

SIGNS & RED FLAGS

The following signs may indicate a problem with alcohol or other drugs, some also are natural changes or “growing pains” for kids as they grow and mature. However, experts believe that a drinking problem is more likely if you notice several of these changes at the same time or if they occur suddenly, and if some of them are extreme in nature. If you notice some of the following changes with your child, it's a time to start a conversation.



Physical

- **Alcohol presence:** finding it in your child's room or backpack or smelling alcohol on his or her breath.
- **Bloodshot eyes or dilated pupils**
- **Changes or slurred speech**
- **Memory lapses**
- **Poor concentration or inability to focus** as they once did
- **Sleeping in extra late**
- **Feeling ill after spending time with friends**



Social Life

- **Persistent or intense about going out with friends**
- **Friend changes:** switching friends or hanging out with new friends and reluctance to letting you meet them
- **Not checking in with you** as they once did
- **Breaking curfew**
- **Frequently attending parties** or group hangouts
- **Discussing alcohol or drug use on social media**



School Life

- **Grades dropping**
- **Lack of interest** in sports or extracurricular activities they were once involved in
- **Poor attendance**
- **Recent disciplinary action**



Personality

- **Feelings of stress or added stress**
- **Mood changes:** flare-ups of temper, irritability, and defensiveness
- **Rebellion against family rules**
- **Lack of energy** or lack of involvement in former interests,
- **Sloppy appearance-change** in commitment to getting ready

Other “Red Flags”



Household items missing such as:

- **Money**
- **Alcohol**
- **Prescription drugs**



Personal Items

- **Eye drops**
- **Breath mints & mint tins** or other small containers
- **Interest in apparel that promotes alcohol or drug use**
- **Red cups being used as décor** or to store items in their rooms