

Is My Child Using Alcohol or Other Drugs?

It's often hard to separate out typical adolescent behavior from drug-induced behavior. Ask yourself the following:

- **Does my child seem to be changing?** Becoming more irritable, secretive, withdrawn, or oversensitive?
- **Is my child becoming less responsible?** Not doing chores, late coming home, forgetting family occasions, not completing homework, etc.?
- **Is my child changing friends, interests, habits?**
- **Is my child more difficult to communicate with than before?**
- **Is my child showing physical or mental changes?** Weight loss, increased appetite, heightened sensitivity to touch, smell and taste, thought patterns that seem out of order, etc.?

Such changes may occur over a period of a few months, the summer, or over a year or more. If these early signs are ignored, then more obvious signs of drug use behavior may begin to occur. Remember, alcohol is the drug most widely abused.

What Can I Do?

- Talk to your child about alcohol and other drugs. If any of these signs are present, voice your concern about your child's behavior. Be willing to listen.
- Call your family health care provider or a mental health center for a substance abuse specialist and assistance on what you can do.

Learn more at www.DrugFreeNH.org

www.teenbrain.drugfree.org



For more Fact Sheets please go to www.ParentHelpNH.org

Children's Hospital at Dartmouth, Injury Prevention Center, NH Department of Health and Human Services, NH Department of Education, NH Pediatric Society, SAFE KIDS NH & Partnership for a DrugFreeNH.org