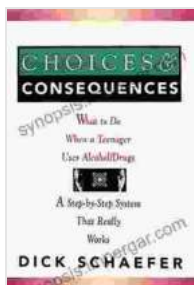


What to Do When Teenager Uses Alcohol and Drugs

If you're a parent of a teenager, you may be worried about the possibility of them using alcohol or drugs. It's a common concern, and one that many parents face. The good news is that there are things you can do to help your teenager avoid substance use, or to get them help if they're already using.

Signs of Alcohol and Drug Use in Teenagers

There are a number of signs that may indicate that your teenager is using alcohol or drugs. These include:



Choices and Consequences: What to Do When a Teenager Uses Alcohol/Drugs by Dick Schaefer

★★★★☆ 4.5 out of 5

Language : English
File size : 4036 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 168 pages



- Changes in behavior, such as becoming withdrawn or aggressive
- Changes in appearance, such as bloodshot eyes or weight loss
- Changes in mood, such as feeling depressed or anxious

- Changes in sleep patterns, such as sleeping more or less than usual
- Changes in appetite, such as eating more or less than usual
- Loss of interest in activities they used to enjoy
- Problems at school, such as declining grades or skipping class
- Legal problems, such as being arrested for underage drinking or drug possession

If you're concerned that your teenager may be using alcohol or drugs, it's important to talk to them about it. Be honest and open with them about your concerns, and let them know that you're there for them no matter what.

How to Talk to Your Teenager About Alcohol and Drug Use

Talking to your teenager about alcohol and drug use can be difficult, but it's important to do it in a way that is open and honest. Here are some tips:

- Choose a time and place to talk where you won't be interrupted.
- Start by expressing your concerns in a non-judgmental way. For example, you could say, "I'm worried about you because I've noticed some changes in your behavior lately."
- Listen to your teenager's response without interrupting.
- Be honest and open about your own feelings and experiences with alcohol and drugs.
- Let your teenager know that you're there for them no matter what, and that you'll support them in their decision to get help if they need it.

If your teenager is resistant to talking about alcohol and drug use, don't give up. Keep talking to them, and let them know that you're there for them if they need help.

Getting Help for Your Teenager

If you're concerned that your teenager is using alcohol or drugs, it's important to get them help as soon as possible. There are a number of resources available to help you, including:

- Your doctor or pediatrician
- A mental health professional
- A substance abuse treatment center
- A support group for parents of teenagers who are using alcohol or drugs

The type of help that your teenager needs will depend on their individual needs. Your doctor or mental health professional can help you determine the best course of treatment.

Supporting Your Teenager in Recovery

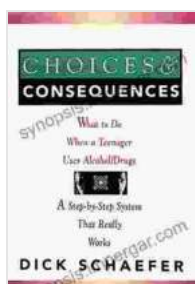
If your teenager is in recovery from alcohol or drug use, it's important to be supportive. Here are some tips:

- Be patient and understanding. Recovery is a process, and it takes time.
- Encourage your teenager to talk to you about their recovery.

- Help your teenager to avoid situations where they may be tempted to use alcohol or drugs.
- Celebrate your teenager's successes, no matter how small.
- Remind your teenager that you're there for them, no matter what.

Recovery from alcohol or drug use is possible, but it's not always easy. With your support, your teenager can overcome this challenge and build a healthy and fulfilling life.

If you're a parent of a teenager, it's important to be aware of the signs of alcohol and drug use. If you're concerned that your teenager may be using, talk to them about it in a non-judgmental way. If they need help, get them the help they need as soon as possible. With your support, your teenager can overcome this challenge and build a healthy and fulfilling life.



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