

Signs and Symptoms of Teenage Substance Abuse

CLASS ATTENDANCE

- ✓ Frequent tardiness
- ✓ Frequent request to leave class
- ✓ Frequent absences
- ✓ Class cuts

DISRUPTIVE BEHAVIOR

- ✓ Irresponsibility, blaming, denying
- ✓ Attention-getting behavior
- ✓ Defiance of rules
- ✓ Fighting or sudden outbursts of anger
- ✓ Verbally abusive to others
- ✓ Obscene language/gestures

ACADEMIC PERFORMANCE

- ✓ Drop in grades/low achievement
- ✓ Failure to complete assignments
- ✓ Poor short-term memory
- ✓ Decrease in class participation
- ✓ Easily distracted

CODE VIOLATIONS

- ✓ Involvement in thefts/assaults
- ✓ Possession of drugs/paraphernalia
- ✓ Vandalism
- ✓ Selling drugs

PHYSICAL SYMPTOMS

- ✓ Sleeping in class
- ✓ Slurred speech
- ✓ Deteriorating personal appearance
- ✓ Depression
- ✓ Withdrawn: Difficulty relating to others
- ✓ Talks freely about drug use
- ✓ Defensive
- ✓ Crying
- ✓ Erratic behavior
- ✓ Constant adult contact
- ✓ Unexplained, frequent physical injuries
- ✓ Frequent cold-like symptoms
- ✓ Smelling of alcohol or marijuana
- ✓ Glassy, blood-shot eyes
- ✓ Uses eye drops or sunglasses
- ✓ Weight loss or gain
- ✓ Erratic sleeping or eating habits

ATYPICAL BEHAVIOR

- ✓ Change in friends/behavior
- ✓ Sudden popularity
- ✓ Older or younger social group
- ✓ Disoriented

EXTRACURRICULAR ACTIVITIES

- ✓ Misses practice without substantial reason
- ✓ Dropping out of activities



the recovery center

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When a Student Is Under The Influence

Just as with any emergency situation, the safety and well-being of the student experiencing the crisis and the safety of the entire student population is paramount. Following some standard procedures will help alleviate some of the tension in a crisis situation.

- ✓ Try to separate the student from the rest of the student body before confronting him or her. This eliminates the possibility of harm to others.
- ✓ When confronting a student, it is important to get as much information as possible regarding what substances he or she has used. Adverse reactions when using more than one substance are common.
- ✓ Take note of physical symptoms. They might be important to know if the student progresses to hallucinations, seizures or unconsciousness.
- ✓ Collect and save any packages, bottles, bags or paraphernalia that might have contained the substances or contains the substance itself.
- ✓ If a student is found to be incoherent, seizing or unconscious, don't hesitate to call emergency services for help. Try to find out what substances have been consumed. Adverse reactions, overdose and alcohol poisoning are medical emergencies. Time is of the utmost importance when trying to get help in these situations.
- ✓ In all situations, follow the guidelines set forth by your school's ATOD (alcohol, tobacco and other drug) policy.

