

While you can't control what your friend does, you can let them know you care. If you have a friend you think has an alcohol or drug problem, expressing your concern could help your friend realize that they have a problem.

## Know the signs

- Increased interest in drugs or alcohol
- Owning drug paraphernalia, such as pipes or needles
- Having large wads of cash, or always being low on cash
- Drastic increase or decrease in weight
- Withdrawal from others, lying, depression, or paranoia
- Skipping classes or practice
- Increased sexual activity

## Talking to your friend

- Let your friend know you care.
- Plan ahead what you want to say and how you want to say it.
- Don't talk to your friend about the problem when they are drunk or high.
- Pick a quiet and private place to talk.
- Seek advice from a trusted adult on how to talk to your friend about a drug problem.
- Be prepared for denial from your friend. He or she may become aggressive and defensive.

## Take action to help others

- Encourage your school to organize drug-free activities, such as dances, movies, or community service projects.
- Inform your parents, school staff, or the police about drug dealers in your school or community.
- Talk to school counselors about starting an alcohol or drug abuse prevention program.
- Encourage your school to start intramural sports for kids who may not be interested in competing but still want to play.



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