

## Drug Addiction In Teens: Ten Warning Signs

Denial is not just a condition of an addict, but also common amongst their parents as well. Drug addiction is something that people don't think will ever affect their children; everyone thinks it will happen to someone else's family. The reality is that addiction can be occurring under our own roof to our own son or daughter. And with drug overdose deaths dangerously continuing to rise for the 11th straight year, it is more important than ever to detect and treat addiction before it is too late. In order to help detect addiction as early as possible, I compiled a list of the top 10 signs your teen may be developing a drug addiction.



- 1. Deceitful or Sneaky Behavior:** Drug abusers often become very reclusive and secretive in their activities and behavior. They seek excessive privacy and may lie, fabricate stories or get aggressive when asked about their whereabouts.
- 2. Avoidance of Social Activities:** An individual with a drug problem may lose interest and withdraw from social activities they used to enjoy, as all of their attention becomes focused on feeding their addiction and scoring their next fix.
- 3. Changes in Social Circles:** Always be wary if your teen suddenly changes their circle of friends, especially if they are unwilling to introduce you to their new ones.
- 4. Mood Swings:** Emotional instability is one of the major signs of drug use. An addict's mood can go from calm and emotionless to extremely angry, moody and aggressive within seconds and with no sensible reason.
- 5. Altered Sleep Habits:** Drug abuse causes an individual to have very erratic sleeping habits. Stimulants can cause a person to stay up late hours then crash later, while depressants induce sleep.
- 6. Unexpected Weight Loss:** Loss of appetite is a common side effect for drug and alcohol abuse, and many stimulants create enough energy that users feel they can keep going without proper nutrition.
- 7. Frequent Doctor's Visits:** Those addicted to prescription drugs often make frequent trips to the doctors for "anxiety" or claims of "not feeling well" in order to obtain more drugs.
- 8. Overuse of Hygiene Products:** Drug users will often carry or excessively use eye drops, gum, mouthwash, cologne or anything that will help cover up the physical signs of their drug use.
- 9. Excessive Spending Habits:** Drugs are expensive and addicts will often go to great lengths to get the money for them, including stealing, from their own parents. If your child works and has an excess of money that seems to disappear, this may be a tip-off.
- 10. Denial:** One of the biggest predictors of drug abuse is denial. If approached, a drug user will often avoid eye contact, lie, or change the subject.

Although drugs can affect people differently, if your teen is displaying some of these signs it may be a sign they are abusing and are addicted to drugs.

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