

A Back-to-School Checklist That Could Save Your Child's Year:

10 Signs Your Child May Have a Drug Problem

When your kids go back to school after summer break, you want to prepare them in every way possible. Fall clothes? Check. School supplies? Check. But if your child is starting to use drugs or alcohol, all of your hopes for a successful school year could be crushed before classes even start.

If you've noticed unwelcome behavior or personality changes in your child, there's a far more important checklist than one that lists backpacks and pencils. We're talking about the sometimes subtle signs of a drug problem that could derail a once-promising academic year.

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1. Has your child cut off contact with close friends and started hanging around with a different group of kids? YES NO

 2. Is your child increasingly secretive about their activities? Are they suddenly out of contact, avoiding calls or texts? YES NO

 3. Is your child sleeping noticeably more or less than usual (for example, dozing at odd hours or being extremely difficult to wake up in the morning)? YES NO

 4. Is your child suddenly asking for more money, selling possessions, stealing money from you or putting unauthorized charges on your credit cards? YES NO

 5. Does your child seem unmotivated, rebellious or distracted? Do you feel like your son or daughter has morphed into someone you don't really know? YES NO

 6. Is your child increasingly unreliable, missing appointments and not attending to family and/or school responsibilities? Do they dodge questions about what they're doing or how they're feeling? YES NO

 7. Is your child gaining or losing weight or showing noticeable changes in how they look, such as wearing radically different clothes or suddenly sporting tattoos or piercings? YES NO

 8. Has your child stopped doing sports or quit a club or other activity they usually enjoy? YES NO

 9. Is your child struggling to cope with stress or other feelings? Do they spend a lot of time alone or seem always on guard? YES NO

 10. Is your child increasingly moody? Do they lash out at reasonable questions and requests? Are you starting to wonder if this isn't "just a phase?" YES NO
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If you answered yes to just one or two of these questions, chances are your child is going through normal growing pains. However, if you answered yes to three or more of these questions, it's time to have a talk with your child.

If you think your child could have a problem with alcohol or other drugs, help is available, and the sooner the better. Drug use early in life is an important predictor of later substance use disorders, social problems, school failure and impaired brain development, among other issues.

It's not too late to change course. Call [877-968-3584](tel:877-968-3584) for a free, confidential assessment and get your child back on track in time for the school year.