

TEEN ALCOHOL/ DRUG USE

WARNING SIGNS **TEACHERS**

- Sudden drop or gradual lowering in grades and achievement levels (reasons unclear).
- Academic failure (sudden).
- Skips classes or entire days.
- Drops out of sports and other extra curricular activities.
- Disrespect/defiance toward teachers, rules and regulations.
- Present in classroom but inattentive.
- Frequent visits to nurse for various minor complaints.
- Burns on hands, clothing.
- Increase in disciplinary actions.
- Sleeps in class.
- Wanders in hallways or school grounds.
- Frequent trips to the bathroom.
- Uses phone excessively.
- Writes drug slang and phrases on school notebooks.
- Lack of response towards concerns expressed by teachers or guidance counselor regarding any of the above.

RESPONDING TO THE SIGNS **TEACHERS**

- Don't ignore the signs and think things will get better by themselves.
- Don't be afraid to talk to the student
- Is there something wrong?
- Do you need someone to talk to?
- I notice some changes in you.
- Set your limits (Do not over react).
- If a student denies a problem go to the school resource with your concerns
- If the student admits to a problem – Ask if he/she would be willing to talk to someone, and then refer him/her to the school resource.
- Don't condemn, judge or criticize

EFFECTIVE PRINCIPLES OF INTERVENTION (FRAMES)

-Provide **F**eedback about their behavior (I've noticed that...)

-Encourage **R**esponsibility for making changes ("ultimately, this is your decision/choice...")

-Give **A**dvice about how change might be facilitated (I'd recommend you look into...")

-Provide a **M**enu of options ("There are a number of things you might do to help yourself...")

-Express **E**mpathy ("Making these kinds of changes is hard...")

-Support **S**elf-efficacy ("but you CAN do it...I'd be willing to help you...")