

Youth Substance Abuse Warning Signs

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

- 1** **Mood swings**, including unexplained elation, unprovoked laughter and deep depression.
- 2** **Change in appearance**, such as flushed cheeks, pinpoint pupils, bloodshot eyes, needle marks, long sleeves in hot weather and poor personal grooming.
- 3** **Irresponsibility**, including poor academic performance, neglect of chores and failure to meet commitments.
- 4** **Deteriorating health**, including dramatic weight fluctuation, frequent illness, irregular sleep and uncharacteristic sweating.
- 5** **Aggression**, such as sudden hostility, temper outbursts, verbal abuse and physical violence.
- 6** **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.
- 8** **Fluctuating energy levels**, including lethargy, drowsiness and abrupt hyperactivity.
- 9** **Disinterest**, including decreased motivation, poor concentration, and abandonment of hobbies, sports and group activities.
- 10** **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

HIDING IN PLAIN SIGHT

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

Ohio
Opioid
Education
Alliance

Sources:

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

