

Alcohol

Questions	Answers
<p>1. Do different types of alcohol (like beer or liquor) have the same amount of alcohol?</p>	<p>No - It is a common belief that some drinks like beer have less alcohol than hard liquor, but the amount of alcohol in a drink depends on:</p> <p>A) The alcohol percentage shown on the label</p> <p>B) The size of the drink (bottle, glass, can, etc.)</p> <p>Drinks come in different sizes and strengths, so it's helpful to know what a <i>standard drink</i> is:</p> <ul style="list-style-type: none"> • 12 oz of beer (5% alcohol) • 5 oz of wine (12% alcohol) • 1.5 oz of liquor (40% alcohol) <p>All of these are <i>one standard drink</i>. (see appendix for image).</p>
<p>2. How do you know how many standard drinks you're having?</p>	<ul style="list-style-type: none"> • Look at the size and alcohol % of the drink • Use an online calculator like knowalcohol.ca
<p>3. How can we help kids and teens understand what a standard drink is?</p>	<ul style="list-style-type: none"> • Posters in schools • Talking to youth in person • Social media • Drink calculator apps • Labels on alcohol containers
<p>4. True or False: Alcohol ads can influence whether someone chooses to drink or not.</p>	<p>True. Ads can make drinking seem cool or fun and can influence young people's choices.</p>

<p>5. How is alcohol made to look "cool" in our society?</p>	<ul style="list-style-type: none"> • Seen in movies and TV • Used in ads • Linked with parties and fun • Makes people seem popular or confident • Celebrities promote it • Fancy branding • Social media posts • Negative effects are often ignored
<p>6. What happens when alcohol is marketed as only cool or fun?</p>	<p>People may forget or ignore the real risks and harms of drinking.</p>
<p>7. Why are drinking games dangerous?</p>	<p>People drink too much too fast, which can lead to:</p> <ul style="list-style-type: none"> • Alcohol poisoning • Injuries • Bad decisions
<p>8. What are some problems that can happen soon after drinking alcohol?</p>	<ul style="list-style-type: none"> • Trouble thinking clearly • Slow reactions • Blurry vision • Memory loss (blackouts) • Risk of injury or fights • Risk of sexual assault • Hangovers • Thoughts of self-harm or suicide
<p>9. What future health problems can drinking alcohol cause?</p>	<ul style="list-style-type: none"> • Cancer (breast, colon, rectum, mouth and throat, liver, esophagus and larynx) • Liver disease • Heart disease and stroke • Stomach and nerve damage

	<ul style="list-style-type: none"> • Brain damage • Depression • Addiction
10. What are signs of alcohol poisoning?	<ul style="list-style-type: none"> • Can't wake the person up • Cold, pale, or bluish skin • Vomiting while passed out <p>*This is a medical emergency – turn them on their side and call 911!</p>
11. Where can people find good info about alcohol?	<ul style="list-style-type: none"> • Canada's Guidance on Alcohol and Health (<i>*see appendix for resource</i>) • Trusted websites (like Public Health) • Doctors or nurses • Talk to a safe adult (parent, teacher, or friend)
12. What age can you legally buy or drink alcohol in Ontario?	19 years old
13. True or False: Alcohol containers have warning labels.	<p>False.</p> <p>Alcohol doesn't have health warnings like cigarettes do.</p>
14. True or False: Alcohol affects a young person's brain.	<p>True. Your brain is still developing until around age 25. Drinking alcohol at a young age can slow down brain development and make it harder to think clearly, make good decisions, and stay organized.</p>
15. What should you do instead of getting into a car with a drunk driver?	<ul style="list-style-type: none"> • Call someone you trust • Stay in a safe place • Walk with a friend if safe to do so • Take a bus, taxi, or Uber • Carry a phone or money to get home safely

<p>16. How much alcohol is safe to drink during pregnancy?</p>	<p>There is no safe amount of alcohol when pregnant. Alcohol during pregnancy can cause <i>Fetal Alcohol Spectrum Disorder (FASD)</i>, which can lead to brain damage and learning problems.</p>
<p>17. What can you do to stay safer if you decide to drink alcohol?</p>	<ul style="list-style-type: none"> • Count how much you drink • Set limits • Drink slowly • Eat before and while drinking • Avoid drinking games • Choose drinks with no alcohol or less alcohol • Alternate alcohol and non-alcohol drinks • Don't leave your drink unattended • Don't mix alcohol with energy drinks or medicine
<p>18. Scenario: Lindsay finds her friend Miley passed out after drinking. What should she do?</p>	<ul style="list-style-type: none"> • Call 911 • Check if Miley is breathing • Do CPR if you know how and she's not breathing • Turn her on her side (recovery position) • Stay with her • Use naloxone if you think drugs were involved
<p>19. What does it mean, that alcohol is a "depressant"?</p>	<p>It slows down your brain, heart, and breathing.</p>
<p>20. True or False: Coffee or cold showers sober you up.</p>	<p>False. Only <i>time</i> helps your body get rid of alcohol.</p>
<p>21. Why do some people like to drink?</p>	<ul style="list-style-type: none"> • To fit in • To deal with stress • Boredom • Curiosity • Social reasons

<p>22. What is one risk of drinking as a teen?</p>	<p>Higher risk of addiction later. The earlier someone starts drinking, the more likely they are to develop problems with alcohol as an adult.</p>
<p>23. What does “blackout” mean?</p>	<p>Drinking so much that you can’t remember what happened. This is very risky and scary.</p>
<p>24. What are some healthy ways to handle stress instead of drinking?</p>	<ul style="list-style-type: none"> • Talk to a friend • Play sports • Write in a journal • Do art or music
<p>25. What is binge drinking?</p>	<p>Binge drinking is drinking a lot of alcohol in a short amount of time (e.g. 4 or 5 drinks within about two hours). This can cause blackouts, injuries, alcohol poisoning, unsafe sex, unplanned pregnancy and even long-term health problems.</p>
<p>25. True or False: Alcohol is the most used substance by youth.</p>	<p>True. More students use alcohol than any other drug.</p>
<p>26. What is Ontario’s “Zero Tolerance Law”?</p>	<p>Drivers under 21, or with a beginner’s license (G1, G2, M1, M2), must have no alcohol in their system when driving.</p>