

Handout for Module 1: Alcohol and Other Drug Warning Signs

Warning signs of teenage alcohol and drug abuse may include:

- Physical: Fatigue, repeated health complaints, red and glazed eyes, and a lasting cough.
- Emotional: personality change, sudden mood changes, irritability, irresponsible behavior, low self-esteem, poor judgment, depression, and a general lack of interest.
- Family: starting arguments, breaking rules, or withdrawing from the family.
- School: decreased interest, negative attitude, drop in grades, many absences, truancy, and discipline problems.
- Social problems: new friends who are less interested in standard home and school activities, problems with the law, and changes to less conventional styles in dress and music.



Links for more information:

- The Partnership at Drugfree.org: <http://www.drugfree.org/>
- The Medicine Abuse Project: <http://medicineabuseproject.org>
- National Institute on Drug Abuse(NIDA): <http://www.drugabuse.gov/>
- NIDA for Teens-Resources for Educators: <http://teens.drugabuse.gov/educators>
- PACT360 Resources for Parents: <http://pact360.org/programs/parents360>
- Wisconsin DPI Student Services Prevention and Wellness: <http://ssp.wi.gov/>
- Wisconsin Youth Risk Behavior Survey: http://ssp.wi.gov/ssp_yrbsindx



The Wisconsin Safe & Healthy Schools Center is a collaborative project between the Department of Public Instruction (DPI) and the CESA Statewide Network (CSN).

