

What should I be looking for?

Behavior Changes

- Declining grades-School suspension/detention
- Loss of interest in activities
- Truancy
- Lack of responsibility
- Changes in friends
- Secretive behavior
- Change in sleeping patterns/ staying up all night
- Mood swings
- Sullen, uncaring attitude- explosive anger
- verbally abusive to family
- Avoidance of family
- Changes in personal appearance (long, ill-groomed hair; poor hygiene)
- Changes in dress ('baggy' clothing, unwashed clothing)
- Changed eating habits
- Taking money/ valuables or items such as kitchen utensils
- Running away
- Promiscuity
- Legal problems/ traffic violations
- Excessive bank withdrawals
- Frequent tantrums
- Paranoid behavior
- Manipulating
- Incoherent remarks
- Chronically tardy to school, back from lunch
- Borrows money
- Complaints from neighbors, school
- Argumentative
- Suspicious
- Hiding
- Exaggerated self importance
- Withdrawn
- Sadness
- Patterns to absences
- unusual reasons for absences
- Comes to school intoxicated
- Frequent trips to the restroom or vehicle

What should I be looking for?

Physical Changes

- Bloodshot eyes
- Dark discoloration around eyes
- Pinpoint or dilated pupils
- Irritated nose/ bloody nose
- Grinding jaw
- Blistered lips
- Discolored teeth
- Purple-tinged hands
- Orange tinged fingertips
- Sweaty palms
- Shaky hands
- Rough spots on thumb and fingers from lighter
- unexplained burns on hands
- Lines on forearm (tracks)
- Pale skin
- Sweatiness
- Acne breakouts
- unexplained loss of weight
- Nausea/ diarrhea
- Constant cough/ cold illness
- Frequent physical accidents
- Self-inflicted cuts and burns
- Changed appetite
- Slurred speech/ rapid speech
- Involuntary muscle contractions
- Smell of alcohol on breath/ clothing/ in vehicles
- Mismatched pupils
- Frequent physical complaints

