings of Safety

In 2022, 8th and 11th grade students who reported feeling safe at school were less likely to report using substances or recent symptoms of anxiety and depression.

Academic Achievement

On the same survey, students who reported they care about doing well in school were also less likely to report recent mental health symptoms or substance use.

The National Survey of Children’s Health includes four questions to determine the Family Resilience Composite Measure. About 4 out of 5 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.

*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.

This infographic references data reported in the Protective Factors Module of the 2023 Delaware Epidemiological Profile, which draws upon the following sources: National Survey of Children’s Health and the Delaware School Surveys.