



Alcohol: the whole truth



Health Services • 7120 Hurontario St., PO Box 610 RPO, Streetsville, Mississauga, ON, L5M 2C1 • Tel : 905-799-7700 • www.peelregion.ca

Drinks and Drama Trivia Game – Teacher Answer Key

ABOUT ALCOHOL

	Question	Answer and Supplementary Notes																					
\$100	What is the most commonly used drug amongst youth in grades 7 to 12?	<p>Alcohol</p> <ul style="list-style-type: none"> - 54.9% of Ontario students in grade 7 to grade 12 report drinking alcohol in the past 12 months (2011) - Past year use by Grade (2011): <table border="1"> <thead> <tr> <th></th> <th>Grade 7</th> <th>Grade 8</th> <th>Grade 9</th> <th>Grade 10</th> <th>Grade 11</th> <th>Grade 12</th> </tr> </thead> <tbody> <tr> <td>Alcohol</td> <td>17.4%</td> <td>26.4%</td> <td>50.5%</td> <td>59.6%</td> <td>73.5%</td> <td>78.4%</td> </tr> <tr> <td>Binge Drinking</td> <td>2.7%</td> <td>5.1%</td> <td>16.3%</td> <td>25.9%</td> <td>35.6%</td> <td>48.5%</td> </tr> </tbody> </table> <ul style="list-style-type: none"> - Binge drinking = 5 or more drinks at one time - The Centre for Addiction and Mental Health conducts a survey every 2 years since 1977 called the Ontario Student Drug Use and Health Survey (OSDHUS, 2011) 		Grade 7	Grade 8	Grade 9	Grade 10	Grade 11	Grade 12	Alcohol	17.4%	26.4%	50.5%	59.6%	73.5%	78.4%	Binge Drinking	2.7%	5.1%	16.3%	25.9%	35.6%	48.5%
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\$200	There are 3 categories of drugs: stimulants (uppers), depressants (downers) and hallucinogens (all-arounders). What category is alcohol in?	<p>Depressants</p> <p>Alcohol slows down parts of your brain and body. It slows down your breathing and heart rate. It can make you feel more relaxed, but it can also affect your thinking and your ability to make good decisions.</p>																					
\$300	Beer is a kind of alcohol; name 2 other kinds of alcoholic drinks.	<p>Wine, Spirits (rum, vodka, whiskey etc.), Coolers</p> <p>These are all different kinds of drinks</p>																					
\$400	Can a cold shower, a coffee, or exercise help someone “sober up”? Explain.	<p>No, a coffee, a cold shower or exercise can’t help someone “sober up”. Only time will help the body process the alcohol</p> <ul style="list-style-type: none"> - It takes a certain amount of time for the liver to process the alcohol and eliminate it, nothing will change that rate. - Generally, it takes about 1.5 hours for your liver to eliminate one standard drink from your body (that is for an adult). - A standard drink equals 13.6 grams of alcohol, which equals: 5oz (142mL) of wine, 1.5oz (43mL) of liquor/spirits or 12oz (341mL) can or bottle of regular strength beer. 																					



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EFFECTS

	Question	Answer and Supplementary Notes
\$100	What does a depressant (downer) drug, like alcohol, do to the brain/body?	<ul style="list-style-type: none"> - Slows things down. Slows down the parts of the brain that affect your thinking and behaviour, as well as your breathing and heart rate. - It can make you feel more relaxed, but it can also affect your thinking and your ability to make good decisions.
\$200	Name one short term and one long term effect of drinking alcohol	<p>Short-term: headaches, nausea (sickness), blurred vision, lack of coordination, reduced inhibitions (do things they may not normally do), vomiting, slurred speech, feeling sleepy or blacking out (losing consciousness), more likely to have falls or accidents, get alcohol poisoning, take more risks</p> <p>Long-term: cancer, liver disease, death, loss of appetite, brain damage, depression, high blood pressure/stroke, damage to fetus for pregnant woman, disease of stomach, digestive system and pancreas, alcohol dependence</p>
\$300	True or False: Men and women process alcohol differently	<p>True</p> <ul style="list-style-type: none"> - Men have more water in their bodies; women have more fat. This means alcohol gets more diluted in males, so a male will notice less effect than a female of the same body weight and body type who drank the same amount of alcohol - Women have less of the “alcohol enzyme” (the thing that processes alcohol in the body)
\$400	Explain what a hangover is...	<ul style="list-style-type: none"> - A hangover usually happens 8 to 12 hours after the last alcoholic drink. - Can consist of a headache, nausea, shakiness, vomiting and diarrhoea



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THE LAW

	Question	Answer and Supplementary Notes
\$100	Explain why drinking and driving is a bad decision	<p>Drinking alcohol and driving is a bad idea because:</p> <ul style="list-style-type: none"> - you can cause a crash - you can kill yourself; you can kill someone else - it is 100% preventable
\$200	What is the legal drinking age in Ontario?	<ul style="list-style-type: none"> - In order to buy or drink alcohol, you must be 19 years old in Ontario. - The legal drinking age in the United States is 21 and in Quebec it's 18 years old.
\$300	True or False: Alcohol is one of the most dangerous drugs	<p>True: Alcohol is the #1 cause of death amongst youth</p>
\$400	Is it ok for you to take an alcohol drink from your best friends parents? Explain why or why not.	<ul style="list-style-type: none"> - It is illegal for you to take or for your friends' parents to give you alcohol because you are under the legal drinking age. - Legally, your own parents are allowed to provide alcohol to their children in their home, if they wish, however it is illegal for them to provide alcohol to their children's friends or their nieces and nephews etc.



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SAFETY FIRST

	Question	Answer and Supplementary Notes
\$100	Why is it ok for adults to drink and not for youth to drink alcohol?	<p>Alcohol is a drug, it affects the brain and the body</p> <ul style="list-style-type: none"> - For adults, their body and brain are fully developed and can process the alcohol easier than bodies and brains that aren't developed fully - For youth, their body and brain are still developing, so putting alcohol into the body/brain will affect how they grow and develop; drinking alcohol could have permanent effects
\$200	Name 2 places/people where someone could go for help	<ul style="list-style-type: none"> - Family (parents, grandparents, cousins etc.) - Any adult you trust (teacher, coach, guidance, aunt etc.) - Community Agencies (YSAP) - Telephone help lines (Kids Help Phone) - Churches, Mosques, Synagogues etc. - Public Health Unit (Region of Peel)
\$300	Who does the media target their advertisements of alcohol?	<p>Youth – mostly boys</p> <ul style="list-style-type: none"> - The alcohol industry spends billions on advertisements each year; Labatt and Molson alone spend over \$200 million each per year - It is seen everywhere - TV, radio, clothing, fundraisers, sponsorship of sport activities, magazines, billboards, web sites - They want people to start drinking because they know once they start, it becomes harder to stop
\$400	<p>What is alcohol poisoning?</p> <p>Bonus 100 points if you can name 1 sign of someone has alcohol poisoning</p>	<p>Alcohol poisoning is when someone has drank too much alcohol and their body can't process the alcohol (aka – an overdose on alcohol).</p> <p>You can die from alcohol poisoning.</p> <p>Any one of the following signs could indicate alcohol poisoning:</p> <ul style="list-style-type: none"> - vomiting while asleep - won't wake up - slow breathing / slow pulse - cold, pale or bluish skin <p>Any one of those signs and its important to get the person to the hospital or call 911 to get help</p>