

Name Answer Key

date _____

How did you do on the "Whaddya Know?" quiz? Use the quiz and the Cool Spot website to help you find the answers to the following questions.

1. Find these answers in the Reality Check quiz:
In the past month:
 - a. only about 7 out of 100 13-year olds drank.
 - b. about 50 (52 or half) out of 100 adults age 35 or over drank.

2. Fill in the blanks with information from Facts About Alcohol:
 - a. 1 standard drink = 12 oz. of beer = 1.5 oz. of hard liquor = 5 oz. of wine
 - b. The chances of having alcohol dependence and related problems increase
 - for men who have more than 4 drinks a day.
 - for women who have more than 3 drinks a day.

3. More numbers! Look in Too Much, Too Soon, Too Risky - Introduction
 - a. What is the legal drinking age? 21
 - b. How many people under the legal drinking age die each year from alcohol-related injuries? 5,000
 - c. Among people who begin drinking before age 15, how many eventually become alcoholic? 40% or 4 out of 10
 - d. Name the four dangers of underage drinking:
death addiction
thinking problems arrest

4. Dig into Too Much, Too Soon, Too Risky and draw lines to fill in these holes with their explanations. a-d, b-c, c-a, d-b
 - a. School or work problems
 - b. Money problems
 - c. Family tension
 - d. Losing friends
 - a. less fun and closeness, arguing, higher rates of divorce and child abuse
 - b. friends pull back or drift away, leaving only heavy drinkers
 - c. too much spent on alcohol and paying for poor decisions caused by drinking
 - d. being absent or late, working below abilities, putting off responsibilities

5. Read the Peer Pressure pages, then write "Spoken" or "Unspoken" next each type of pressure. Go ahead. The whole class is doing it.

- a. Rejection Spoken
- b. The Huddle Unspoken
- c. The Look Unspoken
- d. Put Down Spoken
- e. The Example Unspoken
- f. Reasoning Spoken

6. In the Right to Resist, read the Know Your No's page, then circle two behaviors that are listed for each Less Effective No.

Know It All

- a. **being judgmental**
- b. distracting the person
- c. choosing words well
- d. **throwing out facts**

Avoiding

- a. making eye contact
- b. blaming others
- c. **staying away from the issue**
- d. **changing the subject**

Passive

- a. speaking firmly
- b. telling others their feelings
- c. **making excuses**
- d. **acting weak and wimpy**

Aggressive

- a. saying "I don't want to"
- b. **acting angry**
- c. **pushing people around**
- d. blushing and giggling

7. Also in Know Your No's, you'll learn that The Assertive No is the most effective way to say no to drinking. Unscramble these phrases and rewrite them as five Assertive No behaviors.

Stand 'em quickly and speak
Use the straight, well-chosen eye
Look up in a voice politely
Say it right firm in words

- 1. **Stand up straight.**
- 2. **Look 'em right in the eye.**
- 3. **Speak in a firm voice.**
- 4. **Say it quickly and politely.**
- 5. **Use well-chosen words**