

WHY DO TEENS EXPERIMENT WITH DRUGS & ALCOHOL?

- Teens experience rapid growth, intense curiosity, and a strong desire to fit in
- Typically, this is the first point in their lives where they will be exposed to drugs & alcohol
- Most adolescents experience an increase in responsibilities, independence, & begin coping with stress individually
- Thrill seeking & lack of impulse control contribute to poor decision making & experimental substance abuse

POTENTIAL EFFECTS OF DRUG & ALCOHOL USE

- Adolescents who experiment with drugs & alcohol are at an increased likelihood to have adult addiction issues
- Adolescent drug use can seriously disrupt brain development and cognitive functions
- Adolescents who use drugs & alcohol are at an increased likelihood to suffer from mental disorders
- Adolescents who use drugs & alcohol are at an increased likelihood to engage in criminal activity

Physical Warning Signs of Substance Abuse

- Pupil Dilation
- Bloodshot Watery Eyes
- Extreme Lethargy
- Change in Sleeping Patterns
- Changes in Appetite & Eating Habits
- Decrease in Personal Hygiene

Behavioral Warning Signs of Substance Abuse

- Shifts in Social Circles
- Decrease in Performance at School & in Activities
- Withdrawal from Family Activities
- Self-Isolation
- Neglecting Responsibilities
- Secretive Behavior
- Repeated Lying, Dishonesty, or Deceit



Preparing for a conversation with your child

- Be on the Same Page
- Expect Name Calling
- Gather Evidence
- Expect Anger, Remain Calm
- Set Realistic Goals
- Establish Rules & Consequences