

Warning Signs

Signs in the Home

- loss of interest in family activities
- disrespect for family rules
- withdrawal from responsibilities
- verbally or physically abusive
- sudden increase or decrease in appetite
- disappearance of valuable items or money
- not coming home on time
- not telling you where they are going
- constant excuses for behavior
- spending a lot of time in their rooms
- lies about activities
- finding the following: cigarette rolling papers, pipes, roach clips, small glass vials, plastic baggies, remnants of drugs (seeds, etc.)

Signs at School

- sudden drop in grades
- truancy
- loss of interest in learning
- sleeping in class
- poor work performance
- not doing homework
- defiant of authority
- poor attitude towards sports or other extracurricular activities
- reduced memory and attention span
- not informing you of teacher meetings, open houses, etc.

Physical and Emotional Signs

- changes friends
- smell of alcohol or marijuana on breath or body
- unexplainable mood swings and behavior
- negative, argumentative, paranoid or confused, destructive, anxious
- over-reacts to criticism acts rebellious
- sharing few if any of their personal problems
- doesn't seem as happy as they used to be
- overly tired or hyperactive
- drastic weight loss or gain
- unhappy and depressed
- cheats, steals
- always needs money, or has excessive amounts of money
- sloppiness in appearance

Source: CDC.