

# PEP Talk

In partnership with EIPS Committee of School Councils



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[www.pepsociety.ca](http://www.pepsociety.ca)

## Signs and Symptoms of Youth Drinking and Drug Use

### How can I tell if my child is using drugs or alcohol?

This can be challenging when we consider changes that are common for a pre-teen or teenager such as changes in moods or attitudes, different sleeping habits and changes in hobbies and interest.

### What should you look for?

You can also look for signs of depression, anxiety, withdrawal, carelessness with grooming or hostility. Ask yourself, is your child still doing well in school.

## WATCH LIST FOR PARENTS

- Changes in friends
- Negative changes in schoolwork, missing school, declining grades
- Increased secrecy about possessions or activities
- Use of incense, room deodorant, or perfume
- Subtle changes in conversations with friends (more secretive coded language)
- Change in clothing choices – clothes that highlight drug use
- Increase in borrowing money
- Bottles of eye drops
- New use of mouthwash or breath mints to cover up smell of alcohol
- Missing prescription drugs – painkillers, mood stabilizers, narcotics
- Evidence of drug paraphernalia such as rolling papers, pipes

**You do make a difference... keep the communication open.. watch for opportunities for casual conversation starters.**

### You are NOT alone!

Parents Empowering Parents (PEP) Society was founded over 15 years ago in Strathcona County. We provide free innovative programs for parents/extended family and youth/young adults. Our groups are professionally facilitated and drop in - no registration required.

For more information please visit our web-site [www.pepsociety.ca](http://www.pepsociety.ca)  
or call our Support Line Days/Evenings Weekends 780.293.0737