



Hope. Heal. Recover.

WARNING SIGNS OF SUBSTANCE USE IN CHILDREN AND TEENS

Physical

- Eyes that are bloodshot or pupils that are smaller or larger than normal.
- Frequent nosebleeds could be related to snorted drugs (meth or cocaine).
- Changes in appetite or sleep patterns. Sudden weight loss or weight gain.
- Seizures without a history of epilepsy.
- Deterioration in personal grooming or physical appearance.
- Impaired coordination, injuries/accidents/bruises that they won't or can't tell you about- they don't know how they got hurt.
- Unusual smells on breath, body, or clothing.
- Shakes, tremors, incoherent or slurred speech, impaired or unstable coordination.

Behavioral

- Drop in attendance and performance at school/work—loss of interest in extracurricular activities, hobbies, sports or exercise--decreased motivation.
- Complaints from co-workers, supervisors, teachers or classmates.
- Missing money, valuables, prescription or prescription drugs, borrowing and stealing money.
- Acting isolated, silent, withdrawn, engaging in secretive or suspicious behaviors.
- Clashes with family values and beliefs.
- Preoccupation with alcohol and drug-related lifestyle in music, clothing and posters.
- Demanding more privacy, locking doors and avoiding eye contact.
- Sudden change in relationships, friends, favorite hangouts, and hobbies; loss of interest in previous favorite activities
- Frequently getting into trouble (arguments, fights, accidents, illegal activities).
- Using incense, perfume, air freshener to hide smell of smoke or drugs.
- Using eyedrops to mask bloodshot eyes and dilated pupils.
- Skipping class, declining grades, getting in trouble at school.

Psychological

- Unexplained, confusing change in personality and/or attitude.
- Sudden mood changes, irritability, angry outbursts or laughing at nothing.
- Periods of unusual hyperactivity or agitation.
- Lack of motivation; inability to focus, appears lethargic or “spaced out.”
- Appears fearful, withdrawn, anxious, or paranoid, with no apparent reason.