

GENERAL SIGNS OF SUBSTANCE USE AND ADDICTION IN TEENS

GENERAL SIGNS AND SYMPTOMS

Some signs to look for in your teenager if you suspect they have a substance use problem:

- May have difficulty at school- poor performance and low grades
- Lack of interest in school related activities
- Changes in their appearance (clothing may be dirty or lack of interest in grooming)
- Behaviour changes - may become more irritable than usual
- Memory lapses
- Lack of energy to do their regular activities
- Changes in appetite
- Weight loss
- Bloodshot eyes (e.g. red eyes, pinpoint)
- Change in relationships with others (arguing more often, lying, defending their actions)
- Stealing or breaking curfew

CANNABIS RELATED SIGNS AND SYMPTOMS

- Increased appetite(munchies)
- Red eyes
- Droopy eyelids
- Slow reactions
- Relaxed and calm
- Uncoordinated and forgetful
- Trouble with thinking and problem solving
- Increased auditory and visual perception
- Anxious, panicked or paranoid

Other Names: Pot, Weed, Grass, Reefer, Mary J, Ganja

OPIOID RELATED SIGNS AND SYMPTOMS

- Memory issues,
- Difficulty with concentration or confusion
- Restlessness
- Dizziness

Public Health

1-877-464-9675
TTY 1-866-512-6228
york.ca



- Slow reaction times
- Extreme tiredness
- Mood swings
- Slow breathing
- Dry mouth
- Pinpoint pupils
- Nausea and vomiting
- May be in and out of consciousness(nod)
- Unconscious

Other Names: Percs, T's, Blues, T1/2/3, China girl, Chine white, Dance fever, Friend, Murder 8, Jackpot, Goodfella

ALCOHOL RELATED SIGNS AND SYMPTOMS

- Poor concentration
- Slow reflexes or reaction time
- Poor coordination
- Slurred speech
- Altered behaviour and emotions
- Silly or elevated mood
- Risk-taking behaviour
- Red face from increased blood flow to the skin
- Blurry or Double Vision

Other Names: Booze, Juice, Brew, Sauce, "A Drink"

Figuring out if your teenager has a substance use problem may be challenging. Many of the signs and symptoms of substance use are similar to typical teenage behavior. If you suspect your teen has a substance use problem, seek medical guidance as the symptoms may be a result of other conditions.

Drug Free Canada (2021). There is no single reason why a young person might choose to use cannabis. Retrieved on <https://www.drugfreekidscanada.org/prevention/drug-info/cannabis>

American Addiction Centers (2021). How to tell if someone is on drugs: Opiates, marijuana and more. Retrieved on <https://americanaddictioncenters.org/adult-addiction-treatment-programs/know-is-someone-on-drugs>

Partnership to end Addiction (2021). How to spot the signs of teen or young adult substance use. Retrieved on <https://drugfree.org/article/spotting-drug-use>

American Addiction Centers (2021). Teen and Alcohol Abuse and Treatment Guide. Retrieved on <https://www.alcohol.org/teens>

Public Health

1-877-464-9675
TTY 1-866-512-6228

