

# TRUE OR FALSE EMOJI QUIZ - ANSWERS

## 1. Women tend to be more affected by alcohol than men - TRUE

Alcohol is distributed around the body in water. The female body has more body fat and less water than the male body, so alcohol concentrations are higher in females. Therefore, women tend to get drunk faster than men when drinking a similar amount of alcohol.

## 2. People are more likely to take risks after drinking alcohol - TRUE

Alcohol affects judgement so after drinking alcohol, people tend to have fewer inhibitions and this can lead to risky behaviour, which can result in an accident or injury, risky or unprotected sex, vulnerability to others, criminal damage or violence.

## 3. Pregnant women should not to drink alcohol - TRUE

As alcohol crosses the placenta and circulates in a foetus's blood stream there is no safe level of drinking when pregnant. If someone drinks heavily during pregnancy this can cause permanent harm to the developing baby. This is called FAS (Foetal Alcohol Syndrome) and life-long problems include:

- Facial deformities and small head size
- Behaviour problems (prone to hyperactivity and lack of concentration)
- Abnormal appearance
- Poor coordination
- Low intelligence.

## 4. Drinking too much alcohol can affect your health badly- TRUE

Drinking a lot of alcohol in a short space of time can increase someone's risk of accidents and injury. High doses can cause alcohol poisoning, leading to coma or even death.

In the UK, most young people drink responsibly, but for those aged 16-24, 22% of men report consuming more than 8 units on one occasion in the past week and 15% of women report consuming more than 6 units. This can lead to short term personal risks such as accidents and alcohol poisoning. 16%-20% of accidental deaths are alcohol-related and in 2018, 530 people died from alcohol poisoning in the UK.

Just 5% of all men over 16 drink more than 50 units a week and 3% of women drink more than 35 units a week in the UK. Drinking at this level increases the risk of cancers (colon, breast, upper digestive tract), of heart disease and alcoholic liver diseases long-term.

That's why in 2018, 7,551 people died from an alcohol-related illness, mainly from alcoholic liver disease.

## 5. Drinking plenty of water may reduce the effects of a hangover - TRUE

Many of the effects of a hangover come about because alcohol dehydrates the body. There is no cure and waiting until it has gone is the only thing anyone can do. However, drinking plenty of water and keeping off alcohol for at least the next 48 hours helps the body recover. Of course, the best thing is to avoid a hangover in the first place by sticking to the recommended guidelines or not drink at all.

## **6. People who drink lots of alcohol regularly may become addicted to it - TRUE**

Someone who regularly drinks an excessive amount of alcohol may have to drink more to get the same effect, and this can lead to addiction.

Being addicted to alcohol means someone has a compulsive need to drink and finds it hard to stop drinking.

They may need a drink as soon as they wake up or feel the need to have a drink in the morning. If they don't have access to alcohol they suffer from withdrawal symptoms, such as sweating, shaking and nausea, which stops if they drink alcohol again.

## **7. Drinking alcohol reduces stress - FALSE**

Alcohol acts as a depressant on the brain, the control centre of the body. After a few drinks someone may feel more relaxed, emotional and uninhibited for a while. They may also lose control as their judgement is affected. This is then followed by a depressing low as more of the brain starts to be affected. It doesn't matter what mood someone is in to start with, when high levels of alcohol are involved, it's possible that instead of pleasurable effects increasing, a negative emotional response will take over. They could become angry, anxious or depressed.

## **8. The label on a bottle or can of drink tells you how much alcohol it contains - TRUE**

The amount of alcohol is usually shown on the drink container, but you can calculate it yourself.

## **9. Eating before drinking alcohol stops a person from getting drunk - FALSE**

Eating before drinking slows down the absorption of alcohol into the bloodstream, and will stop someone from getting drunk as quickly - It also gives the liver more of a chance to break down the alcohol in the body, as alcohol is held in the stomach for longer. It's therefore a good idea to eat before drinking, but this doesn't reduce the amount of alcohol or units that are consumed – so if someone drinks a lot, they'll still get drunk.

## **10. It is possible to sleep off a hangover and feel all right the next day - FALSE**

Hangovers can last for a lot longer than just the morning after. Advice for adults is that after a lot of alcohol has been consumed, they shouldn't drink alcohol for another 48 hours. Hangovers are best avoided in the first place by limiting drinking to be within the responsible guidelines, pacing drinks with non-alcoholic ones, eating before or when drinking, or not drinking at all.