

**Myth or Fact:**

Drinking beer or wine will not make you as drunk as drinking spirits (vodka, rum etc.)



Grade 5 Alcohol Know the facts (Student) card 1

CDI-0442 12/03

**Myth or Fact:**

Canadians spend about \$12.4 billion dollars a year on alcohol.



Grade 5 Alcohol Know the facts (Student) card 2

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**Myth or Fact:**

Drinking coffee, working up a sweat, or having a cold shower will NOT sober you up.



Grade 5 Alcohol Know the facts (Student) card 3

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**Myth or Fact:**

If a female and a male both have an average body type and weigh the same, and drink the same amount of alcohol, it will have the same effect on each of them.



Grade 5 Alcohol Know the facts (Student) card 4

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**Myth or Fact:**

Alcohol has no effect on a pregnant mother's unborn baby



Grade 5 Alcohol Know the facts (Student) card 5

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**Myth or Fact:**

Alcohol can be good for you



Grade 5 Alcohol Know the facts (Student) card 6

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**Myth or Fact:**

Alcohol gives you energy



Grade 5 Alcohol Know the facts (Student) card 7

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**Myth or Fact:**

Beer before liquor, never been sicker - liquor before beer, you're in the clear.



Grade 5 Alcohol Know the facts (Student) card 8

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**Myth or Fact:**

Alcohol is the most used drug amongst youth in the Region of Peel



**Myth or Fact:**

A hangover is the only thing alcohol can do to you



**Myth or Fact:**

Some people are friendlier when they're drunk



**Myth or Fact:**

Teens can't become alcoholics because they haven't been drinking long enough.

