

Signs and Symptoms

Concerned your child might be experimenting with drugs or alcohol? Below are some signs to look out for:

Changes in Behavior

- Missing school, declining grades or discipline problems
- Dropping old friends and getting new ones
- Dropping activities such as sports
- Increased secrecy
- Unusual borrowing of money
- Sudden mood changes, aggressiveness, irritability
- Restlessness, excessively talkative, rapid speech
- Irresponsible behavior, poor judgment
- Depression
- Forgetfulness, slurred speech, or difficulty expressing thoughts
- Lack of coordination, poor balance

More Direct Evidence of Substance Use:

- Increased use of incense, room deodorant or perfumes (to hide smoke or chemical odors)
- Increased use of eye drops (to mask bloodshot eyes or dilated pupils)
- New use of mouthwash or breath mints (to cover the smell of alcohol)
- Drug paraphernalia such as pipes, rolling papers
- Increased accumulation of inhalable products such as hairspray, nail polish, correction fluid, etc.
- Missing prescription drugs, such as narcotics, stimulants and mood stabilizers