

Every parent wants their teen to grow up as soon as possible and achieve success in this world. But what if he or she is growing up too quickly? What if your teen is getting involved with all the wrong things (like drugs)?

Do you suspect that your teen is abusing drugs? Maybe you have noticed a change in his or her sleep habits, energy level and mood. Maybe his or her grades are dropping and his or her attitude is deteriorating. There are many ways to tell if something is about to go wrong in your teen's life and it is best that you are aware of them as soon as possible.

Here are a few signs to look out for if you suspect that your teen is doing drugs.

Physical Warning Signs


- Changes in appetite
- Sudden weight loss or weight gain
- Bloodshot eyes
- Deterioration of personal grooming habits
- Tremors, slurred speech or poor coordination

Emotional Warning Signs

- Sudden mood swings
- Unusually hyperactive, agitated or dizzy
- Displays a lack of motivation
- Appears lethargic or in a daze
- Unexplained changes in personality or attitude
- Exhibits fearful, anxious, or paranoid behaviours

Behavioural Warning Signs

- Unexplained need for money or financial problems
- Drop in attendance and performance at work or school
- Engaging in secretive or suspicious behaviours
- Sudden change in friends, favourite hangouts, and hobbies
- Frequently getting into fights, accidents or illegal activities.



Is He Growing Up Way Too Quickly?

Do not take any chances. If you find that your teen is exhibiting some of these warning signs listed above, it might be time to intervene. Here are some tips that might help when it comes to taking action.

Stay Calm

Keep calm and do not be afraid to act. Find a suitable time to talk to your teen and always communicate positive messages such as 'We are here to help' and 'It is our duty as parents.' Practice beforehand on what you are going to say and be prepared for possible negative reactions from your teen. Do apply plenty of patience and your teen will eventually realise that you only have his or her best interests at heart.

Get Help

Do not be afraid to seek external help from professionals if you feel that things are getting out of control. Talk to organisations like National Addictions Management Service (NAMS), Teen Challenge and the Samaritans of Singapore (SOS) for advice.