

### **33 SIGNS THAT DRUG OR ALCOHOL USE SHOULD BE TREATED**

Could your teen answer “True” to any of the following?

- I admit that my drug or alcohol use has caused problems
- I have dropped out of school or may do so because of my drug or alcohol use
- My parents think I should quit drugs and/or alcohol
- Some of my friends think I should quit drugs and/or alcohol
- I am not sure I can quit using on my own
- I have been arrested or could have been arrested due to drugs or alcohol
  
- My grades at school have recently dropped, or I am failing
- I have been suspended from school due to drug or alcohol use
- I have got into fights at school after using
- My temper is becoming more and more of a problem
- Sometimes I have to admit I feel out of control
- I have recently felt like dying or committing suicide
  
- Recently I have had to use more drugs or alcohol to get the same high
- I have used drugs in the morning or before school
- I have skipped class to get high or stoned or drunk
- I have heard kids refer to me as a “stoner” or “druggie” or similar term
- I have made promises to cut down on my use that I have not kept
- I have mixed or combined different drugs to increase the “high”
  
- I make sure I have a stash of drugs always available
- I have sold possessions to get money to buy drugs
- I have sold drugs to others
- I have stopped using drugs at times, but I keep going back
- My memory has become significantly worse lately
- My recreational activities have changed as a result of my drug use
  
- One of the main reasons I use drugs or alcohol is to forget my problems
- I just don’t want to quit using drugs or alcohol
- I have lost friends due to my drug or alcohol use
- My interest in activities that do not involve drugs has diminished
- I often think about using drugs when I am busy elsewhere
- I have introduced friends to someone who could get them drugs
  
- I have used drugs and the next day been unable to remember what happened
- I have stolen money from my family or others to buy drugs
- No one understands why I use drugs or alcohol

This handout was produced for parents, teachers, doctors and counselors by the

### **Adolescent Substance Abuse Program**

For more information or to refer a teen for treatment call ASAP at (602) 434-0249