

QUIZ: Is My Teen Addicted to Alcohol?

This checklist can help parents determine if their teen is abusing alcohol. **Call the professionals at Artemis at 520.614.8647** to discuss results and learn more about receiving professional treatment.

Instructions: Read each statement and check off any signs that apply to your child. .

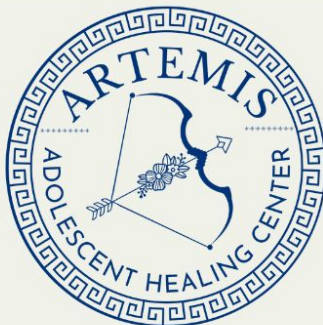
- ☐ **Secretive behavior or lying about whereabouts**
- ☐ **Sudden decline in school performance or skipping classes**
- ☐ **Hanging out with a new peer group and avoiding old friends**
- ☐ **Loss of interest in hobbies, sports, or extracurriculars**
- ☐ **Staying out unusually late or breaking curfews repeatedly**
- ☐ **Increased irritability, mood swings, or defiance**
- ☐ **Signs of anxiety, depression, or emotional numbness**
- ☐ **Low motivation or apathy about the future**
- ☐ **Denial or defensiveness when alcohol use is mentioned**
- ☐ **Drinking to cope with stress, loneliness, or sadness**
- ☐ **Smelling alcohol on breath, clothes, or personal items**
- ☐ **Unexplained hangover symptoms (nausea, fatigue, headaches)**
- ☐ **Finding hidden alcohol bottles or empty cans in their room or backpack**
- ☐ **Changes in sleep patterns or frequent exhaustion**
- ☐ **Asking for money without explanation or theft of cash**

Scoring:

0-3 Factors: Low likelihood of alcohol abuse; discuss possible social experimentation or use.

4-7 Factors: Moderate likelihood of drinking behaviors. Seek a mental health professional for an assessment.

8-15 Factors: Highest likelihood of alcohol addiction. Seek immediate care from a mental health professional.



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