



[This page prints out on 2 sheets]

## Signs of Substance Abuse

### **Your teen may look different if he is using drugs.**

Look for these things:

- Weight loss or gain, or if he suddenly gets hungry and eats a lot.
- He complains about being tired a lot, or bored. He looks tired or sick.
- He stops taking care of himself. He stops washing his clothes, bathing, or brushing his hair or teeth.
- Your teen has "hangover" signs from drinking too much. This is headaches, nausea, and vomiting.
- His eyes are red and he smells like smoke.
- He laughs for no reason.
- He seems to be speaking and moving very slowly or very quickly.



### **Your teen may change his friends.**

Look for these things:

- He changes his friends or hangs out with a different group of people.
- Or he seems lonely and is by himself a lot.

### **Your teen may act differently.**

Look for these things:

- Your teen has new memory problems. He forgets things, and is slow to react.
- He makes bad decisions and takes a lot of risks.
- He blames others for his problems.
- He seems angry all the time or out of control.
- He seems very sad, depressed, and without energy.
- He acts guilty or shy around you, like he's hiding something.
- He is gone for awhile, comes home late, or runs away from home.

### **You teen may have problems with money.**

Look for these things:

- He asks you for money all the time.

- He owes a lot of money to others.
- He sells his things.
- He steals from you to get the money to pay for drugs.

**Your teen may have problems at work and school.**

Look for these things:

- He stops caring about school.
- He cuts class or goes to work late.
- He comes to school or work high or drunk.
- Your teen sleeps in class or at work a lot.
- His grades go down.
- He has problems with his teachers or other kids.

If you teen is having problems at school, you may get phone calls from his teachers. They will ask you if everything is all right with your child.

**Your teen may have problems with the law.**

Look for these things:

- He gets arrested for selling or using drugs.
- He gets arrested for drinking underage.
- He gets in more fights.
- He has a problem with truancy. This means he's late or absent a lot.

If you notice any of these signs, talk with your teen. Find out what's going on with him.

**Get more information.** Read [Is Your Teen Using?](#). < <http://www.theantidrug.com/ei/> >

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*You can find this page online at:*

<http://www.raisingdeafkids.org/growingup/teen/drugs/signs.jsp>