

# Not my kid!

## Drug use **warning** signs

### **Health**

Persistent nasal drainage, bloody noses, dry mouth, dilated pupils, loss of appetite, weight loss, tired, bloodshot eyes, marks on arms, falling asleep easily, poor hygiene, change in sleep patterns and scars or sores on skin.

### **Paraphernalia**

Lighters, spoons missing, light bulbs missing, cut up straws or hallowed out pens, zig/zag papers or cigars, burnt spoons, tinfoil, pipes, powder substances, broken down pills/ capsules “herb grinders”, cough syrup containers or packets, needles, balloons, e-cigarettes, screens missing from sinks, candy that looks suspicious or has odd names.

**For more information call any of our  
5 locations:**

**Blaine: (763) 757-2906**

**Burnsville: (952) 890-8879**

**Woodbury: (651) 731-0031**

**Plymouth: (763) 546-8008**

**Eden Prairie: (952) 224-5873**

Or check out the National Institute on Drug Abuse (NIDA) website at: [www.drugabuse.gov](http://www.drugabuse.gov)



**On-Belay House  
Anthony Louis Center**  
Adolescent Substance Abuse Treatment

[www.anthonylouiscenter.com](http://www.anthonylouiscenter.com)

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## Drug use **warning** signs

As parents and community members we want our kids to stay away from drugs. That's why we asked professionals and adolescents in recovery to put together a list of drug use warning signs. We hope that this list can help parents identify the signs of drug use and get help sooner rather than later. These warning signs can also be helpful to anyone working with teens.

### **Family**

Ignoring directions, poor communication, sneaky behavior, "I don't care attitude", quick and short conversations, lying, telling stories that don't add up, distance from family, money or valuables missing & not calling to check in or ignoring your calls.

### **Personality**

Angry outbursts, being out of control, not following through with curfew or promises, persistent lying, elaborate excuses, negative attitude, isolating, lazy, unreliable, sluggish, tired & procrastinating.

### **Moods**

Major mood swings, nervous or jumpy, angry depressed, mean or violent outbursts.

### **Friends**

Changes in friends, friends are using drugs, Avoids hanging out at home with friends & lots of unplanned sleep-overs.

### **School**

Grades dropping, skipping school, dropping sports, sleeping in class, loss of interest & behavior problems at school.