

SIGNS AND SYMPTOMS OF SUBSTANCE DEPENDENCE/ADDICTION

1. Increase in the amount of alcohol or other drugs used.
2. Trouble with parents, school or police.
3. Dramatic change in mood when drinking or using.
4. Denial of any problem.
5. Dishonesty with peers about drinking or using.
6. Failed attempts to quit or cut down on use.
7. Association with known heavy users.
8. Frequent excuses for using.
9. Protecting supply.
10. Low self-image.
11. Hangovers or bad trips.
12. Deterioration of school grades.
13. Stealing money.
14. Using substance while alone.
15. Loss of control while using or drinking.
16. Health problems – less energy, stamina, more emotional ups and downs.
17. Suicidal thoughts or behaviours.
18. Relationships with friends become strained – loss of friends, boy/girlfriend
19. Violent behaviour when high or drunk.
20. Preoccupation – you think about the substance all the time.
21. Increase in frequency of use.
22. Increase in tolerance.
23. Memory loss.
24. Using substance in the morning.
25. Frequent broken promises.
26. Defensive when confronted.

Addictions

- <https://teens.drugabuse.gov/drug-facts/brain-and-addiction>
- <http://www.scholastic.com/drugs-and-your-body/>
- <http://learn.genetics.utah.edu/content/addiction/abuse/>

Fill in the chart with your research

What is an addiction?	What factors contribute to addictions?	Physical Consequences of Addictions	Emotional Consequences of Addictions	How to avoid addictions