

Know the Facts

Teacher Answer Key (1 of 2)

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

Myth

- Alcohol comes in different forms (beer, wine and spirits), but a standard drink contains the same amount of alcohol (13.45 grams).
- 12 oz (341 ml) beer = 5 oz (142 ml) glass of wine = 1.5 oz (43 ml) shot = 12 oz (341 ml) cider.
- All will have the same amount of alcohol in them.
- The difference comes in the amount people drink and sometimes the percentage (beers/wines/ciders come in different alcohol percentages).

2. Myth or Fact: Canadians spend billions of dollars a year on alcohol.

Fact

- According to Statistics Canada, Canadians spend billions of dollars a year on alcohol, and this number has been increasing every year.

3. Myth or Fact: Drinking coffee, working up a sweat, or having a cold shower will help sober you up.

Myth

- Only time will make you sober.
- Your liver eliminates alcohol at a certain rate, and nothing you do after drinking alcohol will change that rate. Your liver needs, on average, about 2 hours to eliminate one standard drink from your body, but that depends on many factors including body size, sex (male or female) etc.

4. Myth or Fact: Male and female bodies react differently when drinking the same amount of alcohol.

Fact

- Males have more water in their bodies than females. This means the alcohol gets more diluted in males, and 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.
- Males also have more of the enzyme (dehydrogenase) that breaks down alcohol for elimination from the body. Therefore, males can process/digest alcohol at a faster rate.

5. Myth or Fact: Alcohol can affect a pregnant person's unborn baby.

Fact

- When a person drinks alcohol during pregnancy, the alcohol passes directly into the bloodstream of the baby.
- It can affect the baby's developing cells.
- Some of the possible effects of alcohol on the developing fetus may be heart problems, other organ problems or fetal alcohol spectrum disorder. Future effects on the child can include behaviour problems, growth deficiencies, developmental disabilities etc.
- The risk of having a child with birth defects increases with the amount of alcohol consumed.
- The first trimester is a time of great importance for the baby, however there is no time during pregnancy when it is proven to be safe to drink alcohol.

Know the Facts

Teacher Answer Key (2 of 2)

6. Myth or Fact: Alcohol can be good for you.

Myth

- There are no known health benefits for young people from drinking alcohol.
- Drinking alcohol is associated with risks of cancer, heart, and liver diseases.
- Drinking alcohol is also associated with high risks of injuries, aggression, and violence, dating violence, and worsening academic performance.

7. Myth or Fact: Alcohol gives you energy.

Myth

- Alcohol is a “depressant” (downer) drug.
- That means it slows down the parts of your brain that affect your thinking and behaviour, as well as your breathing and heart rate.
- Some youth “feel” like alcohol gives them energy because it is often combined with sugar (e.g., fruit juice) and caffeine (e.g., Red Bull or Coke).

8. Myth or Fact: Alcohol is the most used drug amongst youth.

Fact

- 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 reports that this is the most used drug among youth (Ontario Student Drug Use and Health Survey, OSDUHS).

9. Myth or Fact: A hangover is the only thing to worry about when drinking alcohol.

Myth

- A hangover is unpleasant. It can involve a headache, nausea, diarrhea, shakiness and vomiting – but it’s not the only thing to worry about.
- Alcohol can also affect:
 - your judgement and attitude, which can lead to embarrassing situations, unwanted risky behaviour, injury.
 - your behaviour, leading to crime, violence, injuries or death.
 - your perception of how much alcohol you are consuming resulting in alcohol poisoning, which can kill you.
 - your long-term health: high blood pressure and strokes, liver disease, cancers, brain and nerve damage, stomach diseases etc.

10. Myth or Fact: People often behave differently when drinking alcohol.

Fact

- Alcohol can change the way you think, feel, and behave, so you might not act like yourself when you drink it.
- It can cause mood swings, make people less patient, or more aggressive. It can bring out a more talkative or quiet person, depending on many factors.