

Sober Squares Bingo

Teacher Answer Key (1 of 2)

Please choose questions at random. Read the question or statement to the class and have students guess the answer. The answers are shown on the Bingo card.

- When a friend or group of friends tries to get you to do something in order to fit in.

A: Peer Pressure

- Drinking alcohol can affect your _____ which can cause you to stumble or fall.

A: Balance

- If you drink alcohol underage or are found with illegal drugs in your possession, you can get in trouble with the _____.

A: Police

- _____ is a drug that affects your balance and coordination.

A: Alcohol

- You need a note from your doctor in order to get this type of drug.

A: Prescription Drugs

- You don't need a prescription to get these drugs. They are found on the shelves of stores like Shoppers Drug Mart.

A: Over the counter drugs

- If you drink a lot of alcohol or take drugs in a way they're not meant to be used, you can end up with serious _____.

A: Health Problems

- If someone drinks alcohol before driving, they can get into a _____ because their abilities to think and react to situations are altered.

A: Car Accident

- When you keep a secret from your parent(s) or teacher you may have to _____ to keep it from them.

A: Tell Lies

- Drinking alcohol can cause someone's head to hurt because their brain is not getting enough nutrients. This is also called a _____.

A: Headache

- Using alcohol and other drugs might change the way you interact with your friends, and you might start to hang out with different people and _____.

A: Lose Friends

- Using alcohol and other drugs can damage your _____.

A: Relationship with Parents

- Drinking alcohol can make you feel _____ to your stomach and you might become nauseous and throw up.

A: Sick

- Using alcohol or other drugs can affect your ability to concentrate on schoolwork. This could lead you to get _____ at school.

A: Failing Grades

- Drinking alcohol puts people at risk for falls and _____ because it affects your coordination and balance.

A: Injuries

- If someone offers you alcohol or other drugs, you can choose to refuse and _____.

A: Walk Away

- Eating well and exercising are ways to keep you _____.

A: Healthy

- If a person drinks too much alcohol at one time, their breathing can get very slow; they may pass-out, and this can lead to death. This is called _____.

A: Alcohol Poisoning

- When some people drink, they can become angry and violent and may start a _____.

A: Fight

- Alcohol and other drugs cause cells in the brain to die and can lead to _____.

A: Brain Damage

Sober Squares Bingo

Teacher Answer Key (2 of 2)

- If you drink underage or get caught with an illegal drug, you could end up in ____.

A: Jail

- If someone offers you drugs, one way that you can refuse is to make a joke or ____.

A: Use Humour

- If you need to talk to someone about alcohol and other drugs, you can turn to a _____ like your parents, teacher, or a coach.

A: Trusted Adult

- Before you make a decision about trying drugs you should stop and _____ about what could happen.

A: Think

- Alcohol decreases the functions of the central nervous system which means it decreases your breathing and _____.

A: Heart Rate

- Alcohol can have a bad effect on your health, and you could end up in the _____ due to health issues or injuries.

A: Hospital

- Drinking alcohol affects your coordination and balance which can put you at a higher risk for _____ and other injuries.

A: Falls

- Drinking underage or using other drugs can lead you to _____ with your parents and/or the law.

A: Get in Trouble

- A _____ is any substance other than food which changes the way your mind or body work.

A: Drug

- The legal drinking age in Ontario is _____.

A: 19

- A term for someone who is not under the influence of alcohol or other drugs is ____.

A: Sober

- A term for someone who is under the influence of high amounts of alcohol is _____.

A: Drunk

- _____ is the most used drug in Canada.

A: Alcohol (Card has #1 most used drug)

- If someone drinks alcohol and then drives their car, they can be pulled over by the police and charged with driving under the influence, also known as a _____.

A: DUI

- The alcohol and tobacco companies use _____ such as ads on TV, radio, and print in magazines to try to get people to buy their products.

A: Media