WARNING SIGNS OF AN ALCOHOL PROBLEM

Mood changes
- temper flare-ups, irritability

School problems
- poor attendance, low grades, disciplinary issues

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

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

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

Family problems
- rebellion against family rules

REPORT CARD

Math: C-
Science: F
English: F

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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