**ORAL PRESENTATION**

**Simões, C., Matos, M. G., Lebre, P. & Equipa do Projeto Aventura Social (2014). Learning and being healthy in adverse conditions: How cumulative risk impacts in adolescence and how protective factors act. APERA 2014 Conference. Hong Kong, Novembro 2014.**

Aims: This study aims to contribute to a further understanding of the cumulative risk effect on learning and health outcomes and how protective factors can act over it.

Methodology: The sample included 2840 adolescents, 46% boys, mean age 14, in the 6th, 8th and 10th grades of the public school system from Portugal. Data collection was held within the Health Behaviour in School-aged Children (HBSC) survey.

Results: Different risk effects were found for the different outcomes: a cumulative effect for substance use, where the significant impact of risk is possible to observe only in the presence of four or more risk factors; a linear effect for academic achievement, where it is possible to verify that each risk factor contributes to a significant decrease in academic achievement; and an effect, between the above mentioned cumulative and linear effects, for health related quality of life and psychological symptoms, where there is a significant increase of psychological symptoms, or decrease of health related quality of life, only in the presence of three risk factors, that is accentuated again in the presence of four or more risk factors.

Conclusions: Learning and being healthy are main tasks for adolescents and they are interrelated, but these are special challenges for those who face several risks in their lives. In this context, and for the different outcomes, the effects of environmental and internal resilience assets are also explored and discussed. Strategies to cope with these risks are highlighted, namely through the presentation of the European program RESCUR.

Keywords: Adolescence, risk effects, protective moderator effects, health related outcomes