



Test Your
Alcohol
Knowledge:
Take this Alcohol
Awareness Quiz!!

TRUE OR FALSE? (Answers Below)

1. Alcohol is a mood-altering stimulant.

2. Drinking coffee or
taking a cold shower will
sober you up.

3. The effects that alcohol has on the body vary according to the individual.

4. The most serious consequence of consuming alcohol is a hangover in the morning.

5. Blood alcohol charts are a safe and accurate means of determining how much alcohol is circulating in your blood stream.

6. If an intoxicated person is semiconscious, you should encourage vomiting.

7. Women respond to
alcohol differently
than men do.

8. In one-third of all traffic fatalities among youth aged 15-20, alcohol is involved.

9. Alcohol increases your sexual drive and ability.

10. It is okay to put your drunk, passed out friend to bed and go back to the party.

How did you do?

Check out the Answers To The Alcohol Quiz!

1. FALSE - Alcohol is a mood altering drug that depresses bodily functions.
2. FALSE - Nothing but time will sober a drunk.
2. TRUE - The effect that alcohol has on you is dependant on your sex, your weight, how fast you metabolize alcohol, the situation, your mood, and presence of food in the stomach. If you are a woman, the effects also depend on the time of your menstrual cycle and if you are on the birth control pill.
4. FALSE - The consumption of enough alcohol will cause death. This level is dependant on the individual.
5. FALSE - Often these charts only take into account your weight and the number of drinks that you have drank. These charts can be used as a guideline, but there are no guarantees to their validity in regards to you.
6. FALSE - Encouraging the semiconscious person to vomit could cause choking and/or aspiration.
7. TRUE - Women respond more quickly to alcohol due to their smaller body size and body fat distribution, a decreased amount of alcohol metabolizing enzyme, and due to increased hormonal changes.
8. TRUE – In 1998, 2,210 youth died in alcohol-related crashes - 35.8 percent of their total traffic fatalities. Most of these are at low levels of BAC (between .01 and .09).
9. TRUE AND FALSE - Alcohol decreases your inhibitions, which factor into an increased sexual drive. However, alcohol decreases sexual functioning and is linked to the reduction of the male hormone testosterone.
10. FALSE - NEVER LEAVE AN INTOXICATED PERSON ALONE. Stay with the person and frequently assess them for alcohol poisoning.

(Cut out these tags and place by questions
or make your own with markers. Be colorful!)

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