



This FREE RESOURCE is provided by The Lighthouse.
The Lighthouse is a faith-based program helping those in our community find freedom and hope from life altering addictions. If you would like to know more about our program, please call us at 260-255-6413.

NOT MY KID!

No one wants to believe that their kids have an addiction problem. Too often we let denial overrule our good judgment. Not investigating the possibility that your child may be struggling with an addiction can be a tragic mistake. The following worksheet is designed to help you recognize the most common signs of drug or alcohol related behavior in children. Circle yes or no to the following questions:

Yes No 1. Do you think that your kid could not be involved in drugs or alcohol even though you realize that they are exposed to it in their schools?

Yes No 2. Do you think that because your kid gets good grades that he or she is immune to an addiction problem?

Yes No 3. Do you feel guilty checking up on who your kid's friends are and where your kids go?

Yes No 4. Do you consider your kid's room as "their private place"? Do you feel it is off limits to you so you can protect their privacy?

Yes No 5. Do you think that your kid will outgrow his or her behavior problems, saying things like "It's just a phase they are going through"?

- Yes No 6. Do you and your spouse blame each other for your kids' problems?
- Yes No 7. Do you hide information about your kid from your spouse or other family members?
- Yes No 8. Does your kid often carry his or her own bottle of eye drops?
- Yes No 9. Have things (or money) mysteriously disappeared from your house?
- Yes No 10. Have you noticed behavior changes in other family members as well as your own kid?
- Yes No 11. Have you been told by a counselor or friend that using drugs and drinking is a "part of growing up"?
- Yes No 12. Have you found empty pill bottles or wrappers in the garbage or in your kid's room?
- Yes No 13. Are you unable to recognize drugs or drug paraphernalia if you saw it?
- Yes No 14. Have you ignored the fact that your kid shows changes in attitude, grades, friends, or interests?
- Yes No 15. Do you drink or use over the counter drugs in private or in front of your kids?
- Yes No 16. Would you believe it if you kid told you they used drugs or drank alcohol only once and that's all?

If you answered yes to any of the above questions, please read the following information. This information could save your kid's life! Each numbered response below responds to the same numbered question on the first page. If you need further information please contact you local sheriffs department of local mental health center.

1. Most parents prefer to believe that it is someone else's kid that has a problem, not theirs. Drugs and Alcohol are everywhere. No family is immune.

2. Statistics show that all kind of kids have drug or alcohol problems. Wherever people are, there are drugs. It is scary how much drugs and alcohol are consumed in our local High Schools.
3. Don't feel guilty! It is your duty as a parent to know where your kids are, what they are doing, and who their friends are.
4. If you suspect that your kid is using drugs or alcohol, it is your duty to search whatever necessary! Kids have very clever hiding places.
5. Don't deceive yourself! Changes in behavior are the first signs of drug use.
6. Attaching blame is a waste of everybody's time and doesn't solve the problem. Parents must face the problem together.
7. Don't play games. The best way to fight your kids' addiction problem is for the entire family to be honest and join together and help.
8. Red eyes are a symptom of drug use. Be suspicious of a child who is consistently applying eye drops.
9. If so, investigate. The use of drugs and alcohol can get expensive. Kids often steal cash and household goods from parents and friends in order to support their habit.
10. The other kids in the family often change and adopt new roles in the family in order to keep the family structure in balance because they do not want the family to suffer.
11. If you have, DON'T BELIEVE IT! Trying drugs is dangerous. Find a more informed counselor or friend.
12. Finding empty pill bottles or strange pills around the house or in the garbage is a sure sign that someone is using!
13. Parents should know what drugs look like, what their effects are, how they smell, what their street names are, and how to spot their use. Do your homework!
14. You should be alarmed if your child becomes a different person. Personality changes can be signs of drug or alcohol use.

15. If you do, you're sending a negative message to your kid!

16. A kid who tries drugs "once" usually won't tell because he or she feels guilty. A child who is a user may try to throw the attention off him or herself by saying he or she has only tried it "once".