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

<table>
<thead>
<tr>
<th>Subject</th>
<th>Grade</th>
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<tbody>
<tr>
<td>Math</td>
<td>C-</td>
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<tr>
<td>Science</td>
<td>F</td>
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<td>English</td>
<td>D</td>
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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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