

QUIZ: Is My Teenager Abusing Meth?

This checklist can help parents determine if their teen is using meth or a similar stimulant. **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. .

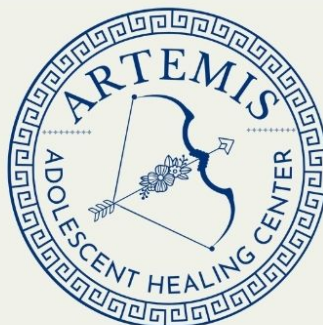
- ☐ **Sudden, unexplained bursts of energy or hyperactivity**
- ☐ **Agitation, irritability, or mood swings**
- ☐ **Paranoia or extreme suspiciousness**
- ☐ **New secrecy around activities, phone, or whereabouts**
- ☐ **Loss of interest in school, sports, or hobbies they used to enjoy**
- ☐ **Dilated pupils and rapid eye movement**
- ☐ **Noticeable weight loss or decreased appetite**
- ☐ **Unusual body odor or "chemical" smell on breath or clothes**
- ☐ **Sores, scabs, or acne-like lesions (from skin picking or "meth mites")**
- ☐ **Poor hygiene and sudden decline in grooming**
- ☐ **Anxiety or panic attacks**
- ☐ **Delusions or hallucinations (e.g., seeing or hearing things that aren't there)**
- ☐ **Extreme confidence or risky behavior**
- ☐ **Trouble sleeping or staying awake for long periods**
- ☐ **Social withdrawal or sudden change in friend group**

Scoring:

0-3 Factors: Low likelihood of meth abuse; discuss possible stimulant experimentation/use.

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

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



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