

Signs and Symptoms

Adolescent Drug and Alcohol Use

Tips for Prevention

1. Set reasonable curfew.
2. Be awake, interact with kids when they come home.
3. Frequently tell children expectations around drug use.
4. Educate in advance around alcohol, drugs, tobacco.
5. Discuss ways to avoid peer pressure.
6. Offer children safe ride home if they call.
7. Use teachable moments to give accurate information.
8. Get to know child's friends.
9. Decide consequences should child use alcohol or drugs.
10. If your intuition tells you something is wrong, it probably is. Know when to take action.
11. Know where your kids are going and who they are hanging out with; know the parents of their friends.
12. Tell your son or daughter in advance that you will be checking up on them.
13. Reduce easy accessibility of alcohol and prescription drugs around your home; keep these items locked up.
14. If problems persist, take your child for an assessment.

Physical Signs

1. Loss of appetite or increase of appetite
2. Change in eating habits, unexplained weight loss/gain
3. Slow or staggering walk
4. Inability to sleep, awake at unusual times
5. Red, watery eyes
6. Pupils larger or smaller than usual, blank stare
7. Cold, sweaty palms or shaking hands
8. Puffy face, blushing or paleness
9. Smell of substance on breath, body, or clothes
10. Extreme hyperactivity; excessive talkativeness
11. Runny nose, hacking cough
12. Needle marks on lower arm, leg, or bottom of feet
13. Nausea, vomiting, or excessive sweating
14. Tremors or shakes
15. Irregular heartbeat
16. Unusual nosebleeds or burns

Behavioral Signs

1. Changes in attitude/personality
2. Changes in friends or hangout locations; sudden avoidance of old crowd
3. Change in activities or hobbies
4. Drop in grades or work performance, skips school
5. Change in habits at home, loss of interest in family
6. Difficulty paying attention, forgetfulness
7. General lack of motivation, energy, self-esteem
8. Oversensitivity, temper tantrums, resentful
9. Moodiness, irritability, nervousness
10. Silliness or giddiness
11. Paranoia
12. Excessive need for privacy
13. Secretive or suspicious behavior
14. Car accidents
15. Chronic dishonesty
16. Unexplained need for money, stealing
17. Change in personal grooming habits
18. Possession of drug paraphernalia
19. Does not obey curfew or house rules
20. Sleeps in school
21. Turns in assignments late or incomplete
22. Lack of interest in sports or other activities

If you suspect your son or daughter is using drugs or drinking, call us 24 hours a day, seven days a week. We can offer free phone-based assessments to determine the next steps for you and your family.

There is help for addiction, and Hazelden is the solution.

**hazelden.org
familiesfacingaddiction.org
aboutmydrinking.org**

**800-257-7810
24 hours a day, 7 days a week**