

Signs of Possible Drug/Alcohol Use

Listed here are some of the signs that a teen may be using alcohol or other drugs.

** Please note that these signs do not always mean alcohol or drugs are being used. These could be signs of another issue a teen is dealing with.*

- Physical changes such as gait, speech, dress, hygiene, eyes, etc.
- Abrupt changes in mood or attitude
- Sudden decline in grades, work performance, sports, and other projects
- Reoccurring conflicts with family, friends, or school
- Breaking curfew and other house rules
- Stealing money from home or anywhere else
- Increased borrowing of money from family or friends
- Staying in room for long periods of time or being secretive about actions and whereabouts
- Secrecy about possessions
- Dropping off of usual friends/activities and associating with new friends who use or “party”
- Defensiveness when asked reasonable questions
- Increased resistance or rebellion to school or home rules and boundaries
- Sudden change in rudeness and disregard of others
- If the teen has used before and quit, but now the same signs of use have returned