



Parents: Are Your Kids Using Drugs?

Do you suspect that your child or any other young person is using drugs? Did you know that common teen-age and preteen behavior – mood swings and unpredictable behavior – may be just that, normal adolescent behavior, or may be a sign of drug use? Other signs that you might spot include:

- Withdrawn, depressed, tired, careless about grooming
- Hostile and uncooperative
- Relationships with family members deteriorating/changing
- New friends
- Slipping grades, skipping school
- Lost interest in hobbies, sports, and other favorite activities
- Eating or sleeping patterns changed; up at night, sleeping during the day
- Red-rimmed eyes and/or runny nose (but not a cold)
- Household money disappearing

The presence of drug paraphernalia such as pipes, rolling papers, small medicine bottles, eye drops, or butane lighters may also signal drug use.

Please see the other side for suggestions

about actions to take...

...if your child

exhibits one or more of the signs listed above.

What can you do if you suspect drug use?

- Discuss your concern with your spouse/significant other and/or other family members and present a united front.
- Voice your suspicion openly and avoid accusations. This is best done when your child is sober or straight and you are calm. Ask about what's been going on. Show that his/her well being is crucial.
- Enforce whatever consequences your family has agreed upon for violating house rules.
- Reinforce ways that your son or daughter can regain your trust: calling in, spending evenings at home, improving grades, etc.
- Enlist the aid of your child's school counselor, physician, or a local drug treatment referral and assessment center.
- Consider your child's emotional and social life- could there be something causing stress that may be related to drug use?
- Avoid self-blame. Drug abuse happens in families of all kinds.
- Most important: act fast, get your child back on the way to wellness.

Call the Alcohol/Drug 24-hour Help Line for free information about alcohol and drug treatment and referrals.

Crisis line: 1-800-562-1240 • Teen line: (206) 722-4222



DSHS 22-377 (9/99)

