**WARNING SIGNS OF AN ALCOHOL PROBLEM**

- Nothing matters attitude: sloppy appearance, lack of interest in previous activities
- Mood changes: temper flare-ups, irritability
- Friend problems: switching friends, secretive or defensive about friends
- Any sudden change in behavior
- Alcohol presence: smelling it on his or her breath, finding it in their backpack or locker
- School problems: poor attendance, low grades, disciplinary issues
- Family problems: rebellion against family rules
- Physical and mental problems: memory lapse, poor concentration, bloodshot eyes, lack of coordination, slurred speech

*These warning signs may signify other problems as well.*

**REPORT CARD**

- Math: C-
- Science: F
- English: D

**What to Do ~ Who to Call**

- Talk to parents and family
- Refer to doctor or mental health professional
- Refer to substance abuse treatment in the community
- Refer to community health department

**SOURCE:** Deborah Gilboa, M.D., aka “Doctor G”, parenting expert and family physician: askdoctorg.com

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