Youth Substance Abuse Warning Signs

Top 10 indicators that your teen could be misusing drugs or alcohol

- Mood swings, including unexplained elation, unprovoked laughter and deep depression.
- Change in appearance, such as flushed cheeks, pinpoint pupils, bloodshot eyes, needle marks, long sleeves in hot weather and poor personal grooming.
- Irresponsibility, including poor academic performance, neglect of chores and failure to meet commitments.
- Deteriorating health, including dramatic weight fluctuation, frequent illness, irregular sleep and uncharacteristic sweating.
- Aggression, such as sudden hostility, temper outbursts, verbal abuse and physical violence.

- Altered social life, including entirely new groups of friends, social isolation, disregard for personal relationships and frequent nighttime outings.
- **7**Caginess, such as deceit, defensiveness, avoidance of eye contact, paranoia, demand for privacy and secretive behavior.
- Fluctuating energy levels, including lethargy, drowsiness and abrupt hyperactivity.
- Disinterest, including decreased motivation, poor concentration, and abandonment of hobbies, sports and group activities.
- Motor tics, such as frequent scratching, shakes or tremors, and teeth clenching.

Sources: Addiction Center, BAART Programs, Blue Cross Blue Shield NC, Partnership for Drug-Free Kids, Hazelden Betty Ford Foundation

A lot of edible drugs look

candy wrapper. Altoids tins

and other candy containers

look so ordinary, they don't

like candy, so it's easy to

camouflage them in a

raise suspicion.

HIDING IN PLAIN SIGHT

Common places teens might hide drugs and drug paraphernalia among their personal belongings.



Electronics like speakers, alarm clocks and game consoles have battery

and game consoles have battery compartments and other nooks and crannies that can conceal drugs.

and wrappers

Electronics

Sources:

- 1. Partnership for Drug-Free Kids
- 2. Get Smart About Drugs (Drug Enforcement Agency)
- 3. National Rehab Directory
- 4. The Recovery Village

Makeup and personal hygiene items

Toiletry containers like lipstick tubes, deodorant sticks and shampoo bottles can all be emptied and used to conceal drugs.



Clothing

Drugs can be stashed in the toes of shoes, in the pockets of pants and coats, and even in belt buckles that come with a secret compartment.

Books Books don't raise suspicion, so teens hollow out the insides and hide drugs

in them.

Empty soda cans

It's easy to remove the bottoms of empty soda and energy drink cans and use them to store drugs.

O Cars /

The interior and exterior of cars provide numerous places to hide drugs, including under seats, under carpets, in the glove box and under the hood.

Furniture and decorations

Under the mattress, behind a poster or wall hanging, in an air vent, in a desk or dresser drawer, or on the backside of a desk or headboard, "all" serves as inconspicuous hiding spots.

Writing instruments

The caps of highlighters, markers and pens can be used to stash small pills and powdered substances.

Stuffed animals and plush toys

Teens hide drugs among the fluff inside their lovable, cuddly stuffed friends who look innocuous adorning a bed.