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Does My Child Have a Problem?

Before You Start

Following are four separate lists of behaviors that you may have noticed in your teen. Many of the listed behaviors often seem to be 'normal' teenage behaviors. That is why it can be extremely difficult for parents to tell whether their child is just going through a 'typical' teenage phase, may have a psychological problem, or may have become involved with drugs and/or alcohol.

First, go down each of the four lists, checking the behaviors that apply. If you are able to check more than 4 behaviors in each checklist, you may want to seek advice on how to get your child help.

**It may be easier to print out the form and then fill it out.

CHECK LIST ONE

- Has your child become secretive?
- Has your child changed friends?
- Has your child changed in dress or appearance?
- Has your child become increasingly isolated, preferring to spend time alone?
- Have your child's school grades declined?
- Has your child dropped out of sports or other school activities?
- Has your child been fired from work?
- Does your child stay out at night past your curfew?
- Have you ever noticed your child using excessive amounts of eye drops, gum, breath mints or perfume?
- Have you ever been suspicious of your child's overall behavior, though you could find no evidence that anything was wrong?
- Has it become more difficult to get your child to participate in family activities?
- Has it become more difficult to get your child to do household chores?
- Has your child become more argumentative and uncooperative?

_____ **TOTAL FROM LIST ONE**



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CHECK LIST TWO

- Does your child seem depressed?
- Does your child seem to require extra sleep?
- Has your child become rebellious and defiant?
- Is your child 'skipping' classes?
- Has your child been suspended from school or been ordered to in-school suspension?
- Does your child seem withdrawn from the family?
- Has your child started to smoke?
- Does your child spend long periods of time in the bathroom?
- Has your child become physically or verbally abusive to parents or other members of the family?
- Do you (or your child) receive 'mysterious' phone calls at all hours?
- Has your child come home drunk?
- Has your child ever been caught stealing from family, relatives, or friends?
- Does your child avoid parental contact upon arrival at home?
- Does your child laugh excessively for no apparent reason?
- Does your child use pornography?
- Has your child experienced excessive weight loss?
- Does your child binge eat or purge his/her food?

_____ **TOTAL FROM LIST TWO**



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- Have you ever found suspicious items (drug paraphernalia) around your home, in your child's room or in your child's car?
- Have valuables been 'disappearing' from your home?
- Have prescriptions or other medicines disappeared from your medicine cabinet?
- If you drink alcohol, have you noticed diluted contents or bottles disappearing from your liquor cabinet?
- Does your child ever seem to be possessing large amounts of money?
- Has your child ever been arrested due to alcohol or drug-related events?
- Have you ever noticed that your child's eyes were bloodshot or pupils dilated?
- Has your child been arrested for vandalism, shoplifting, breaking and entering, or burglary?
- Does your child openly admit to using alcohol, marijuana, or other drugs?
- Does your child have persistent and chronic colds or respiratory congestion?
- Has your child ever threatened or attempted suicide?
- Has your child been expelled from or quit school?

_____ **TOTAL FROM LIST THREE**



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CHECK LIST FOUR

- Do you and your spouse frequently disagree or argue about your child's behavior?
- Do you often worry about your child's problems?
- Have you ever tried to cover up or make excuses for your child's behavior instead of discussing the situation with your friends, relatives or school personnel?
- Do you feel frustrated because no matter how hard you try, nothing seems to change your child's behavior?
- Do you feel relieved when your child leaves the house?
- Do you feel anger or a general dislike for your child?
- Are you afraid that you may have become a failure as a parent?
- Have you tried to change your behavior in the hopes that it would cause a change in your child's behavior?
- Do you give money to your child without your spouse's knowledge?
- Do you have a growing fear that your child has become "out of control"?
- Do you fear that your child might injure him/herself or others?
- Do you bargain with your child in an attempt to change behavior?
- Do you feel heart-sick because you have had to compromise your own values or lower your expectations concerning your child?
- Do you find yourself desiring to spend less time at home to avoid conflicts with your child?

_____ **TOTAL FROM LIST FOUR**