

**A Substance Use Prevention Programme Focusing on  
Resilience as a Protective Factor for Adolescents in the  
North West Province of South Africa**

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**ABSTRACT** Adolescents' substance use needs to be identified and addressed as soon as possible and substance use among adolescents needs to be prevented. The purpose of this study was to develop a substance use prevention programme focusing on resilience as a protective factor for adolescents in the North West Province of South Africa. The programme was developed based on the results of systematic review and qualitative, exploratory, descriptive and contextual research. A conceptual framework was used to guide the researcher to link the results of systematic review and qualitative research with the programme. The survey list of the Practice Oriented Theory was used as a guide for development of a conceptual framework and the programme. The findings of this study confirmed the content of the programme, and indicated that the programme to prevent substance use among adolescents should focus on strengthening adolescents' resilience and on mobilizing protective factors.