

**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

**REPORT CARD**

|         |    |
|---------|----|
| Math    | C- |
| Science | D  |
| English | F  |

**Physical and mental problems**

memory lapse, poor concentration, bloodshot eyes, lack of coordination, slurred speech

**School problems**

poor attendance, low grades, disciplinary issues

**Family problems**

rebellion against family rules

**Any sudden change in behavior****Alcohol presence**

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

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

**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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