



## M.M. PUBLIC SCHOOL

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### Drug abuse in children and adolescents

Substance abuse/ use of intoxicants among adolescents has become major health and social problems in India. Researches suggests that consumption of intoxicants in any form in adolescence has important consequences during young adulthood including delinquent behavior, including physical and psychological disturbances, unstable work pattern.

Parent's checklist – indicators of child and adolescent substance abuse/drug abuse

#### Physical changes

- Blood – shot eyes, extremely large or small pupils, watery, with blank stares or nystagmus.
- Deterioration in physical appearance: rapid weight loss, evidence of unexplained injury, unusual body breath or body odor

#### Emotional changes

- Extremes of energy or lethargy: insomnia and excessive sleep or fatigue.
- Academics regression, sudden change in social activities or peer group.
- Signs of anxiety.

#### Health changes

- Chronic coughing, sniffing, black phlegm
- Skin boils or sores: nasal bleeding

#### Behavioral changes in family

- Withdrawal: decrease contacts and expressiveness.
- Conflicts: arguments, lying, running away, behavioral changes in social functioning.
- Reckless behavior.

A common knowledge is that it is safe than to be sorry

  
PRINCIPAL