

# **ADOLESCENT ALCOHOL AND DRUG USE**

## **RISK FACTORS FOR ALCOHOL AND DRUG USE**

- Low grade or poor school performance
- Aggressive, rebellious behavior
- Use of alcohol and drugs by care givers and peers
- Lack of parental support and guidance
- Behavior problems at an early age

## **SIGNALS OF POSSIBLE DRUG USE**

- Does your child seem withdrawn, depressed, tired and careless about personal grooming?
- Has your child become hostile and uncooperative?
- Have your child's relationships with other family members deteriorated?
- Has your child dropped his old friends?
- Is your child no longer doing well in school - grades slipping, attendance irregular?
- Has your child lost interest in hobbies, sports and other favorite activities?
- Has your child's eating or sleeping patterns changed?
- Watch for signs of drugs and drug paraphernalia such as pipes, rolling papers, small medicine bottles, eye drops or butane lighters

## **TIPS FOR PARENTS (NATIONAL INSTITUTE ON DRUG ABUSE)**

- Be a good listener
- Give clear no-use messages about drugs and alcohol
- Help your child deal with peer pressure to use drugs
- Get to know your child's friends and parents
- Monitor your child's whereabouts
- Supervise teen activities
- Maintain an open and honest dialogue with your child