

# TIPS FOR SCHOOL NURSES

## WARNING SIGNS OF AN ALCOHOL PROBLEM



**Nothing matters attitude**  
sloppy appearance, lack of interest in previous activities



### Physical and mental problems

memory lapse, poor concentration, bloodshot eyes, lack of coordination, slurred speech

### Mood changes

temper flare-ups, irritability



### Friend problems

switching friends, secretive or defensive about friends



### REPORT CARD

Math	C-
Science	D
English	F

### School problems

poor attendance, low grades, disciplinary issues



### Family problems

rebellion against family rules



### Any sudden change in behavior



### Alcohol presence

smelling it on his or her breath, finding it in their backpack or locker



\* These warning signs may signify other problems as well.

## What to Do ~ Who to Call



Talk to parents and family



Refer to doctor or mental health professional



Refer to substance abuse treatment in the community



Refer to community health department

SOURCE: Deborah Gilboa, M.D., aka "Doctor G", parenting expert and family physician: askdoctorg.com

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ADVANCING ALCOHOL  
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