Foundations 1E CT Chapter 11

1. Which drink has the most alcohol in it?

a. 12-ounce glass of beer

b. 5-ounce glass of wine

c. 1.5 ounces of liquor

d. All of these have the same amount of alcohol in them.

Answer: \_\_\_\_\_

2. A 10-ounce glass of beer has twice as much alcohol as a 5-ounce glass of wine.

a. True

b. False

Answer: \_\_\_\_\_

3. Which of the fetal alcohol spectrum disorders causes problems with formation of the organs and how they function?

a. alcohol-related birth defects (ARBD)

b. neurobehavioral disorder associated with prenatal alcohol exposure (ND-PAE)

c. alcohol-related neurodevelopmental disorder (ARND)

d. fetal alcohol syndrome (FAS)

Answer: \_\_\_\_\_

4. Match each result of prenatal exposure to alcohol with the condition that causes it.

\_\_\_ 1. fetal alcohol syndrome (FAS)

\_\_\_ 2. alcohol-related birth defects (ARBD)

\_\_\_ 3. neurobehavioral disorder associated with prenatal alcohol exposure (ND-PAE)

\_\_\_ 4. alcohol-related neurodevelopmental disorder (ARND)

a. delayed development

b. malformed heart

c. lack of impulse control

d. memory problems

5. In general, the more that teens drink,

a. the less likely they are to take unnecessary risks

b. the more likely they are to take unnecessary risks

c. the less likely they are to have sex or get into fights

d. the more likely they are to fall asleep, even in a group

Answer: \_\_\_\_\_

6. All of the following are typical of the poor decisions associated with teen drinking EXCEPT

a. trying a dangerous drug like cocaine for the first time

b. engaging in unprotected sex

c. using a ride-request app to get a ride home

d. throwing a brick through the plate glass window of an ATM kiosk

Answer: \_\_\_\_\_

7. More than half of high school students who drink at least one alcoholic drink a month make mostly Ds and Fs for grades.

a. True

b. False

Answer: \_\_\_\_\_

8. Which is NOT a way that drinking alcohol typically affects job performance?

a. having trouble focusing or concentrating

b. being late for work

c. calling in sick on a regular basis

d. passing out while drinking on the job

Answer: \_\_\_\_\_

9. Who could face long-term consequences for a teen's decision to drive while under the influence of alcohol?

Answer:

10. Name three influences on a teen's decision to drink.

Answer:

11. Teens who post on social media sites are three times LESS likely to drink alcohol.

a. True

b. False

Answer: \_\_\_\_\_

12. A movie scene showing college friends and family members gathering over drinks tends to \_\_\_\_\_\_\_\_\_\_ social drinking.

a. discourage

b. mock

c. dismiss

d. promote

Answer: \_\_\_\_\_

13. How can you resist letting social and other media influence you to drink alcohol? **Select all that apply.**

a. When I see beautiful people drinking in movies, I can keep in mind that the filmmakers have my best interests at heart.

b. On music streaming platforms, I can change the station or skip songs that make drinking seem fun, glamorous, or comforting.

c. I can only drink alcoholic beverages that ads say have healthy ingredients, like fruit juice, so that they are actually good for me.

d. When I see a photo of a friend drinking on social media, I can remember that they will feel hungover and sick the next day.

Answers: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

14. A restaurant that uses social media to post photos and video clips of patrons drinking and having a good time in the bar is hoping that people will

a. want to mimic that behavior

b. drink responsibly

c. realize the risks involved in that behavior

d. ignore the message

Answer: \_\_\_\_\_

15. Your values will help you decide which of the following?

a. whether to drink alcohol or not

b. whether to choose friends who use alcohol

c. whether to put yourself in situations where alcohol is being used

d. all of the above

Answer: \_\_\_\_\_

16. What is the most likely result if you personally think drinking is wrong, but you let yourself drink at a party anyway?

a. You will feel disappointed in yourself.

b. You will feel proud of your change in values.

c. You will explain to your friends that you were wrong to oppose drinking.

d. You will reexamine your values with regard to drinking.

Answer: \_\_\_\_\_

17. What are three verbal communications to use when you are refusing to drink?

Answer:

18. To avoid drinking at parties, it is a good idea to

a. think about the situation ahead of time and plan refusal strategies

b. hang out in a corner by yourself for the entire time

c. carry a glass of cola and pretend it is an alcoholic drink

d. criticize others for drinking

Answer: \_\_\_\_\_

19. What is one way that being alcohol-free might benefit you?

a. You would have an easier time maintaining a healthy weight.

b. You would find it easier to meet and talk to new people.

c. Your endurance would improve.

d. You could stay up late most nights to watch your favorite show.

Answer: \_\_\_\_\_

20. Your friend Isaac sees that drinking alcohol is bad for him, and he decides he doesn't want to do it anymore. Which of the following would NOT be supportive of Isaac's decision to not drink?

a. asking Isaac to train for a 5K event with you

b. telling Isaac it won't hurt him to drink every now and then

c. inviting Isaac to join you when you volunteer at the food bank

d. asking Isaac if he wants to see a movie with you

Answer: \_\_\_\_\_

21. Which of the following are signs of an alcohol use disorder? **Select all that apply.**

a. continuing to drink even though it is causing trouble with friends and family

b. having to drink much more than you once did to get the same effect

c. getting sick once on a camping trip with friends from drinking too much

d. cutting back or stopping activities that once were important to you in order to drink

Answers: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

22. Eleven questions are used to determine if someone has an alcohol use disorder (AUD). A person's AUD is considered severe if they answer yes to

a. two or three questions

b. four or five questions

c. six or more questions

d. all eleven questions

Answer: \_\_\_\_\_

23. Select the three common reasons why teens start using alcohol.

a. Their parents or other family members use alcohol.

b. They want to honor religious or community guidelines.

c. Their parents or guardians are not supportive of them.

d. They want to be popular and part of a circle of friends.

Answers: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

24. By the time she reached high school, Rachel had attended five different schools, because her guardian moved a lot. Rachel had to make new friends each time, and then lose them, which made her sad. She's at home alone after school until her guardian gets home from work. Her guardian drinks quite a bit after she's had a tough day. How likely is it that Rachel will develop an alcohol use disorder?

a. not very likely

b. somewhat likely

c. likely

d. extremely likely

Answer: \_\_\_\_\_

25. Lucinda has signed up for treatment of her alcohol use disorder at an outpatient treatment center. Her routine will include all the following EXCEPT

a. living at home

b. taking a semester off from high school

c. working with a substance abuse counselor or mental health therapist

d. receiving counseling about emotional wellness

Answer: \_\_\_\_\_

26. How would a residential treatment center affect a teen's life?

a. The teen would get treatment and do schoolwork at their own residence.

b. The teen would need to live and do schoolwork at the center.

c. The teen would live at the treatment center but go to school as usual.

d. The teen would not be able to see family members during treatment.

Answer: \_\_\_\_\_

27. What is a true statement about student assistance programs?

a. They distribute anti-alcohol medications to students.

b. They were tried in some schools but were ineffective.

c. Their focus is on prevention and intervention services.

d. They are a component of residential treatment programs.

Answer: \_\_\_\_\_

28. Student assistance programs help to keep students with alcohol and drug problems out of schools.

a. True

b. False

Answer: \_\_\_\_\_

29. What are three guidelines to follow when talking to a family member about their alcohol use disorder?

Answer:

30. Lloyd is receiving help at a residential treatment center. What role would Lloyd's family play during this process?

a. His family would need to look at the way family dynamics affect the teen's alcohol use disorder.

b. The center would request that no family members interact with Lloyd during his treatment.

c. His parents would have to sign documents promising that they will not talk about his treatment.

d. His family's role would be to bring Lloyd his schoolwork and ensure he takes his medications.

Answer: \_\_\_\_\_