

# Is my teen using drugs or drinking?



Underage drinking and drug use pose substantial risks for teens' health and safety. You can be your child's greatest influence and health advocate. The presence of any one of these signs does not necessarily indicate a problem with alcohol or other drugs, but if several signs are present, it suggests that a problem may be occurring that warrants further attention.

## Academics

- Sudden lack of interest in class material
- Undisciplined—doesn't get things completed on time or as specified
- Sudden drop in grades or achievement levels
- Sudden academic failure

## Attitudes

- Sudden changes in mood
- Loss of interest or lethargic in school and activities
- Defensiveness when the topic of alcohol or other drugs is raised
- Making pro-drug statements
- Lack of response to concern expressed by teachers
- Disrespect/defiance toward teachers, rules or regulations
- Generally defensive
- Overhearing a student describing or "joking" about another student's alcohol or other drug use
- Unconcerned about consequences
- Appearance
- Wearing sunglasses in class
- Staggering gait
- Inappropriate clothing for the weather
- Redness around the nose and mouth
- Chronic runny nose or cold-like symptoms
- Neglect of appearance such as poor hygiene, wearing same clothes frequently
- Odor on them
- Dilated or constricted pupils—red or glassy eyes
- Frequent use of eye drops
- Marked change in weight or appetite
- Burns on hands or clothing
- Drug paraphernalia observed—Ex: rolling papers, bong, roach clips, vape pens
- Persistent deep, dry or hacking cough
- Stumbling, confusion or disorientation

