Warning Signs of Substance Abuse

- ☐ Neglecting responsibilities:
  - Skipping school; a decline in grades
- ☐ Neglecting hygiene and overall physical appearance
- ☐ Major change of mood and behavior:
  - Might include paranoia, blackouts, depression or instability; may become hyper-aggressive; restlessness, insomnia, anxiety, fatigue, irritability, anger, hostility
- ☐ Apathy
- ☐ Low self-esteem
- ☐ Change of priorities:
  - Decreased interest in family and family activities; decreased interest in school or sports
- ☐ Missing or skipping school; not returning home from school on time
- ☐ Increase in starting arguments
- ☐ Home possessions disappearing (stealing)
- ☐ Having an increase in money or poor justification for how the money was spent
- ☐ Disorientation
- ☐ Hurried ingestion (such as pounding beers)
- ☐ Excessive sweating or nausea
- ☐ Frequent flu-like episodes such as chest pains, chronic cough or "allergy" symptoms
- ☐ Increase of infections
- ☐ Increase in lying or dishonesty
- ☐ Increased tolerance (being able to drink more or use more drugs)
- ☐ Avoiding eye contact
- ☐ Changing groups of friends
- ☐ Excessive use of eye drops
- ☐ Red-glazed eyes, dilated or restricted pupils
- ☐ Obtaining certain items: extra mouthwash to cover up alcohol, wrappers for hand-rolled cigarettes (joints), pipes or 'cookers'
- ☐ Becoming more secretive:
  - Overprotective of 'personal space' and personal items (hiding areas), putting new lock on bedroom door
- ☐ Increase in illegal activities or charges (probation violations, stealing, shoplifting)
- ☐ Increase in fights
- ☐ Short-term memory loss
- ☐ Inconsistent sleep schedule (awake for two days then sleeps for two days or excessive sleeping)

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