



# BEING A TEENAGER IS HARD.

**LOOK FOR THESE SIGNS THAT YOUR CHILD MIGHT BE STRUGGLING:**

Sleeping too much or not enough

Angry, fighting, withdrawn from their friends or loved ones

Acting out in class or at home

Trouble concentrating or completing assignments

Eating too much or too little, a change in their relationship with food

Experimenting with drugs, alcohol, or sex

Feeling sad, isolated, or lonely



**HELP IS AVAILABLE, RIGHT  
IN YOUR CHILD'S SCHOOL.**

Scan the QR Code using your smartphone camera for more information or visit:

[www.childrenfirstpa.org](http://www.childrenfirstpa.org)

*\*\*getting extra help for your child's emotional or mental health is confidential and will not be shared with other agencies, including child protective services.*