

## San Cristobal Academy Parent Assessment Tools

### Important Red Flags—Please Do Not Ignore!

- Uncharacteristic drop in grades combined with a growing disinterest in school.
- Undeniable evidence of alcohol and/or drug use.
- Has an “I don’t give a s\_ \_ \_” attitude to normal activities and relationships.
- Drops out of participation in school or other sports-related activities.
- Completely ignores or disregards parent/family rules.
- Changes friends and won’t introduce you.
- Significant weight gain or loss combined with a desire to eat at odd hours.
- Demonstrates fits of rage or violence!
- Evidence of any self-mutilation: cuts, burns, etc.
- Radical mood swings or a deep, consistent depression.
- Engages in suicidal and/or criminal ideation, talk, or action.
- Stays out all night or runs away from home for days at a time.
- Procures a lethal weapon.
- Listens to dark, menacing, depressing music. Writes or draws disturbing images.
- Kills, harasses, or tortures animals of any kind.
- Steals or pawns family money, jewels, liquor, etc.
- Repeats the same mistakes over and over again!

**If you see clear examples of any of the above items, please pay close attention. Any single item or combination could be a cry for help. If serious enough, call 911 or immediately seek assistance from an appropriate professional.**