

Signs and Symptoms

IN THE CLASSROOM



Although the following are signs that may indicate a problem with alcohol or other drugs, some also reflect normal teenage growing pains. A problem is likely if you notice several of these signs at the same time, if they occur suddenly, and/or are extreme in nature.

The following signs may indicate that a student is misusing alcohol or other drugs:

- Physical or mental problems, such as memory lapses, poor concentration, bloodshot eyes, lack of coordination, or slurred speech
- Peculiar odors of marijuana, alcohol, or solvents
- Mood changes, such as flare-ups of temper, irritability, defensiveness, and hypersensitivity to criticism
- New social circle or unexplained change in friends/peer group
- Rebelliousness and delinquent behavior
- An "I don't care/nothing matters" attitude, lack of involvement in former interests and general low energy
 - Loss of interest in hygiene or personal appearance or sloppy appearance
 - Lack of involvement in or withdrawal from usual activities
 - Loss of enthusiasm, motivation, or interest
- Extreme dress, language, opinions, or behavior changes
- School problems, such as poor attendance/truancy, unexplained drop in academic performance, and/or recent disciplinary action
- Display of drug-related culture, such as doodling marijuana leaves on notebooks, graffiti, clothing, slang, etc.
- Health concerns: frequently ill, nosebleeds, runny nose (without explanation of cold/allergies), queasy, nauseous, vomiting, or headaches

SOURCE: U.S. Department of Health and Human Services, National Institutes of Health, National Institute on Alcohol Abuse and Alcoholism; Parents. The Anti-Drug, 2008

If you notice any of these signs or have suspicions that a student is may be misusing alcohol or other drugs, take immediate action. Consult with your school counselor or follow your school's policy and procedures to get them the help they need.

Intervene Early

Under N.D. state law anyone age 14 or older may obtain drug/alcohol treatment without parental consent.

Human Service Centers
www.nd.gov/dhs/locations/regionalhsc/

