

PEP Talk

In partnership with EIPS Committee of School Councils



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www.pepsociety.ca

Signs and Symptoms of Youth Drinking and Drug Use

How can I tell if my child is using drugs or alcohol?

This can be challenging when we consider changes that are common for a pre-teen or teenager such as changes in moods or attitudes, different sleeping habits and changes in hobbies and interest.

What should you look for?

You can also look for signs of depression, anxiety, withdrawal, carelessness with grooming or hostility. Ask yourself, is your child still doing well in school.

WATCH LIST FOR PARENTS

- Changes in friends
- Negative changes in schoolwork, missing school, declining grades
- Increased secrecy about possessions or activities
- Use of incense, room deodorant, or perfume
- Subtle changes in conversations with friends (more secretive coded language)
- Change in clothing choices – clothes that highlight drug use
- Increase in borrowing money
- Bottles of eye drops
- New use of mouthwash or breath mints to cover up smell of alcohol
- Missing prescription drugs – painkillers, mood stabilizers, narcotics
- Evidence of drug paraphernalia such as rolling papers, pipes

You do make a difference... keep the communication open.. watch for opportunities for casual conversation starters.

You are NOT alone!

Parents Empowering Parents (PEP) Society was founded over 15 years ago in Strathcona County. We provide free innovative programs for parents/extended family and youth/young adults. Our groups are professionally facilitated and drop in - no registration required.

For more information please visit our web-site www.pepsociety.ca

or call our Support Line Days/Evenings Weekends 780.293.0737