

All about Alcohol Trivia

Teacher Answer Key (1 of 3)

Amount	Question	Answer and Supplementary Notes
About Alcohol		
\$100	What is the most used drug amongst youth?	<p>Alcohol</p> <ul style="list-style-type: none"> • Alcohol is a drug. • Alcohol is illegal for people under the age of 19 in Ontario. • Alcohol is the drug of choice for youth (as well as adults). • Research with students in Ontario in grades 7 to 12 consistently report that this is the most used drug among youth (Ontario Student Drug Use and Health Survey, OSDUHS).
\$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 (e.g., whisky, vodka, gin, 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, cold shower or exercise can't help someone "sober up". Generally, it takes about 2 hours for alcohol (one standard drink) to clear out of an adult's body.</p>
Effects		
\$100	What does a depressant (downer) drug, like alcohol, do to the brain/body?	<ul style="list-style-type: none"> • It slows things down. Alcohol 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.

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Teacher Answer Key (2 of 3)

Amount	Question	Answer and Supplementary Notes
Effects (continued)		
\$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, 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: Males and females process alcohol differently.	<p>True</p> <ul style="list-style-type: none"> • Males have more water in their bodies; females 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. • Females 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"> • Describes the unpleasant physical effects after drinking too much alcohol. • The most common effects include headaches, nausea, sensitivity to light and noise, tiredness, diarrhea and thirst.
The Law		
\$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 an accident. • 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.
\$300	True or False: Alcohol is one of the most dangerous drugs.	<p>True: Alcohol is the #1 cause of death amongst youth.</p> <ul style="list-style-type: none"> • Some reasons: drinking and driving accidents, injury, violence, falls, drownings, and fires.
\$400	Is it ok for you to take an alcoholic drink from your best friend's parents? Explain why or why not.	<ul style="list-style-type: none"> • No, it is not ok to take an alcoholic drink from your best friend's parents because underage drinking is illegal.

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Teacher Answer Key (3 of 3)

Amount	Question	Answer and Supplementary Notes
Safety First		
\$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 brains are fully developed and can process the alcohol easier than bodies and brains that aren't developed fully. • For youth, their bodies 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, counselor, family member, etc.) • Community Agencies • Telephone help lines (Kids Help Phone) • Churches, Mosques, Synagogues etc. • Public Health Unit
\$300	Who does the media target with their advertisements for alcohol?	<p>Youth</p> <ul style="list-style-type: none"> • The alcohol industry spends billions on advertisements each year. • Alcohol advertising is exposed on TV, radio, social media, sports, magazines, billboards, web sites, everywhere. • 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 occurs when someone drinks too much alcohol and their body can't process it.</p> <p>Signs of alcohol poisoning include:</p> <ul style="list-style-type: none"> • Vomiting while asleep • Won't wake up • Slow breathing / slow pulse • Cold, pale or bluish skin <p>If any of these signs are observed, it is important to get the person to the hospital or call 911 to get help.</p>