



JEWISH FAMILY SERVICE



Are young Jews more vulnerable to substance abuse?

Today's youth are growing up in an entirely different world than the generation before them... and the generation before that. The influence of family often gives way to that of friends. Peer pressure is more powerful than ever before. Fitting in can take a toll. Substance abuse and other addictive behavior among youth in the Jewish community is a growing concern for us all.

There are many "warning signs" that something may be amiss, providing you know what to look for. Here's just the tip of the iceberg:

Social Interaction

- More frequent telephone calls
- Change in dress to "fit in"
- Frequenting internet chat rooms

School Behavior

- Lacking motivation
- Lower grades
- Disrespectful of teachers and rules

Emotional Stability

- Violent or threatening (verbally or physically)
- Lethargic or apathetic
- Mood swings

Family Dynamics

- Withdrawal from family activities
- Sneaking out of the house
- Becoming manipulative, lying

Physical Well Being

- Smelling of alcohol, marijuana, stale smoke
- Frequent use of drops for bloodshot eyes
- Chronically inflamed nostrils, runny nose

Legal Issues

- Shoplifting or stealing from family members
- DUI, vandalism, breaking/entering, etc.
- Car accident(s), reckless driving

- ▶ The new JFS *Alternatives to Addiction* Program offers a culturally relevant response to the disease of addiction within the Jewish community. Confidential help is just a phone call away. Contact Diane Burnett, (206) 861-8782 or e-mail ata@jfsseattle.org. You have questions, JFS has answers.



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