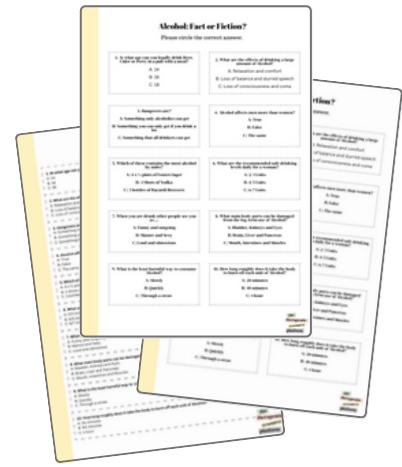


Alcohol: Fact or Fiction?

Instruction page



1 Activity Type

Age: 5-18+

Participation Style:

1-1 activity

Group activity

Theme:

Mindful, reflective

Challenge Level

EASY

Resource Format:

Quiz/Games
PDF worksheet

2 General Activity Info

Alcohol: Fact or Fiction?

An interactive educational activity designed to raise awareness about the effects of alcohol, legal drinking laws, and how to make informed choices. This quiz encourages young people to reflect on their understanding of alcohol and its impact on the body and mind, while providing valuable information in a fun and engaging way. Whether used in a classroom, youth group, or health education setting, this activity helps participants develop knowledge and confidence to make healthier decisions.

Instructions: Read each question carefully and circle the correct answer. Afterwards, discuss your choices with the group or facilitator.

3 Materials Needed

- A printed copy of the resource.
- Pens.
- A dry-erase marker if you plan to laminate the sheet, making it reusable.

4 Step by Step Instructions

1. Print out the quiz sheet. **OR** print out our flashcards if you plan on asking the questions verbally.
2. Give participants time to answer the questions. Then go through each question and its answers.

Top Tip: You could laminate the sheet and use a whiteboard pen to mark off completed tasks, making it a reusable tool for future weeks.

Alcohol: Fact or Fiction?

Please circle the correct answer.

1. At what age can you legally drink Beer, Cider or Perry in a pub with a meal?

- A: 14
- B: 16
- C: 18

3. Hangovers are?

- A: Something only alcoholics can get
- B: Something you can only get if you drink a lot
- C: Something that all drinkers can get

5. Which of these contains the most alcohol by units?

- A: 4 x ½ pints of Fosters lager
- B: 3 Shots of Vodka
- C: 3 bottles of Bacardi Breezers

7. When you are drunk other people see you as ...

- A: Funny and outgoing
- B: Mature and Sexy
- C: Loud and obnoxious

9. What is the least harmful way to consume Alcohol?

- A: Slowly
- B: Quickly
- C: Through a straw

2. What are the effects of drinking a large amount of Alcohol?

- A: Relaxation and comfort
- B: Loss of balance and slurred speech
- C: Loss of consciousness and coma

4. Alcohol affects men more than women?

- A: True
- B: False
- C: The same

6. What are the recommended safe drinking levels daily for a woman?

- A: 2/3 Units
- B: 4/5 Units
- C: 6/7 Units

8. What main body parts can be damaged from the long-term use of Alcohol?

- A: Bladder, Kidneys and Eyes
- B: Brain, Liver and Pancreas
- C: Mouth, Intestines and Muscles

10. How long roughly does it take the body to burn off each unit of Alcohol?

- A: 20 minutes
- B: 40 minutes
- C: 1 hour

Alcohol: Fact or Fiction?

Answers.

1. B: 16

In the UK, a person aged 16 or 17 can legally drink beer, cider, or perry with a meal in a licensed premises if: they are accompanied by an adult, the drink is purchased by the adult.

3. C: Something that all drinkers can get

A hangover is a group of unpleasant symptoms that can occur after drinking alcohol, including: Headache, Nausea, Fatigue, Sensitivity to light and sound, Dehydration

5. A: 4 x ½ pints of Fosters lager

$$\begin{aligned}\frac{1}{2} \text{ pint} &= \sim 1.1 \text{ units} \\ 4 \times \frac{1}{2} \text{ pints} &= 4.4 \text{ units}\end{aligned}$$

7. C: Loud and obnoxious

When you're drunk, your own perception of yourself often changes — you might feel funnier, more confident, or attractive. But in reality, others often see drunk behaviour as: Loud, Disruptive, Embarrassing.

9. A: Slowly

Drinking alcohol slowly is the least harmful way compared to the other options because it: Gives your liver more time to process the alcohol (roughly 1 unit per hour) Helps you stay in control and better judge how it's affecting you.

2. C: Loss of consciousness and coma

While relaxation and comfort (A) and loss of balance and slurred speech (B) can occur at lower levels of alcohol consumption, drinking a large amount of alcohol especially in a short period can lead to Loss of consciousness.

4. B: False

Alcohol generally affects women more than men because women have a higher fat-to-water ratio, resulting in higher blood alcohol levels. They also have lower levels of alcohol dehydrogenase and hormonal differences can influence how alcohol affects them.

6. A: 2/3 Units

According to UK health guidelines (set by the Chief Medical Officers):

Both men and women are advised not to regularly exceed 14 units of alcohol per week. This works out to about 2–3 units per day if spread evenly across the week, with several alcohol-free days.

8. B: Brain, Liver and Pancreas

Long-term alcohol use can cause serious and sometimes permanent damage to key organs, especially: Brain, Liver, Pancreas.

10. C: 1 hour

On average, the human body takes about 1 hour to process and burn off 1 unit of alcohol. This can vary slightly depending on: Age, Sex, Weight, Metabolism, General health.