



Substance Misuse Awareness Quiz

- 1) Most young people of secondary school age have tried illegal drugs
 - a) True
 - b) False
- 2) Cannabis use is increasing among young people of secondary school age in the UK
 - a) True
 - b) False
- 3) Cannabis causes long-term mental health problems, including psychosis, among young people
 - a) True
 - b) False
- 4) Cannabis is a Class B drug
 - a) True
 - b) False
- 5) Alcohol is a drug
 - a) True
 - b) False
- 6) How long does it take a healthy body to process 1 unit of alcohol
 - a) 30 minutes
 - b) One hour
 - c) 24 hours
- 7) Mixing alcohol with fizzy drinks slows down the rate at which they are absorbed into the body
 - a) True
 - b) False
- 8) The Dept of Health recommends that the maximum amount of alcohol is as follows:
 - a) Men should not regularly* drink more than 3-4 units a day and women should not regularly drink more than 2-3 units a day
 - b) Men should not drink more than 30 units per week and women should not regularly* drink more than 20 units
 - c) Men and women can regularly* drink up to 20 units each week

**Regularly means every day or most days of the week*
- 9) The recommended level of alcohol for a 14 year old is:
 - a) 3-4 units a day
 - b) 2-3 units a day
 - c) None

- 10) Which of the following contains 1 unit of alcohol?
- a) 1 bottle of strong lager (6%)
 - b) ½ pint of normal strength beer (4%)
 - c) 1 small glass of wine (14%)
 - d) A few swigs of vodka (40%)
- 11) If a 75cl bottle of vodka tells you on the label it is 40% proof, then the whole bottle contains:
- a) 40 units
 - b) 30 units
 - c) 75 units
- 12) If a person buys an ecstasy tablet for themselves and one for their friend, they could be charged with supplying a Class A drug
- a) True
 - b) False
- 13) In the UK more deaths result from using one particular drug than from the use of any other substance. Is that drug:
- a) Heroin
 - b) Ecstasy
 - c) Tobacco
- 14) Boys use more illegal substances than girls
- a) True
 - b) False
- 15) Ketamine is replacing cannabis as the drug most commonly used by young children of secondary school age
- a) True
 - b) False



Substance Misuse Awareness Quiz – the answers

•Question 1

Most young people of secondary school age have tried illegal drugs

False

In 2010, 18% of pupils said they had ever used drugs, i.e. less than one in five

•Question 2

Cannabis use is increasing among young people of secondary school age in the UK

False

8.2% in 2010, down from 13.4% in 2001

•Question 3

Cannabis causes long-term mental health problems, including psychosis, among young people

False – it may be a trigger but no causal link has been found

Over the past few years, research has strongly suggested that there is a clear link between early cannabis use and later mental health problems in those with a genetic vulnerability - and that there is a particular issue with the use of cannabis by adolescents. Recent research in Europe, and in the UK, has suggested that people who have a family background of mental illness - and so probably have a genetic vulnerability anyway - are more likely to develop schizophrenia if they use cannabis as well.

•Question 4

Cannabis is a Class B drug

True

The government reclassified cannabis from Class C to Class B in January 2009. Classing cannabis as Class B reflects the fact that skunk (a much stronger version of the drug) now dominates in the UK, accounting for more than 80% of cannabis available compared to just 30% in 2002.

•Question 5

Alcohol is a drug

True

Alcohol is our favourite drug. In fact, alcohol causes much more harm than illegal drugs like heroin and cannabis. It is a tranquilizer, has a depressant effect, is addictive, and is the cause of many hospital admissions for physical illnesses and accidents.

•Question 6

How long does it take a healthy body to process 1 unit of alcohol?

b) One hour

•Question 7

Mixing alcohol with fizzy drinks slows down the rate at which they are absorbed into the body

False

Research has shown that fizzy mixers cause alcohol to reach your bloodstream faster than still mixers – that is, you'll get drunk faster on gin and tonic than gin and orange juice.

•Question 8

The Dept of Health recommends that the maximum amount of alcohol is:

a) Men should not regularly drink more than 3-4 units a day and women should not regularly drink more than 2-3 units a day

The guidelines were changed to avoid the idea that it's fine to not drink all week, then drink your entire alcohol 'allowance' at the weekend.

•Question 9

The recommended level of alcohol for a 14 year old is:

c) None

While there have been official Government drinking guidelines for adults for many years, until recently there were none for under-18s and their parents. In December 2009, government advice for young people and their parents about alcohol was published. It stated that children should not drink before they're 15, and between 15 and 17 they should only drink when they're supervised by a parent or other adult.

•Question 10

Which of the following contains 1 unit of alcohol?

b) ½ pint of normal strength beer (4%)

Strength of alcoholic drinks

ABV (alcohol by volume) or the word "vol" refers to the strength of a drink so "13 ABV" on a label means it contains 13% pure alcohol. One unit is 10 ml (or 8g) of pure alcohol. To calculate - strength (ABV or %) x Volume (ml) ÷ 1000 = No. of units

So, for the half pint of beer it is 4% x 284ml = 1.1 unit

1 bottle of strong lager (6%) – need to know the volume of the bottle but 6% x 330ml = 2 units

1 small glass of wine (14%) – again need to know the size if the glass, no standard measure so can vary widely, but 14% x 125ml = 1.75 units

A few swigs of vodka (40%) – impossible to estimate 'a swig', but 40% x 25ml = 1 unit

•Question 11

If a 75cl bottle of vodka tells you on the label it is 40% proof, then the whole bottle contains:

b) 30 units

$40\% \times 750\text{ml} = 30 \text{ units}$

•Question 12

If a person buys an ecstasy tablet for themselves and one for their friend, they could be charged with supplying a Class A drug

True

•Question 13

In the UK more deaths result from using one particular drug than from the use of any other substance. That drug is:

c) Tobacco

•Question 14

Boys use more illegal substances than girls

True

In 2010: Similar proportions of boys and girls had ever taken drugs (both 18%), and the same was true for drug use in the last year (13% and 12% respectively).

More boys than girls reported that they had taken drugs in the last month; 7% and 6% respectively. When volatile substance use is excluded, boys were more likely than girls to report having ever taken drugs (13% compared with 11%) and having taken drugs in the last year (11% and 9%).

However, as in previous years, girls were more likely to have smoked than boys (28% and 25% respectively). (There is no difference with alcohol.)

•Question 15

Ketamine is replacing cannabis as the drug most commonly used by young people of secondary school age

False

In 2010: 8.2 % of pupils said they had taken cannabis in the previous year, as opposed to 0.5% who said they had taken Ketamine – usage of both are declining