

WARNING SIGNS

OF POSSIBLE YOUTH ABUSE OF ALCOHOL AND OTHER DRUGS

PHYSICAL SIGNS

Change in clothing choices; new fascination with clothes that highlight drug use ♦ New use of mouthwash or breath mints (to cover up the smell of alcohol) ♦ Slowed or staggering walk ♦ Loss of interest in appearance ♦ Pinpoint pupils, dilated pupils, bloodshot eyes ♦ Slurred speech ♦ Tremors or shakes of hands, feet or head ♦ Failure to shower or bathe ♦ Drastic weight loss or gain

AROUND THE HOME

Use of incense, room deodorant or perfume (to hide smoke or chemical odors) ♦ Evidence of drug paraphernalia such as pipes, rolling papers, lighters ♦ Evidence of use of inhalant products (such as hairspray, nail polish, correction fluid) ♦ Common household products in room or garbage ♦ Bottles of eye drops, which may be used to mask bloodshot eyes or dilated pupils ♦ Missing prescription drug and over-the-counter drugs

SCHOOL

Dropping out of sports or other extracurricular activities ♦ Missing school ♦ Sleeping in class ♦ Declining grades ♦ Not informing you of school events or activities

Spotting any combination of these behaviors MAY be a sign of youth abuse of drugs. Contact a school counselor, other substance abuse counselor or call the Center for Prevention & Counseling at 973-383-4787

BEHAVIOR

Increased secrecy and paranoia ♦ Subtle changes in conversations with friends, e.g. using "coded" language ♦ Disrespect for or isolation from family ♦ Change in friends, new hangouts, or sudden avoidance of "old crowd" ♦ Aggressive, rebellious behavior ♦ Sudden oversensitivity, temper tantrums, or irritability ♦ Lack of motivation or self-esteem; apathetic attitude ♦ Stealing money or borrowing it for unexplained reasons ♦ Hyperactivity, excessive talkativeness ♦ Constant excuses for not coming home on time or at all ♦ Selling possessions or seeming to have money but no job

