

16 What is the main chemical in alcohol?

- a. Zymase
- b. THC
- c. Nicotine
- d. Ethanol

Ethanol is the main chemical in alcohol.

17 Which of the following is NOT a long-term effect of alcohol use?

- a. Liver damage
- b. Pancreatic damage
- c. Destruction of brain cells
- d. Temporary nausea

While **nausea** may be a short-term side effect, damage to your major organs is a long-term effect of continual alcohol abuse.

18 It is legal to drive while intoxicated in some states.

- a. True
- b. False

False. It is illegal to operate a vehicle while intoxicated in all 50 states.

19 Which of the following is a special concern for teenagers who abuse alcohol?

- a. Brain damage
- b. Liver damage
- c. Bone & muscle damage
- d. Gum or teeth damage

c. Alcohol certainly damages your liver, brain, teeth and other organs, but a special concern for teenagers is that alcohol abuse also causes bone and muscle damage. A teenager who begins drinking regularly can limit his or her growth.

20 Which of the following statements about drinking alcohol is false?

- a. It depresses brain and body functions.
- b. It affects women more quickly than men, even if they weigh the same.
- c. It is more harmful to teens than to adults.
- d. It takes 90 minutes for alcohol to affect your brain.

"d" is False. It actually takes only 90 seconds for alcohol to affect your brain.



REFUSAL SKILLS

Say "No" and Mean It!

How did you score on the questions? Were there any that caught you off guard? Use your new knowledge of alcohol to just say no when someone asks if you want to have a drink. You can also try these easy to remember phrases:

- "No thanks. I don't drink alcohol."
- "I have to drive my friends home later."
- "I haven't had anything to eat yet, so I know it'll just mess me up."

YOUR ALCOHOL IQ



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WHAT DO YOU KNOW?

Alcohol is one of the most popular, legal drugs in the United States. Let's test your knowledge to see how much you know about it.



QUESTIONS

1 Alcohol is a stimulant.

- a. True b. False

False. Alcohol is considered a depressant because it slows down the central nervous system. Stimulants speed up the functioning of the central nervous system.

2 "Beer before liquor, never been sicker. Liquor before beer, you're in the clear."

- a. True b. False

False. The order in which you drink does not matter. The amount of alcohol you drink is what makes you feel drunk and eventually sick.

3 A 12 oz. beer, 5 oz. wine and 1 shot of liquor all have the same amount of alcohol.

- a. True b. False

True. Each "standard" drink has approximately the same amount of alcohol concentration.

4 Only people who get completely wasted get hangovers.

- a. True b. False

False. While a larger amount of alcohol may result in a hangover, a hangover depends on other variables too. Genes, gender, body weight, amount of time spent consuming alcohol, how quickly drinks were consumed, how much food had been ingested, etc. all contribute. Remember, everyone's bodies are different, and it is possible to get a hangover from almost any amount of alcohol.

5 Which of the following is the best way to sober up?

- a. Taking a cold shower b. Time
c. Drinking coffee d. Exercising

Time. Your body gets rid of alcohol by metabolism through the liver.

6 How long does it take your body to metabolize one drink?

- a. 10 minutes per drink b. 1 day per drink
c. 1 hour per drink d. 2 hours per drink

1 Hour per Drink. For every standard drink you have (either one 12 oz. beer, 5 oz. glass of wine, or one shot) your body will take about an hour to break down the alcohol.

7 Alcohol helps people get a good night's sleep.

- a. True b. False

False. While it may help you fall asleep faster, alcohol disrupts how well you sleep.

8 Six beers have the same amount of calories as three cheeseburgers.

- a. True b. False

True. A fast food cheeseburger is approximately 300 calories. The average beer contains around 150 calories. Therefore, for every 2 beers, a person is consuming roughly one fast food cheeseburger in calories.

9 After drinking alcohol, drinking water before bed can prevent dehydration.

- a. True b. False

True. One major contribution to a hangover is dehydration. Drinking water before, during and after drinking can help maintain proper hydration and prevent several hangover symptoms.

10 Which of the following are symptoms of hangovers?

- a. Fatigue b. Nausea, including vomiting
c. Headaches d. All of the above

All of the above. As previously mentioned, there are a variety of factors that indicate whether or not a person will experience a hangover, but fatigue, nausea and headaches are all symptoms of hangovers.

11 Having a high alcohol tolerance is a good thing for your body.

- a. True b. False

False. Having a high tolerance for alcohol is actually a bad thing because more alcohol is needed to get the same effects. More alcohol in the system negatively affects all of your organs, including the brain.

12 When is the best time to eat food in relation to drinking alcohol?

- a. Before drinking alcohol b. While drinking alcohol
c. After drinking alcohol d. A & B
e. A & C f. All of the above

A & B. Food, especially high-carb foods like bread, helps to absorb liquors as you drink them and helps reduce the rate at which alcohol enters the blood stream. Once the alcohol has moved beyond the stomach and into the intestines, food will no longer have any effect on alcohol rate and absorption. Eating BEFORE and DURING drinking is the best prevention.

13 Alcohol consumption can exaggerate feelings of depression, guilt, low self-esteem, anxiety and anger.

- a. True b. False

True. Alcohol typically exaggerates the feelings of the individual's current mood. Even people who begin drinking in a good mood can end up feeling pretty low by the end of the night.

14 Alcohol figures into more reports of date rape and sexual assault than any other drug.

- a. True b. False

True. According to police statistics, alcohol figures into more reports of date rape and sexual assault than any other drug.

15 Alcohol warms your body.

- a. True b. False

False. Alcohol is a vasodilator, which means it thins your blood and distributes it to your skin making you feel and look warmer. That's why many people have flushed cheeks when they've been drinking. In reality, alcohol actually decreases your core body temperature.

