
Behavior Warning

Signs of adolescents who may be abusing alcohol or drugs



A DROP IN GRADES—This could be a slow decrease in the past six months to a year, or a sudden drop

SWITCHING FRIENDS—Are you seeing a different set of friends around the house? More friends that you object to? Not meeting any friends?

EMOTIONAL HIGHS AND LOWS—Easily upset, emotional state changes rapidly, doesn't seem as happy as she/he used to be

DEFIANCE OF RULES AND REGULATIONS—Pushing limits around the house, not doing chores around the house

BECOMING MORE SECRETIVE—Not sharing any, or very little of their personal problems

LOSS OF INITIATIVE—Less energy, sleeping more than usual

WITHDRAWING FROM FAMILY FUNCTIONS—Camping trips, vacations, meals

CHANGE IN PHYSICAL HYGIENE—Becoming more sloppy, wearing the same clothes frequently

NOT INFORMING YOU OF SCHOOL ACTIVITIES—Open houses, times to meet teachers, suspensions, warnings

MANY EXCUSES FOR STAYING OUT LATE—Not coming home on time, not coming home at all, constant excuses

ISOLATING THEMSELVES—Spending a lot of time in their rooms

SUSPICION OF MONEY OR ALCOHOL MISSING—From parents, brothers or sisters

SELLING POSSESSIONS—Clothing, records, gifts, seems to have money but no job

FEELING MANIPULATED AND BARGAINED WITH—Playing parents against one another

WEIGHT CHANGES - Drastic loss or gain

SHORT-TEMPERED—Becomes angry often, short fuse

LEGAL PROBLEMS—Driving while intoxicated, missing curfew, being at parties that get broken up by police

DEFENSIVE—When confronted on behavior or other concerns

CALLS FROM SCHOOL—Reports of skipping classes, sleeping in class, poor work performance, not doing homework

COMING HOME DRUNK OR HIGH—Smelling of pot or alcohol, seems unusually giddy, slurred speech

ABUSIVE BEHAVIOR—Verbally or physically abusive to any family members



241 MAIN STREET . SUITE 600 . HACKENSACK . NEW JERSEY . 07601
www.tcadr.org

Spotting any of these behaviors may be a serious concern. Before coming to any conclusions, consult either your school counselor and/or a drug/alcohol counselor, or call us at: **201.488.8680**