

BASIC WARNING SIGNS

CHANGES
AT
HOME

CHANGES
AT
SCHOOL

CHANGES
IN
BEHAVIOR

CHANGES
IN
APPEARANCE

PHYSICAL
EVIDENCE

NOTE: These signs
do not prove drug or
alcohol use exists, but
are signals that there
might be a problem.

A PARENT'S GUIDE TO WARNING SIGNS OF DRUG AND ALCOHOL ABUSE



WHAT TO LOOK FOR

Demanding more privacy; locking doors; avoiding eye contact; sneaking around; being secretive about friends, possessions, and activities; having new interest in clothing, music, and other items that highlight drug use; having financial problems or an unexplained need for money; stealing money, valuables, or prescriptions.

DIRECTIONS Pull the tab to line up the bar with the desired topic at left. Then read the text in the window.

**City of Troy Police
Chief Randall Barr
334-566-0500**

PULL

FREQUENTLY ABUSED DRUGS

ALCOHOL
(BEER, LIQUOR,
WINE)

DEPRESSANTS
(ALCOHOL, GHB,
QUAALUDES,
ROHYPNOL, VALIUM,
XANAX, ETC.)

HALLUCINOGENS
(COUGH SYRUP,
KETAMINE, LSD,
MUSHROOMS, PCP,
PEYOTE, ETC.)

INHALANTS
(AEROSOLS,
CORRECTION
FLUID, GASOLINE,
GLUE, PAINT
THINNER, ETC.)

MARIJUANA

NARCOTICS
(CODEINE, HEROIN,
MORPHINE,
OXYCONTIN,
PERCOCET,
VICODIN, ETC.)

STIMULANTS
(CAFFEINE, COCAINE,
ECSTASY,
METHAMPHETAMINE,
RITALIN, ETC.)

TOBACCO
(CHEW, CIGARETTES,
CIGARS)

WAYS TO PREVENT TEEN DRUG AND ALCOHOL USE

1. Keep the lines of communication open. That way, your teen will be more likely to come to you when problems arise.
2. Be a good role model. If you smoke or abuse alcohol or drugs, get help to quit.
3. Support your teen's healthy ambitions and dreams.
4. Set limits and consistently enforce them. This makes it easier for teens to say "No" when they're pressured by peers.
5. Build your teen's self esteem with support, praise, and love.
6. Help your teen deal with difficulty in a positive way so he or she learns healthy coping skills.
7. Discuss what makes a good friend. Those who encourage your teen to participate in harmful activities are not.
8. Stay involved in your teen's life, and get to know his or her friends.
9. Help your teen pursue healthy activities, such as sports or clubs.
10. Seek assistance if you need information about drug or alcohol abuse or building a stronger relationship with your teen. Visit these Web sites.

- www.theantidrug.com
- kidshealth.org
- www.drugfree.org

PHYSICAL SIGNS AND DANGERS OF ABUSE*

SIGNS: Altered feelings and distorted perceptions of touch, sight, sound, and taste; confusion; dizziness, double or blurred vision; impaired motor function; anxiety; paranoia.

DANGERS: Flashbacks; accidents as a result of impaired perception; brain damage.

LEARN ABOUT PRESCRIPTION AND OVER-THE-COUNTER (OTC) MEDICATIONS

The abuse of prescription and OTC medicines is a growing problem among teens. Many teens can easily access them from their own medicine cabinet and those of friends and relatives. Do research on commonly abused medications. These include cough syrups and cold remedies which can provide hallucinogenic effects. Keep track of medicines in your home. Dispose of them properly when they're no longer needed.

**Signs and dangers may not be limited to the ones mentioned in this slideguide.*

PUSH/PULL