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## Does Your Friend Have a Drug Problem?

This quiz can help you assess whether your friend has a drug problem. Only a doctor or trained counselor can truly determine if your friend has a problem. But you need to remember that any drug use is cause for concern. However, this gives you some things to think about when considering a friend's drug use – and will help you determine if you need to talk with your friend. Remember, there is no way to determine how long it takes for addiction to set in, and all drugs take their toll on the brain and body. Drug use is a problem – and whether it's a lot or a little makes no difference.

**If you decide that you want to talk to your friend about his/her drug or alcohol use, you should always follow these simple steps:**

- 1** Remember that your friend's drug use is NOT your fault.
- 2** Never confront your friend when she is drunk or high.
- 3** If your friend becomes angry or violent, leave and bring up the subject later when he is calm. Or, you can suggest that he talk to a trusted adult.
- 4** If you are nervous about talking with her, ask another friend who knows the situation if you can practice with him or her, to help work out ahead of time what you are going to say.
- 5** For more advice on how to prepare yourself for talking with a friend who is using drugs or alcohol, visit the "What to Say" section.

**If you or your friend needs immediate help – or if you need help – call the Girls & Boys Town National Hotline at 1-800-448-3000 or visit the Resources section:  
<http://www.abovetheinfluence.com/help/resources.aspx>.**



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# TAKE THE QUIZ

## Your Friend

- yes      no
- 1 —  —  — Does she/he ever drink or get high alone?
  - 2 —  —  — Does she/he drink or get high before, during, or after school?
  - 3 —  —  — Has she/he missed classes or have her grades suffered from her drug or alcohol use?
  - 4 —  —  — Does she/he think it's hard to have a good time if she's not drinking or getting high?
  - 5 —  —  — Has she/he ever blacked out or forgotten what happened while she was drinking or getting high?
  - 6 —  —  — Does she/he have to drink to feel normal?
  - 7 —  —  — Has she/he found herself having to drink or use more than before in order to feel drunk or high?
  - 8 —  —  — Has she/he ever made the decision not to drink or smoke and then failed to follow through?
  - 9 —  —  — Has she/he ever lied about her drinking or drug use?
  - 10 —  —  — Has she/he ever said she feels guilty about her drinking or drug use?
  - 11 —  —  — Has she/he seemed run-down, depressed, or hopeless lately?
  - 12 —  —  — Does she/he ever have major mood swings (relaxed then angry or paranoid)?

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## THE PEOPLE YOUR FRIEND HANGS WITH

- yes      no
- 13 —  —  — Does your friend hang out with people who plan activities around drinking or getting high?
- 14 —  —  — Is she/he starting to hang out or does he already hang out only with people who drink or get high, and who know where to get alcohol or drugs?
- 15 —  —  — Is she/he skipping classes to get high?
- 16 —  —  — Does she/he talk a lot about drinking and getting high - how messed up he was on Saturday, how wasted she/he's going to get at the next party, etc.?
- 17 —  —  — Has she/he ever pressured you or anyone else to drink or get high?
- 18 —  —  — Does she/he avoid friends who choose not to drink or use drugs?

## YOUR FRIEND'S LIFE

- yes      no
- 19 —  —  — Has she/he ever been in trouble - with family or at work or school - because of drinking or drug use?
- 20 —  —  — Has anyone - friend, family member, co-worker, teacher - ever told her/him they think he should stop his drinking or drug use?
- 21 —  —  — Has anyone ever said they were angry with her/him about his drinking or drug use?
- 22 —  —  — Has she/he started to lose interest in things that used to mean a lot to her/him, like schoolwork, sports, hobbies, or friends who don't drink or use drugs?
- 23 —  —  — Has she/he put himself or other people at risk while drunk or stoned - driving or engaging in dangerous behaviors, for example?

# RESULTS

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## If you answered “No” to all the questions:

You answered “No” to all the questions, which is a good sign. But still, you were curious or worried enough about your friend’s use to check this out in the first place, and that suggests that you might want to talk to her. Remember that any drug use is a concern. Don’t forget that you should always prepare yourself for talking to a friend, which includes never talking to her when she is drunk or aggressive. It can be tough and even scary to have this conversation. If you need some help figuring out what to say, you can check out these sample conversations or get confidential help from a trusted adult (teacher, coach, or nurse) or from a hotline with trained teens and adult experts. You can also see what other people have gone through in similar situations.

**Get immediate help 1-800-448-3000.  
24 Hours A Day and Confidential**

# RESULTS

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## If you answered “Yes” to one or more of the questions:

You answered “Yes” to one or more of the questions, and that is a definite sign that you need to take a closer look at your friend’s use; there may already be a problem. Remember that any drug use is a cause for concern. If you choose to talk with your friend, here are some tips for starting the conversation – and a few actual things to say. It is also important that you remain drug free to help your friend because studies clearly show that not having friends who smoke marijuana are associated with quitting.<sup>1</sup> You should also know that 50% of all current marijuana users report that they should reduce or stop their marijuana use.<sup>2</sup> So your friend likely wants to stop and may need your help. You might also want to hear about what other people have gone through. It’s a good idea to get some confidential help from a trusted adult (teacher, coach, or nurse) or from a hotline with trained teens and adult experts. A trained teen or adult can help you determine whether or not you need to step in, how you should do it, or if your friend needs help from a counselor.

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<sup>1</sup> Terry-McElrath, Yvonne M. M.S.A et al. “Saying No to Marijuana: Why American Youth Report Quitting or Abstaining.” Institute for Social Research, University of Michigan. 2008.

<sup>2</sup> Ibid.