

# **HOW TO IDENTIFY TEENAGERS IN DANGER OF DRUG DEPENDENCE**

This is a list of characteristics of teenagers who abuse drugs and/or alcohol. The presence of these “warning signals” does not necessarily mean a teenager has a problem – they can be indicators of problems other than alcohol or drug abuse. This is an attempt to provide a profile of some typical “warning signs” which accompany adolescent drug/alcohol abuse.

Has increasing difficulty in getting up in the morning and may also exhibit “day-night reversal” (i.e. staying up very late and sleeping during the day).

Has exhibited significant personally changes since entering junior high school; seems to be a different person.

Has changed friends significantly over the past two years.

Isolates from other family members; has begun a “motel existence” within the house; will often Escape into music(“tunes”).

Exhibits hostility and distrust of authority figures, is often oppositional.

Daily living habits have changed significantly.

Seems to have increased significantly his/her intake of fluids (soda, especially caffeinated varieties, milk, water); will spend periods of time snacking almost continuously on carbohydrates (munches).

Demonstrates difficulty with maintaining “good” grades in proportion to his/her abilities.

Displays increasing dishonesty with self and others.

Has a significantly decreased attention span.

Has either been caught or been accused of stealing from family members or from others.

Has become abusive with parents, siblings.

Has seemed to have lost interest in things he/she was once interested in.

Is overly preoccupied with privacy, secrecy.

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