



Quiz

Drinking Facts



1. The type of alcohol in drinks is called
 - a. methanol
 - b. ethanol
 - c. propanol
 - d. isopropanol
2. In 2004, which country consumed the most beer per person?
 - a. Australia
 - b. Canada
 - c. Czech Republic
 - d. Germany
3. People drink
 - a. because it's part of their home or social life
 - b. because they enjoy it
 - c. to deal with stress and anxiety
 - d. all of the above
4. Bacchus was the Roman god of
 - a. war
 - b. cheese
 - c. wine
 - d. beer
5. You are drinking with friends, but one friend is drinking soft drinks. They may be
 - a. taking medication
 - b. following their religious beliefs
 - c. not into alcohol but still like to hang out with their friends
 - d. a designated driver who will get you safely home
 - e. any of the above
6. Which of the following religions does not permit its followers to drink alcohol?
 - a. Buddhism
 - b. Islam
 - c. Hinduism
 - d. Christianity

*Financial assistance
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Strategy, Health Canada*

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Drinking Facts

1. The type of alcohol in drinks is called

b. ethanol

Ethanol is also called 'grain alcohol' because it can be produced from certain cereal grains like wheat and barley.

2. In 2004, which country consumed the most beer per person?

c. Czech Republic

Czechs drank an average of 157 litres of beer per person in 2004.

3. People drink

d. all of the above

4. Bacchus was the Roman god of

c. wine

5. You are drinking with friends, but one friend is drinking soft drinks. They may be

e. any of the above

These are only a few of the reasons why people decide not to drink. Sometimes people stop drinking for a limited period of time, while others don't drink at all. If you want people to respect your decisions, respect theirs.

6. Which of the following religions does not permit its followers to drink alcohol?

b. Islam





Quiz

Drinking in Canada



1. 80% of the alcohol Canadians drink each year is:
 - a. wine
 - b. coolers
 - c. beer
 - d. hard liquor or spirits
2. Canadians use which drug the most often?
 - a. tobacco
 - b. alcohol
 - c. marijuana
3. Which three provinces have a drinking age of 18?
 - a. Quebec, Manitoba and Alberta
 - b. Newfoundland & Labrador and Quebec
 - c. Quebec, Alberta and New Brunswick
4. In a recent national survey, 1 in 10 Canadians reported that they were harmed during the past 12 months because of someone else's drinking.
 True
 False
5. In Canada, a sexual assault victim can press charges even if they were drunk when the assault happened.
 True
 False

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Drinking in Canada

1. 80% of the alcohol Canadians drink each year is:

c. beer

2. Canadians use which drug the most often?

b. alcohol

3. Which three provinces have a drinking age of 18?

a. Quebec, Manitoba and Alberta

The drinking age is 19 in all other provinces and territories.

4. In a recent national survey, 1 in 10 Canadians reported that they were harmed during the past 12 months because of someone else's drinking.

False

In fact, 1 in 3 did. The most mentioned harms were damage to friendships, social life and physical health.

5. In Canada, a sexual assault victim can press charges even if they were drunk when the assault happened.

True

A victim can press charges no matter how drunk they or their attacker were at the time of the assault.





Quiz

Alcohol's Effects



1. A woman and a man with a similar build and body type drink exactly the same amount but the woman is more affected by the alcohol than the man. The reason is women
 - a. pay more attention to their bodies than men do
 - b. have less water in their bodies than men
 - c. tend to have a lower tolerance for alcohol
2. A person drinks heavily on a regular basis. They start to notice that alcohol has less of an effect on them. This is a sign of
 - a. good physical condition
 - b. a hormonal imbalance
 - c. alcohol 'tolerance' and possible addiction
 - d. toughness
3. Alcohol can make you
 - a. feel calm and relaxed
 - b. feel less shy
 - c. be more aggressive
 - d. be less careful
 - e. all of the above
4. Drinking a lot of alcohol has many serious effects but not all of them lead to injury. Which of the following does not increase the risk of injury?
 - a. loss of balance and coordination
 - b. slower reaction time
 - c. damage to the liver
 - d. poor judgment
5. In the play Othello by William Shakespeare, the main character Cassio says that when men drink, they act like
 - a. clowns
 - b. trees swaying in the wind
 - c. wild animals
 - d. chickens
6. It is recommended that you eat before you drink because
 - a. you will have more energy to deal with the effects of the alcohol
 - b. alcohol is absorbed more slowly in the stomach
 - c. the effort of eating tends to make you drink less
7. The level of alcohol in your breath and your blood is the same.
 True
 False

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Alcohol's Effects

1. A woman and a man with a similar build and body type drink exactly the same amount but the woman is more affected by the alcohol than the man. The reason is women

b. have less water in their bodies than men

On average, a male body is about 66% water. A female body is about 55% water. This equals 11% less water in the female body for alcohol to dissolve into. When a man and woman with a similar weight and body type drink the same amount of alcohol, a woman will end up with a higher blood alcohol content.



2. A person drinks heavily on a regular basis. They start to notice that alcohol has less of an effect on them. This is a sign of

c. alcohol 'tolerance' and possible addiction

With regular, heavy drinking your body learns to 'tolerate' alcohol. This is a warning sign for alcohol dependence and addiction.



3. Alcohol can make you

e. all of the above

4. Drinking a lot of alcohol has many serious effects but not all of them lead to injury. Which of the following does not increase the risk of injury?



c. damage to the liver

Balance and coordination problems, slower reaction time and poor judgment result when you drink a lot of alcohol at one time. Damage to the liver happens when you drink too much over a longer period of time.

5. In the play *Othello* by William Shakespeare, the main character Cassio says that when men drink, they act like

c. wild animals

Cassio actually referred to drunk men as 'beasts'.



6. It is recommended that you eat before you drink because

b. alcohol is absorbed more slowly in the stomach

If you drink on an empty stomach, the alcohol goes straight to your small intestines where it is absorbed more quickly than in the stomach. This can be a risk for alcohol poisoning.

7. The level of alcohol in your breath and your blood is the same.

True

This is why police can find out what your blood alcohol content (BAC) is from your breath.



Quiz

Intoxication



1. When you are intoxicated you are:
 - a. drunk
 - b. legally impaired
 - c. experiencing the effects of a toxic substance on your brain and body
 - d. all of the above
2. Your friend is "sleeping it off" but you think they could be in danger of alcohol poisoning. What signs should you look for?
 - a. their skin is bluish, cold or clammy
 - b. they vomit without waking up
 - c. they don't respond when you pinch them
 - d. they breathe less than 8 times a minute
 - e. all of the above
3. When a person passes out after drinking, alcohol stops being absorbed into their system.
 True
 False
4. After he died of alcohol poisoning, whose death certificate included the words "death by misadventure"?
 - a. Jim Morrison of The Doors
 - b. Bon Scott of AC/DC
 - c. Jimi Hendrix
 - d. Sid Vicious of the Sex Pistols
5. When you are drunk, if you drink an energy drink or a coffee you will sober you up.
 True
 False
6. In a survey of American college students, 1 in 5 said they had been in a situation where they had thought about calling for help because a friend showed signs of alcohol poisoning. Only 1 in 20 actually did. What was the most common reason they gave for not calling?
 - a. the friend fell asleep
 - b. they were not sure if the friend was sick enough
 - c. they were too drunk themselves to call

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Intoxication

1. When you are intoxicated you are:
d. all of the above
2. Your friend is "sleeping it off" but you think they could be in danger of alcohol poisoning. What signs should you look for?

e. all of the above



3. When a person passes out after drinking, alcohol stops being absorbed into their system.

False

If a person appears to fall asleep or passes out after drinking heavily, their body continues to absorb the alcohol that they drank up to then. That is why people admitted to hospital showing signs of alcohol poisoning have to get their stomach pumped.



4. After he died of alcohol poisoning, whose death certificate included the words "death by misadventure"?

b. Bon Scott of AC/DC

In 1980, Bon Scott was found dead in a friend's car after a night of drinking.



5. When you are drunk, if you drink an energy drink or a coffee you will sober you up.

False

Caffeine and other ingredients found in energy drinks won't reduce the amount of alcohol in your body or how long it takes you to process it. The only way to sober up is to give your body the time it needs to eliminate the alcohol you have drunk.



6. In a survey of American college students, 1 in 5 said they had been in a situation where they had thought about calling for help because a friend showed signs of alcohol poisoning. Only 1 in 20 actually did. What was the most common reason they gave for not calling?

b. they were not sure if the friend was sick enough

If you're not sure, call for help right away.



Quiz

Drinking and Injury



- Research shows that drinking a lot on one occasion increases a person's risk of injury, even if they don't consider themselves a risk-taker.
 - True
 - False
- In Canada, male impaired drivers are more often killed in collisions than female impaired drivers. Among 15 to 19 year olds, what percent of impaired drivers who died as a result of a collision were male?
 - a. 55%
 - b. 87%
 - c. 63%
 - d. 71%
- A study showed that if a teen has a driver's license, it is easier for him/her to avoid having to be a passenger in an impaired driver's car, especially if they live in a rural community.
 - True
 - False
- In 1999, people living in Ontario spent the most time in hospital for which alcohol-related injury?
 - a. assaults
 - b. falls
 - c. impaired driving collisions
 - d. frostbite
- Having a designated driver is a good way for passengers to stay safe when drinking on a boat.
 - True
 - False
- Finish the sentence: "You have less chance of harming yourself or others when drinking if you and your friends
 - a. respect each other's right to decide when to stop drinking
 - b. know in advance how everyone will get home safely
 - c. stick together and take care of each other
 - d. all of the above

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Drinking and Injury

1. Research shows that drinking a lot on one occasion increases a person's risk of injury, even if they don't consider themselves a risk-taker.

True



2. In Canada, male impaired drivers are more often killed in collisions than female impaired drivers. Among 15 to 19 year olds, what percent of impaired drivers who died as a result of a collision were male?

b. 87%

Male drivers also account for 89% of impaired driving injuries. Females in this age group are more likely to be killed or injured as passengers.



3. A study showed that if a teen has a driver's license, it is easier for him/her to avoid having to be a passenger in an impaired driver's car, especially if they live in a rural community.

True

4. In 1999, people living in Ontario spent the most time in hospital for which alcohol-related injury?

b. falls



5. Having a designated driver is a good way for passengers to stay safe when drinking on a boat.

False

Passengers who get drunk on board a boat are more at risk of drowning than sober passengers, even if the operator is not drinking or if the boat is not moving.



6. Finish the sentence: "You have less chance of harming yourself or others when drinking if you and your friends

d. all of the above



Quiz

Alcohol and Aggression



1. The most common weapons of assault in the United Kingdom are
 - a. knives
 - b. metal bars or other hard objects
 - c. bar glasses and bottles
 - d. car keys
2. In one Canadian survey, 5% of women said that the last time they experienced aggression they were in a bar. For males, the percentage was
 - a. 24%
 - b. 15%
 - c. 38%
 - d. 9%
3. In a Canadian survey of adult drinkers, 83% said they thought people get aggressive after a few drinks. What percent said that alcohol had the same effect on themselves?
 - a. 65 %
 - b. 12%
 - c. 42%
 - d. 3%
4. In Canada, sexual assault is considered a criminal offence if
 - a. both the attacker and victim are sober
 - b. the attacker is drunk but the victim is not
 - c. both the attacker and victim are drunk
 - d. all of the above
5. People are aggressive and violent when they drink because
 - a. they think they can blame their behaviour on alcohol
 - b. alcohol affects their judgment
 - c. they are aggressive to begin with
 - d. all of the above

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Alcohol and Aggression

1. The most common weapons of assault in the United Kingdom are

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2. In one Canadian survey, 5% of women said that the last time they experienced aggression they were in a bar. For males, the percentage was

a. 24%

3. In a Canadian survey of adult drinkers, 83% said they thought people get aggressive after a few drinks. What percent said that alcohol had the same effect on themselves?

b. 12%

How your actions and words affect the people around you can be harder to see when you are under the influence of alcohol.

4. In Canada, sexual assault is considered a criminal offence if

d. all of the above

5. People are aggressive and violent when they drink because

d. all of the above

Alcohol often plays a part in aggressive and violent situations, but a person is still legally responsible for their actions whether they are drunk or sober.

