

## Adolescent Checklist

An aid when concerned about an adolescent who may be harmfully involved with drugs

		DOES APPLY	DOES NOT APPLY
1.	A change in the family's communication with the adolescent. Refusal to take part in discussions concerning unacceptable behavior. Previous closeness may dissipate and disciplinary talk is interrupted either by "he tunes me out" or angry outbursts.		
2.	Refusal by the adolescent to recognize the impact on the family of unacceptable behavior, e.g. arguments or intoxicated events or delinquent acts.		
3.	Concern expressed by others, i.e. siblings, classmates, teachers, other family members, or authority figures, concerning personality change, suspected drug usage, or traveling with the wrong crowd.		
4.	Expressed concern for oneself, e.g. "I'm worried I might get involved with drugs or alcohol" or "My life is meaningless and I want to die."		
5.	Poor choice of friends, choosing to be with kids known or suspected of being delinquent and/or involved with drugs or alcohol.		
6.	Mysterious comings and goings, frequent unexplained phone calls and visits by unfamiliar youth. Sneaking out at night, ignoring curfew.		
7.	Change in social group, grade school friends left behind for a group of friends that are unknown to parents.		
8.	Incidents of untrustworthiness, particularly incorrect explanations of absence from school or lies about location of parties or parental chaperoning.		
9.	Unexcused absences from school or missed classes.		
10.	Minor or major delinquent involvement, especially (but not exclusively) where participants were intoxicated or drugs were involved.		
11.	Any violence or threat of violence towards siblings.		
12.	Any violent episode away from home, including injury to self or others.		
13.	Minor or major automobile accidents.		
14.	Vocal disrespect for parents, teachers or other authorities.		
15.	Unhealthy relationships. This includes a variety of social styles, e.g. isolation from any close friends, choice of older, perhaps delinquent friends, or choice of a single friend to the exclusion of all others. No healthy involvement or interest in the opposite sex.		
16.	Premature adult behaviors, e.g. seductive dress or behavior, pseudo-sophisticated "existential" concerns, unreasonable questioning, or rejection of family values, especially regarding "recreational" drug usage.		
17.	Mood swings, such as depression, irritability, or unexplained euphoria and talkativeness.		
18.	Sleep disturbances, particularly staying awake for long periods at night, or going to bed immediately after supper or returning home.		
19.	A drop in grades, perhaps accompanied by a stated loss of interest in academic pursuits.		
20.	Money problems: Missing money from purses or coin collections at home or baby-sitting jobs or homes of grandparents, or holds a steady job but does not show money in savings. Forging parent's checks or withdrawing money from parent's bank accounts with ATM card.		
21.	Annoyance of, or tantrums occur when questioned, e.g. about possible drug involvement.		
22.	Cigarette smoking.		
23.	Discovery of marijuana, pills or alcohol. Missing bottles of liquor or diluted liquor in the family supply.		
24.	Discovery of a diary recounting drug experiences or involvement with the drug scene, or finding notes stating usage or drug exchange.		
25.	Episodes of intoxication, either marijuana or alcohol.		

The more "applies" checked the more diagnostic of an adolescent who is harmfully involved with drugs and alcohol.

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