1. Drug and Alcohol Quiz

**Aim:** To increase young people’s knowledge and awareness about different substances and their effects on health and behaviour

**Materials:** Copy of quiz questions and answers, pens, FRANK “The Truth About Drugs” booklets or use the FRANK website.

**Activity:** The quiz can be done with two teams competing against each other in a game-show style. Take turns asking each group a question and award points if they get the right answer.

You could let young people use the FRANK website (www.talktofrank.com) or the “FRANK: The Truth About Drugs” booklets to help them find the answers. After each question, discuss why they gave the answer they did and tell them the right answer.

Alternatively, you could split the group into small groups or pairs to have them complete the quizzes together. This quiz can be given at the beginning and again at the end of a drug and alcohol education session to be used as an evaluation of what young people learned.
DRUG AND ALCOHOL QUIZ

1. Most people are drunk the first time they have sex?
   True                       False

2. Sex is better if you’ve been drinking?
   True                       False

3. Which of the following contains 1 unit of alcohol?
   a) 1 bottle of strong lager (6%)  
   b) half-pint of normal strength beer (4%)  
   c) 1 small glass of wine (14%)  
   d) a few swigs of vodka (40%)

4. If a 75cl bottle of vodka tells you on the label it is 40% proof then the whole bottle contains how many units?
   a) 40 units  
   b) 30 units  
   c) 75 units

5. What could happen if the police find you drinking in a public place?
6. What should you do if your friend collapses after drinking too much alcohol?

7. If a person buys an ecstasy tablet for themselves and one for their friend they could be charged with supplying a Class A drug? *Bonus: what is the penalty for supplying a Class A drug?

   True                             False

8. Name one of the effects of taking cocaine:

9. What is the danger of smoking cannabis and drinking alcohol together?

10. Ketamine is replacing cannabis as the drug most commonly used by young people?

    True                             False
DRUG AND ALCOHOL QUIZ ANSWERS

1. False. Only about 20% of boys and 13% of girls say alcohol was the main reason they first had sex. If someone feels they need to drink for their first time, maybe they’re not ready for sex.

2. False. Some people drink because it makes them feel more confident and sexy. Only problem is that it also makes you take more risks. You’re more likely to be taken advantage of, assaulted and even raped. It seriously affects your judgment and might make you do things you later regret. Also, for boys they can have trouble getting an erection after drinking alcohol.

3. b) half-pint of normal strength beer (4%)

You can teach young people how to work out how many units are in a drink by telling them that the percentage on the bottle/can means there are that many units per 1 litre of alcohol. In this case, the 4% beer = 4 units per litre of beer. A half-pint is only around ¼ of a litre or 250ml, so there are only ¼ of 4 units in a half-pint, and ¼ of 4 units is 1 unit.

* The Dept of Health recommends that children aged 14 and under should not drink alcohol at all. It also recommends that young people aged 15-17 should not drink alcohol, but if they do they should always be supervised by parents or other responsible adults and the amount they drink should always be below the recommended guidelines for adults, which are 2-3 units a day for women and 3-4 units a day for men.

4. b) 30 units

Use the same method to work this out as in the previous question. A 40% proof vodka means there are 40 units in 1 litre of that vodka. The bottle holds 75cl, which is 750ml or ¾ of 1 litre. That means there are ¾ of 40 units of alcohol in that bottle. ¾ of 40 units is 30 units.

5. The police will confiscate your alcohol and inform your parents.

6. Put them in the recovery position, don’t leave them alone, make sure they are safe, check that they are breathing, and call for help, if in doubt always call emergency services on 999.
7. True. Supply of Class A drugs can result in a lengthy prison sentence. BONUS: Max sentence for supply of Class A drugs is life but this would usually only apply to major dealers. Others may get a lengthy sentence.

8. Effects of taking cocaine: makes you feel wide awake, confident, can destroy the inside of your nose after repeated use, can stop you breathing after too high a dose, even young people can have a fit or heart attack after taking too much, could overdose and die, you might feel like you’ve got the flu the next day, regular use can make you feel paranoid or panicky, run down, and reduce your sex drive. You can find more effects on the FRANK website.

9. Mixing cannabis and alcohol often makes people sick.

10. False. Ketamine is becoming more popular but the percentage of 11-15 year olds reporting using ketamine in the last year was 0.7% compared to 9.8% reporting that they had used cannabis in the last year.