

Youth Substance Use

SIGNS AND SYMPTOMS

**Any of the following signs/symptoms may be cause for concern.
If behaviors continue, you may want to seek professional assistance.**

- Peculiar odors such as marijuana, alcohol, or solvents on your child, on his/her clothing, in the house, or in the car
- Presence of drugs or drug paraphernalia in your child's environment or in dirty laundry (*presence of seeds, leaves, or butts; use of small baggies, cigarette papers, tin foil, light bulbs*)
- Use of eye drops, room deodorizers, incense, or scented candles
- Slurred speech
- Changes in dress, language, opinions, or behavior
- Sudden change in family relations (*withdrawn, belligerence, marked increase in family arguments either with parents or siblings - especially regarding setting limits*)
- Noticeable change in personality (*laziness, loss of motivation or interest, unusually elated, hyperactive, or lethargic*)
- Sudden changes in mood (*aggressive anger, sullenness, uncaring attitude and behavior, seems depressed*)
- Changes in appetite: loss of appetite or increased appetite ("Munchies")
- Deterioration in physical appearance (*general unhealthy appearance, bloodshot eyes, lack of alertness, decrease in neatness or personal hygiene*)
- Noticeable changes in school performance (*drop in grades or attendance, disciplinary reports from the school, truancy, loss of interest in activities/sports*)
- Sudden change in social pattern (*new friends, activities, choice of music*)
- Secretiveness about friends or activities or endless excuses for behaviors
- Legal problems or delinquent behavior; frequently breaks house rules
- Unusual financial problems, repeated pawning or selling of personal belongings
- Health Concerns: frequently ill, nosebleeds, runny nose (*without explanation of cold/allergies*), queasy, nauseous, vomiting, or headaches



Keep a list of your concerns and share these with a professional.