**Facilitators Questions**

**Alcohol**

Q1. Why does alcohol affect men and woman differently?

1. The liver breaks down alcohol more quickly in men than woman
2. **Woman’s bodies are smaller and have less body water, so alcohol concentrations rise more quickly**
3. Men’s stomachs are bigger so alcohol is absorbed more quickly

Q2. Pregnant woman are advised not to drink: why?

1. Unborn babies get drunk very quickly
2. **Alcohol can harm an unborn baby in various ways**
3. Alcohol and the amniotic fluid don’t mix

Q3. Those who persistently drink too much can become dependent on alcohol. Kicking the habit is exceptionally difficult. Why?

1. Because people who are dependent on alcohol are chronically thirsty
2. Because people who are dependent on alcohol drink out of habit
3. **Because people who are dependent on alcohol feel wretched without alcohol**

Q4. When should adults avoid drinking alcohol?

1. **If they are operating machinery or working at height**
2. If they’re over 40
3. If they are going to be a passenger in a car

Q5. In a bar there’s a pint of beer and a standard shot of whisky. Which contains the most alcohol?

1. **The pint of beer**
2. The shot of whisky
3. Both contain the same amount of alcohol

Q6. Why don’t alcohol and driving mix?

1. **Because alcohol has a negative effect on your co-ordination, perception and judgement**
2. Because you run the risk of a stiff fine or losing your licence
3. Because you run the risk of smashing up your car or injuring someone

Q7. What is the advised maximum intake of alcohol per week for healthy adult men and woman?

1. **The same for men and woman, 14 units**
2. Men 21 units, Women 14 units
3. As much as needed to quench your thirst

Q8. The majority of the alcohol you drink is broken down by the liver. How long does a healthy adult liver take to break down the alcohol in a “unit” drink?

1. Half an hour
2. **Approximately one hour**
3. Roughly the same amount of time as you spend drinking

Q9. What is the best way to reduce the effects of a hangover?

1. **Drink some water – it helps to rehydrate the body, but there is no cure**
2. Have a cold shower – it gets the blood moving around the body
3. Have a strong coffee – it makes the heart pump faster to get rid of the alcohol

Q10. The effects of alcohol differs from person to person. What does this depend on?

1. **Genetic make-up health**
2. How strong your stomach is
3. Whether you are very thirsty

Q11. What is the most common risk associated with alcohol consumption by young people?

1. Getting liver disease, like cirrhosis or cancer
2. Losing weight
3. Coming out in spots and developing a rash
4. Going into a coma
5. **Having an accident**

Q12. What is the safe limit for alcohol consumption for under 15s?

1. One drink
2. Two drinks
3. Four drinks
4. **There is no safe limit**

Q13. What is affected when you drink alcohol?

1. **Your body**
2. **Your judgement**
3. **Your behaviour**
4. **Your personality**
5. **Your perception**

Q14. How many 11 – 15 year olds in the UK regularly drink alcohol?

1. **Less than 1 in 10**
2. 2 in 10
3. 5 in 10
4. 8 in 10
5. Almost all

Q15. How old must you be to buy alcohol legally in a pub, bar, off licence or shop?

1. 16 years old
2. **18 years old**
3. 21 years old

Q16. Sleep helps the body eliminate alcohol more quickly. True or **False**?

Q17. Alcohol is a stimulant drug. True or **False**?

Q18. If you and your friend are out drinking and your friend becomes extremely drunk, what steps should you take to keep yourself safe?

Answers may include: **stay together, phone an adult, take them home, and remove them from the situation.**

Q19. If you are caught more than 3 times drinking alcohol in a public place under the age of 18 you can face a social contract, a fine or arrest. **True** or False?

Q20. If you have one drink with dinner you are over the limit to legally drive. **True** or False?