

Adolescent Behavior

Typical Behavior	Problematic Behavior
Moodiness	Long-lasting or intense moods, moods that interfere with a teen’s functioning, debilitating anxiety or panic attacks, self- injury, suicidal statements or threats, suicide attempts
Concerns about appearance, self consciousness, focus on body image	Bingeing, restricting calories, purging, obsession with body or perfectionistic/unrealistic standards
Opinionated, argumentative	Rebellious, defiant, arguments with those in authority
A sense of being invincible	Excessive risk taking (driving drunk, texting while driving), getting arrested, multiple accidents
Self-centeredness	Defiance against authority, bullying behaviors
Becoming stressed by events in their life	Being paralyzed by stress
Messy room	Rotting food in bedroom, unhygienic, posing problems with functioning, e.g. they can’t find their homework or other necessities

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An urge to stay up all night or sleeping late on weekends	Staying up nearly all night and sleeping all day, difficulty functioning at school as a result of staying up too late
Desire for privacy	Isolation from family, secretive, routine lying
Sexual interest	Promiscuity, unsafe sex, pregnancy
Complaints about school, academic struggles	Marked changes in academic performance, school refusal, school truancy, failing grades
Problems with friends	Drastic change in peer group, being too clingy or pushing peers away, isolation, social phobia or withdrawal
Increased conflict with parent	Running away from home, aggressive toward parents
Experimentation with drugs, alcohol	Continuous substance use, associating with peer using group, selling drugs, secretive behavior, diminished personal appearance, declining grades, unusual tiredness, missing curfew
Interest in social media and technology	High risk behavior on websites, meeting partners online, spending many hours per day on computer, "sexting," inappropriate posts on social media