

Alcohol Quiz

1. What **state** is number one for drinking alcohol, other than a few sips, before the age of 13?
A) Montana B) Wyoming
C) Colorado D) Idaho
2. In 2002 and 2003 what annual percentage of youth between the age of 16-20 **nationwide** had used alcohol in the past month?
A) 16% B) 22%
C) 30% D) 44%
3. Where is Wyoming ranked in the **nation** for driving after drinking alcohol?
A) 10th B) 8th
C) 5th D) 2nd
4. How many drinks at one time is considered Binge drinking?
A) 5 or more drinks B) 4 drinks
C) 3 drinks D) 2 drinks
5. What percentage of youth ages 15-20 were killed in motor vehicle crashes **nationally** in 2002 due to drinking alcohol?
A) 15% B) 29%
C) 11% D) 41%

ANSWERS: 1. B 2. D 3. C 4. A 5. B

National Alcohol Abuse True or False Quiz:

1. Alcohol kills more youth than all other illegal drugs combined.
2. More youth smoke tobacco than drink alcohol.
3. The federal investment for preventing underage drinking is 25 times less than the current investment targeted at preventing illegal drug use.
4. You are NOT a heavy drinker if you drink 5 or more drinks in a row on 5 or more occasions in a 30 day period.
5. Alcohol affects a youth's brain differently than it does an adults.
6. Alcohol is a gateway drug.

ANSWERS: 1. True 2. False 3. True 4. False 5. True 6. True: If someone is in an atmosphere where they feel they can comfortably drink, once they have a "good buzz" they are more likely to be willing to try some-thing to increase their "good buzz", such as other il-legal drugs.

Why youth drink more today:

- A **standard drink** of beer refers to 12 ounces of beer.
- Today, beer is sold in 12, 22, 32, 40, and 64 ounce containers.
- This new sizing creates confusion about what constitutes a drink.

Drinking and Driving

According to data from the National Highway Traffic Safety Administration (NHTSA), in 2003, 17,013 people were killed in alcohol-related crashes; an average of one crash every half-hour. These deaths constituted approximately 40% of the total traffic fatalities in 2003.

In **Wyoming** alone, in 2003, 165 people were killed in traffic fatalities. Out of those 165, 62 of them were alcohol related. Which means that 38% of all traffic fatalities were alcohol-related.

In our neighboring state of North Dakota, 52% of all their traffic fatalities were alcohol-related in 2003.

Information For Youth Myths about Alcohol:

Myth: It's just beer. It can't permanently damage me.

Reality: Large amounts of alcohol can do major damage to your digestive system. It can hurt your heart, liver, stomach, and many other critical organs as well as causing you to lose years from your life.

Myth: It's none of my business if a friend is drinking too much.

Reality: If you are a real friend, it is your business. You

can't make someone change but you can be honest. Maybe they'll listen. You might even talk them into getting help.

Myth: The worst thing that can happen is a raging hang-over.

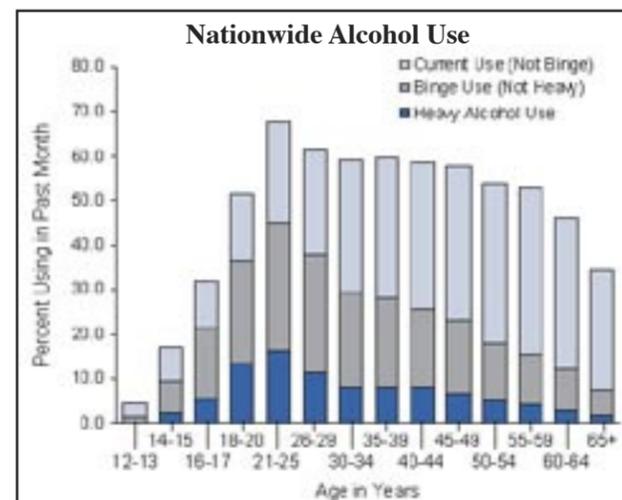
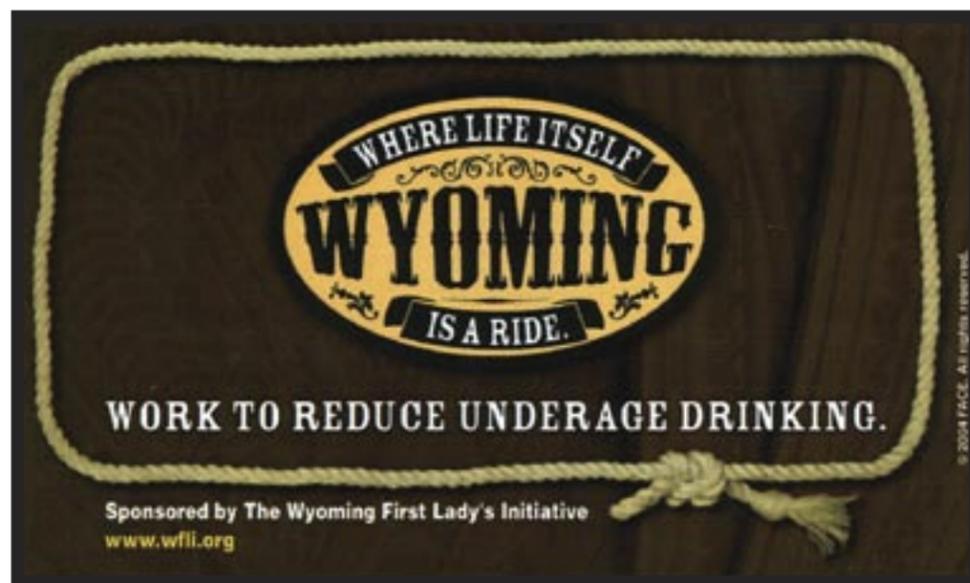
Reality: Sorry. If you drink enough alcohol fast enough you can get an amount in your body that can kill you in only a few hours.

Myth: Drugs are a bigger problem than alcohol.

Reality: Alcohol kills 6 1/2 times the number of people killed by cocaine, heroin, and every other illegal drug combined. Ten million Americans are addicted to alcohol. Alcohol is the No. 1 drug problem of today's youth.

Myth: People who drink too much only hurt themselves.

Reality: Every person who drinks has a mother, grandfather, sister, aunt, best friend, boyfriend, or girlfriend who worries about them. Each of the 12 million problem drinkers in this country affects other people.



How Adults Can Help

- Make sure your kids know what you expect from them regarding underage alcohol use. Set rules with clear consequences and follow through consistently.
- Think about where alcohol is kept in your home, and how much you have on hand. Monitor your supply, or even remove it from your home. Hold your ground. Don't provide, ignore or excuse the use of alcohol with kids.
- Ask Questions:
 - Do you know how easily children in your community can obtain alcohol and what prevention methods communities can adopt to prevent underage alcohol access?
 - Does your community have educational and prevention programs and policies designed to prevent under age drinking?
- Personal actions that make a difference:
 - Place underage alcohol use on agendas for PTA, local government, faith group, service club, and other community group and organization meetings.
 - Write letters to the editors of your local news paper. Ask them to print articles about the dangers of early alcohol use.
 - Encourage your schools to adopt constructive alcohol policies and prevention programs.

Supported By:

Campbell County Community Resource Coalition

For information about ways to help our youth please call:

Campbell County Community Victim Impact Panels

Pam and Tim Freeman (307) 686-3787 or (307) 660-7186
E-mail: pamfree_99@yahoo.com
Or

Community Coalition Against Underage Drinking
Web Site for CCAUD: www.ccaud.org

Susan Shippy (307) 682-7593
E-mail: sshippy@ccsd.k12.wy.us
Or

Linda Mohr (307) 682-5171 Ext. 241
E-mail: lmohr@ccsd.k12.wy.us

