

## **Signs to watch for include the following:**

- Giving up past activities such as sports, homework, or hanging out with new
- Declining grades, aggressiveness and irritability, forgetfulness
  
- Disappearing money or valuables, feeling rundown, hopeless, depressed, or even suicidal
- Taking risks, including sexual risks and having "blackouts"-forgetting what he or she did the night before
- Getting in trouble with the law, drinking and driving or suspensions from school or work for an alcohol or drug-related incident
  
- Sounding selfish and not caring about others, and avoiding friends or family in order to get drunk or high
- Use of room deodorizers and incense and finding paraphernalia such as baggies, small boxes, pipes, and rolling paper
- Getting drunk or high on drugs on a regular basis
- Lying, particularly about how much alcohol or other drugs he or she is using
  
- Planning drinking in advance, hiding alcohol, drinking or using other drugs alone
- Having to drink more to get the same high or constantly talking about drinking or using other drugs
- Believing that in order to have fun you need to drink or use other drugs
- Frequent hangovers and pressuring others to drink or use other drugs