



Drinks and Drama Trivia Game

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What is the most commonly used drug amongst youth in grades 7 to 12?



 Alcohol:
the whole truth

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Alcohol



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There are 3 categories of drugs:
stimulants (uppers)
depressants (downers)
hallucinogens (all-arounders)
What category is alcohol in?





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Depressants (downers)

Alcohol slows down the
body and brain.





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Beer is a kind of alcohol;
name 2 other kinds of
alcohol drinks





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Beer

Wine

Spirits (rum, vodka, whiskey)

Coolers



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Can a cold shower,
a coffee, or exercise help
someone "sober up"?

Explain.





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No - a coffee, a cold shower or exercise can't help someone "sober up"

Only TIME will help the body process the alcohol





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What does a depressant
(downer) drug, like alcohol, do
to the body/brain?



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Slows things down:
slows down the parts of the
brain that affect your
thinking and behaviour,
as well as your breathing
and heart rate





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Name one **short** term and
one **long** term effect of
drinking alcohol.





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Short-term: headaches, nausea (sickness), blurred vision, lack of coordination, reduced inhibitions, vomiting, blacking out

Long-term: cancer, liver disease, death, loss of appetite, brain damage, depression





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True or False

Men and women process alcohol differently





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True

Men have more water;

Women have more fat in their bodies

Women have less of the "alcohol enzyme"
(the things that processes alcohol in the body)



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Explain what a hangover is...



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A hangover...

...usually happens 8 to 12 hours after the last alcoholic drink

...usually is a headache, nausea, shakiness and maybe vomiting and diarrhea





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Explain why drinking alcohol
and driving is a bad decision



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Drinking alcohol and driving is bad because:

- you can cause a crash
- you can kill yourself; you can kill someone else
- it's 100% preventable



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What is the legal drinking age
in Ontario?



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In order to buy or drink
alcohol, you must be:
19 years old in Ontario





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True or False:
Alcohol is one of the most dangerous drugs





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True

Alcohol is the #1 cause of death amongst youth

- drinking and driving
- violence
- drowning
- injury
- falls
- fires



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Is it ok for you to take an alcoholic drink from your best friends parents?

Explain why or why not.





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It is illegal for you to take or for your friends parents to give you alcohol because you are under the legal drinking age.





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Why is it ok for adults to drink and not for youth to drink alcohol?





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Alcohol is a drug.

It affects the body and the brain.

For adults

- their body and brain are fully developed;

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



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Name 2 places or people
where someone could go for
help and support





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- Family (parents, grandparents, cousins etc.)
- Any adult you trust (teacher, coach, guidance)
- Community agencies
- Telephone help lines (Kids Help Phone)
- Churches/Mosques/Synagogues etc.
- Public Health Unit





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Who does the media target
in their advertisements
of Alcohol?





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Youth - mostly boys



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What is alcohol poisoning?

BONUS 100 points if you can name 1 sign if someone has alcohol poisoning.





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Alcohol poisoning is when someone has drunk too much alcohol and their body can't process it.

You can die from alcohol poisoning.

Any one of the following signs:

- vomiting while asleep
- won't wake up
- slow breathing / slow pulse
- cold, pale or bluish skin



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