



# Warning Signs of Negative Influences

**As a parent, we are always gathering information in order to protect our children and help keep them safe. We strive to develop our children so they will become productive members of society. We know growing up is not easy and there are several negative influences that may impact our children. We have discovered, through research, one of the best ways to overcome negative influences is to recognize early warning signs. Some of the causes include: stress, illegal drug use, abuse of prescription medication, alcohol abuse, suicidal and self-harm ideations, and violence.**

## Warning Signs

1. Noticeable changes in behavior, appearance and health, denial of these changes
2. Difficulties in school, is more isolated, or has a new group of friends
3. Has an unusually hard time getting up in the morning or is regularly sick in the morning
4. Has slurred speech, clumsiness, dizziness, red, watery eyes or unsteadiness
5. Becomes angry when confronted by drinking
6. Poor self-image
7. Running away, curfew violations, negative police contacts
8. Possession of unexplained valuables or missing valuable
9. Chemical breath, odor of marijuana on breath
10. Change in vocabulary
11. Rapid speech, talkative, increased heart rate, warm skin, excessive perspiration and body odor
12. Missing alcohol, and prescription pills from medicine cabinet
13. Loses interest in hobbies and activities and is agitated, impatient or irritable
14. Burned fingertips, burns on lips, excessively dry lips
15. Increased irritability, agitation, anger and a lower threshold for violence
16. Unexplained absences or truancies from school
17. Difficulty focusing or concentrating
18. Makes inappropriate or unreasonable choices
19. Direct and indirect threats
20. Recurrent suicide threats or statements
21. Expresses a wish to kill, a wish to be killed, or a wish to die
22. Hopeless statements
23. Physical altercation / assault upon another person – frequent fighting
24. Weapons possession or use
25. Physically intimidates peers / younger children
26. Destruction of property
27. Bullying or victim of bullying
28. Has an unusual desire for privacy