



Warning Signs That Your Daughter is at “High Risk”

Adolescent development is a time of great emotional, physical, intellectual and social change; but you need to be aware of those issues beyond normal adolescent development. **Is your daughter crying out for help?** There are certain emotional, social and intellectual changes to be aware of. **Some of the warning signs that your daughter is at “high risk” include:**

- Decline in grades or truancy
- Lying about where she’s going and whom she’s with
- Sudden change in peer group/destructive peer choices
- Sudden change in attitudes, values and beliefs
- Persistent bad judgment
- Secretive behavior
- Poor boundaries, promiscuity, sexually acting out
- Substance use/alcohol or drugs
- Spending *excessive* amounts of time on the internet, texting, etc.
- Parental and familial relationships declining
- Manipulation, triangulation between parents/ setting one parent up as the “bad guy”
- Running away
- Shop-lifting and other arrest-worthy crimes
- Low self-esteem, low self-worth
- Self-harm or talk of self-harm (cutting, suicidal ideation)
- Depression, sleeping all day, lack of motivation, isolation
- Anxiety, easily stressed, unable to manage everyday life stressors
- Lack of adequate coping skills to deal with the challenges faced by today’s teenagers

If your daughter is displaying three or more of the above warning signs, ***please ask yourself what you can do to invest in her life. How can you prevent her from escalating to the point of danger?*** The good news is that there is an alternative. In fact, early, meaningful intervention is the key to curbing or halting these developing patterns of anti-social behavior.

Please call **800-910-0412** for a **FREE INITIAL CONSULTATION** to find out if the Academy at Sisters is right for your daughter.