

Alcohol myth buster, True/False Quiz Instructions

Overall aim: to explore truths and myths around alcohol and assess the knowledge levels of the participants.

In a group (approx. 10 people):

Create enough space for the participants to be able to stand in a line with a TRUE sign at one end and a FALSE sign at the other. (The risk continuum cards can be used for this). Distribute the Myth buster cards to individuals in the group. Ask for the statements to be read out one at a time and, after each, ask the participants to move towards either sign or to stand somewhere in between, depending upon what they believe about the statement. Encourage a few participants to share their reasoning and discuss with the group, allowing the opportunity for anyone

to move along the line if they've changed their mind. Finally, give the answer and the explanation on the back of the statement.

Individually: Place the TRUE and FALSE signs on a table with the Myth buster cards in a pile face up. One at a time, read the statements and decide whether to place them on the TRUE or FALSE pile. Once all cards are completed, turn them over to read the answers and the explanation.

In pairs or a small group: As for the individual but discuss the statement on each Myth buster card in turn and explain why it's TRUE or FALSE.

In a large group (15 + people): Use the Myth buster cards in a Power Point format (talkabouttrust.org/resources/ce-fe/emoji-alcohol-quiz-16-powerpoint/) or read each statement out and ask people to stand up if they think it's TRUE. As in the small group session, encourage discussion and follow this by reading the answer and explanation.



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.



People who regularly drink lots of alcohol may become addicted to it.

True. Someone who regularly drinks a lot of alcohol may have to drink more to get the same effect, and this can lead to dependency.

Being dependent on alcohol means someone has a compulsive need to drink and finds it hard to stop drinking. It can dominate their life, and affect their job, income, health family and friends.



**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.



**Drinking too much alcohol
can affect someone's health.**

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 Great Britain, most young people drink responsibly, but for those aged 16-24, 15% of men consume more than 8 units on one occasion and 9% of women consume more than 6 units. This can lead to short term personal risks such as accidents and alcohol poisoning. 22% of accidental deaths are alcohol-related and in 2021, 568 people died from alcohol poisoning in the UK.

Just 5% of all men over 16 drink more than 50 units a week and 6% of women drink more than 35 units a week in England. 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 the UK in 2021, 9,641 people died from an alcohol-related illness, mainly from alcoholic liver disease.



It is possible to sleep off a hangover and feel alright 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.



**Drinking plenty of water
may reduce the effects
of a hangover.**

True. As well as inflammation, many of the effects of a hangover come about because alcohol dehydrates the body.

Drinking plenty of water and pacing – that is, alternating alcoholic drinks with non-alcoholic alternatives – slows down a person's intake of alcohol as well as keeping the body hydrated. This in turn reduces the risk of drinking too much and getting a hangover the next day.

Alternating with soft drinks will help save money and bars and clubs have to offer free tap water too!



**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 their 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.



It's impossible to know how much alcohol is in a bottle.

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

 1 UK Unit
Per 25ml

 28 UK Units

The UK Chief Medical Officers recommend adults do not regularly drink more than 14 units per week.

drinkaware.co.uk



HOW MANY UNITS IN A DRINK?

Water or a soft drink



= 0 units

Small alcopop or
1/2 a pint of beer



= 1 unit

A pint of beer or a
medium glass of
wine (175ml)



= 2 units

A large glass of
wine (250ml) or a
can of strong lager



= 3 units



**Pregnant women should not
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.



**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. This can result in:

- An accident or injury
- Risky or unprotected sex
- Vulnerability to others
- Criminal damage or violence.