

SCHOOL COUNSELORS

WARNING SIGNS OF AN ALCOHOL PROBLEM



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



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

Mood changes
temper flare-ups, irritability



Friend problems
switching friends, secretive or defensive about friends



REPORT CARD

Math	C-
Science	D
English	F

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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