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TROUBLE SIGNALS CHECKLIST

The following is a sample of behavior which may indicate that a student is having problems with alcohol or drugs. Usually, one of these signals does not indicate a problem. The presence of several of these signals, however, may be reason for concern.

1. School performance begins to fall, or falls quickly.
2. Student loses weight, or becomes unkempt.
3. Student's attitude to adult authority figures and other non-drug people becomes sarcastic and disrespectful.
4. Student suddenly abandons friends for a new group.
5. Student seems to be moody; "up" one day, very "down" or sleepy the next.
6. Student's school attendance falters; student often late or absent.
7. Student begins to have trouble focusing attention, or starts falling asleep in class; student who usually reads well starts to have trouble reading orally in class; may not be able to follow sentence.
8. Student seems unduly giddy or silly; laughs at inappropriate times.
9. Student's pupils are widely dilated (depressants or stimulants), or very pinpointed (narcotics).
10. Student experiences dizziness, tremors, irritability, drowsiness, apathy, or lethargy.
11. Student seems to be secretive about activities.
12. Student seems to be constantly in need of money; may be suspected of theft at school or in community.
13. Student talks of drug culture or exhibits drug paraphernalia.
14. Student smells of alcohol, marijuana, paint, or lacquer.
15. Student always wears long sleeves, even in hot weather.
16. Student has markings or "tracks" on arms, legs, or anywhere on body.
17. Student has paint on nose or mouth, white powder on nose, or sores around nasal area.
18. Student is seen in brief meetings around school grounds with another student or non-student, exchanging money or items.
19. Parents complain to you about the student's change in behavior, attitude, or activities at home.
20. Parents tell of student's blatant lies pertaining to activities, or complain about items missing from home.

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Resource from NCADA's RADAR library. For more information, visit our website at www.ncada-stl.org.
For questions on substance use, abuse and related problems, call NCADA's help Line at (314) 962-3456.