

IS YOUR TEEN USING DRUGS OR ALCOHOL?

Here are some key indicators of substance abuse. If you see these signs **it's time to take action**. It can start with a conversation. Be honest and direct, and be prepared to respond quickly, depending on your teen's response.



MOOD AND PERSONALITY CHANGES

Is your teen..

- depressed, withdrawn and sullen?
- unmotivated?
- uncommunicative?
- hostile and uncooperative?
- secretive?
- unfocused?
- uninhibited?
- hyperactive or euphoric?



HYGIENE & APPEARANCE

Does your teen..

- smell different than usual?
- have red eyes and/or dilated or constricted pupils?
- look messy and have poor hygiene?
- have flushed cheeks or a red face?
- have burn marks on their lips and/or fingers?
- have track marks on their arms or legs?



BEHAVIORAL CHANGES

Does your teen..

- have strained relationships with family and friends?
- seem uninterested in school, work and extracurricular activities?
- avoid eye contact?
- keep their door locked?
- disappear for long periods of time?
- seem secretive about their phone?
- chew gum or mints to cover their breath?
- use over the counter medications to treat eye and nose redness?
- have constant cash flow problems?
- seem unusually clumsy?
- experience periods of sleeplessness or high energy, followed by long periods of catch-up sleep?



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