

San Cristobal Academy

Red Flags: Warning Signs You Must Not Ignore!

If your teen:

- Suddenly changes friends, and you get a bad feeling about them or your teen won't let you meet them.
- Loses all interest in school and his/her grades plummet
- Runs away frequently, sometimes for days at a time
- Significantly changes his or her sleeping and/or eating patterns
- Exhibits a "don't-give-a-damn" attitude
- Spends hours and hours at the computer—especially on the Internet or playing violent video games
- Suddenly loses interest in everything
- Displays sudden bursts of violence or rage
- Changes his or her behavior toward the family pet or other animals
- Procures a weapon—any weapon
- Writes dark, depressing poetry or songs or draws pictures depicting death, suicide, and/or violence
- Begins self-mutilation (cigarette burns, carving words or symbols on his/her body, self-tattoos, self-pierces) which he/she may attempt to hide with long-sleeved clothing, even in warm weather
- Begins to give his/her possessions away
- Engages in suicidal and/or criminal ideation, talk or action
- Possesses unexplained valuables
- Neglects appearance/hygiene
- Frequently uses eye wash
- Has drug paraphernalia
- Frequently violates curfew
- Has glassy/red eyes
- Withdraws or is generally apathetic
- Lies and is deceitful
- Is manipulative and self-centered
- Has no concern about the future
- Disregards consequences
- Is verbally abusive
- Is disrespectful to parents and/or other authority figures
- Skips school or has frequent truancy
- Loses interest in healthy behaviors—dropping out of school sports or other activities of interest

If you:

- Feel tight and tense every time you talk with your teen
- Find evidence that your teen has been torturing animals
- Find evidence that your teen has been setting fires
- Find that money and/or jewelry is missing or that liquor is missing from the liquor cabinet

It's a long, but critically important list of warning signs. Get help immediately! Do not excuse, rationalize, or justify.

San Cristobal Academy strongly encourages early intervention as the best way of preventing the development of destructive habits that over time become intractable and extremely costly or impossible to remediate.

“Helping parents help themselves”