# Self-Assessment Worksheet: What Do I Know About Alcohol?

Name: Blank Class: Blank Date: Blank

Consuming any amount of alcohol can have long-term consequences on a person’s physical, mental, emotional, and social well-being. Complete the following self-assessment by putting an X in the box below the word *true* or *false* for each question to help you understand your knowledge about alcohol. After completing the self-assessment, check your answers with the answer key at the bottom of the assessment.

Answers: 1. false, 2. false, 3. true, 4. false, 5. true, 6. false, 7. true, 8. true, 9. false, 10. true

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|  | True | False |
| 1. Alcohol is a stimulant. |  |  |
| 2. Alcohol is legal for people 20 years of age and older. |  |  |
| 3. A long-term effect of drinking alcohol could be brain damage and cirrhosis of the liver. |  |  |
| 4. Binge drinking is when females drink eight or more drinks in a week and males drink 15 or more drinks in a week. |  |  |
| 5. Blood alcohol content is the amount of alcohol found in a person’s bloodstream to determine how intoxicated they are. |  |  |
| 6. Two main reasons people drink are to fit in with their friends and to decrease their risky behavior decisions. |  |  |
| 7. Teens who use social media are three times more likely to drink alcohol. |  |  |
| 8. Alcohol is banned from all schools, meaning you cannot have any type of alcohol on school grounds. |  |  |
| 9. A designated driver is the person who agrees to have only one drink at the party, so they can still safely drive home. |  |  |
| 10. Alcohol use disorder means a person depends on alcohol to get through their day. |  |  |

My score for What Do I Know About Alcohol?= Blank (total number of correct answers)