**Social Ecological Model (SEM) Worksheet**

Complete each section of the table below.

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| **Social-Ecological Model: Framework of Prevention Activities** | | |
| Identify the health problem: Substance abuse | | |
| Identify the target population affected by the health problem: The youths | | |
| **Level of Influence** | **Factors That Contribute to the Health Problem (Risk Factors)** | **Evidence –Based Prevention Strategies by Level of Influence** |
| **Individual**  Biological and personal history factors that put someone at risk for a health condition. Prevention strategies address attitudes, beliefs, and behaviors. | Depression and Attention Deficit Hyperactivity Disorder (ADHD).  Mental illness is also a risk factor for adolescent substance abuse | Medical checkup and early treatment for adolescents with mental issues.  Physiological support to youths undergoing depression due to different issues. |
| **Relationship**  Close relationships such as social circle-peers, partners, and family members who influence behavior that may increase the risk for a health condition. Prevention strategies promote healthy relationships, mentoring, skill building. | Peer influence from friends and people around.  Ignorance on the effects of substance abuse.  Failure of parents to restrict children from taking drugs. | Educating the youths on the risks of substance abuse.  Encouraging guardians to monitor their children and also make them understand the risks of substance abuse. |
| **Community**  Settings such as schools, workplaces, and neighborhoods where social relationships occur and seek to identify characteristics of these settings associated with a health condition. Prevention strategies impact the social and physical environment to support positive behavior change or prevention of the health condition. | Lack of rules and regulations to guard against all form of drug abuse.  Culture of the community also might lure most youths into the use of drugs.  Peer influence. | Encourage managers or heads of various settings on the need of creating regulations that would prevent members from using drugs.  Encouraging better morals that would definitely form part of the culture. |
| **Societal**  Broad societal factors, such as social and cultural norms, socioeconomic policies, or health disparities, which help create a climate for a health condition. Prevention strategies target changes in those factors such as changing social norms and changing policies to support health. | Social status also makes youths get engaged in substance abuse.  Lack of jobs also makes youths to become desperate and depressed and they end up using drugs.  Poor leadership, like having leaders who fully depend on substance abuse. | Supporting poor families by supporting their children get education and learn much on the effects of substance abuse.  Creating jobs for the youths to remove all sorts of idleness that might enhance substance abuse.  Encouraging adults to acts responsibly in order to set a good example to the younger generation. |

Adapted from:

Centers for Disease Control and Prevention. (n.d.) The social-ecological model: A framework for violence prevention. Retrieved from

<https://www.cdc.gov/violenceprevention/pdf/sem_framewrk-a.pdf>