



WARNING SIGNS: What to Look For

Experimenting with drugs doesn't always lead to drug abuse. But early use puts your child at risk for more serious drug abuse problems and addiction. Drug abuse among young adults can also increase greatly during times of change, such as a new school, moving, or divorce. The challenge for parents is to see the difference between the normal ups and downs of the teen years and the red flags of drug use.



Take Action

Do not hesitate to contact a community resource or your child's doctor if you see warning signs and need help on how to deal with the problem. And sooner is better than later.



LOOK FOR THESE SIGNS IF YOU SUSPECT YOUR TEENAGER IS **ABUSING DRUGS:**



- ▲ **Bloodshot eyes** or dilated pupils. Or use of eye drops to try to hide these signs.
- ▲ Skipping class, lower grades or getting into **trouble at school**.
- ▲ Missing money, valuables, or prescriptions from your home.
- ▲ Withdrawn, angry, or **depressed**.
- ▲ Dropping one group of friends for another.
- ▲ Loss of interest in old hobbies or activities.
- ▲ Needing more privacy. Locking doors.
- ▲ Avoiding eye contact. **Sneaking around**.
- ▲ Unexplained **change in personality** or attitude.
- ▲ Changes in appetite or sleep patterns. Sudden weight loss or weight gain.
- ▲ Deterioration of physical appearance, personal grooming habits.
- ▲ Unusual smells on breath, body, or clothing.
- ▲ **Hyperactivity**, agitation, or giddiness.
- ▲ Lack of motivation; seems lethargic or **"spaced out."**
- ▲ Seems fearful, anxious, or paranoid, with no reason.



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