

KNOW THE SIGNS



Although each case is different, there are common signs of potential opioid misuse and abuse in children and teenagers.

These include:

- **Negative changes in grades**
Are your child's grades suddenly dropping after a long record of academic success?
- **Skipping classes or school**
Do you no longer know what your child is doing during the school day?
- **Dropping longtime friends**
Have your child's friends suddenly changed?
- **Loss of interest in usual activities**
Does your child no longer seem interested in his or her "favorite" activities?
- **Changes in appearance**
Has your child developed an uncharacteristic lack of concern for grooming or hygiene?
- **Changes in general behavior, including sleeping and eating habits**
Has a normally energetic child become listless, or a laid-back child become unusually excitable?

Of course, the explanation for a sudden or unexpected change could have nothing to do with drugs. Each person is different, and the same behavior in different teens may have very different causes. Trust your instincts; after all, you know your child best. If something does not seem right, ask questions, investigate, and—if necessary—seek professional help.

Among those that reported misusing prescription opioids in 2015, 16.8% were looking to experiment, get high, or "hooked"