WARNING SIGNS OF AN ALCOHOL PROBLEM

Mood changes
temper flare-ups, irritability

School problems
poor attendance, low grades, disciplinary issues

Family problems
rebellion against family rules

Friend problems
switching friends, secretive or defensive about friends

Physical and mental problems
memory lapse, poor concentration, bloodshot eyes, lack of coordination, slurred speech

Any sudden change in behavior

Alcohol presence
smelling it on his or her breath, finding it in their backpack or locker

Nothing matters attitude
sloppy appearance, lack of interest in previous activities

REPORT CARD

Math  C-
Science  F
English  D

To learn more, visit Responsibility.org’s Educator page
Responsibility.org/Materials-for-Educators

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

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