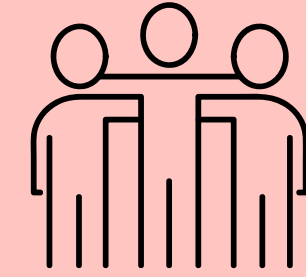


CLUES TO ADOLESCENT ALCOHOL, TOBACCO, AND OTHER DRUG USE

Academic Clues

- Declining grades
- Low achievement in middle/junior high
 - Low expectations
- May appear to have learning difficulties
- Decreased attention and concentration
 - Uninvolved in school activities
 - Hyperactive
 - Difficult to discipline
 - May stop doing homework
- Increased absenteeism, tardiness
 - Dropping out
- Rebellious, argumentative with authority figures
 - No goals for life
- Increased aggression, excessive fights



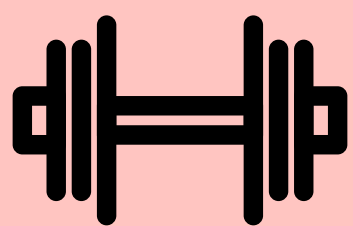
Social Clues

- Complaints, jokes, remarks made by friends about alcohol and drug use
- Conflicts with significant other over alcohol/drug use
 - Rejection by non-using peer group
- Peer group drift; increasing socialization with heavy users
 - Binges with peers
 - Risk-taking behavior
- Increased sexual activity; risky sexual practices
 - Increased conflict with family

Legal Clues



- Arrests for possession, driving while intoxicated, disorderly conduct
 - On probation
- Arrested for stealing, breaking and entering, vandalism, truancy



Physical Clues

- Passing out (with or without injury)
 - Blackouts
- Cigarette butts or vaping devices
 - Increasing sickness (colds, flu)
 - Headaches, stomach aches
- Sweating, rapid pulse, chest tightness
 - Hangovers
- Steady deterioration in personal appearance and hygiene

Psychological Clues

- Lethargy, nonmotivation
 - Agitation, restlessness
- Depression, suicidal thoughts
 - Paranoia
- Defensiveness, secretiveness
 - Euphoric, unusually self-confident
- Unwillingness to express real feelings
- Feelings of guilt, shame, rejection undermine self-esteem
- "Addict personality": Grandiose, defensive, self-absorbed, manipulative, arrogant

Sources: Dryfoos (1990), Goplerud (1991), Kaminer (1991)

Reach out to Ms. Bishopp at (360)596-3404 or kbishopp@osd.wednet.edu for more information and resources!