

Name _____ Date _____

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

1. Find these answers in the "Reality Check" section.
In the past month:
 - a. only about ____ out of 100 13-year olds drank.
 - b. about _____ out of 100 adults age 35 or over drank.

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

3. More numbers! Look in "Too Much, Too Soon, Too Risky" - Introduction.
 - a. What is the legal drinking age? _____
 - b. How many people under the legal drinking age die each year from alcohol-related injuries? _____
 - c. Among people who begin drinking before age 15, how many eventually become alcoholic? ____
 - d. Name four dangers of underage drinking:

4. Dig into "Too Much, Too Soon, Too Risky" and draw lines to fill in these "deep holes" with their explanations.

a. School or work problems	a. less fun and closeness, arguing, higher rates of divorce and child abuse
b. Money problems	b. friends pull back or drift away, leaving only heavy drinkers as friends
c. Family tension	c. too much spent on alcohol and paying for poor decisions caused by drinking
d. Losing friends	d. being absent or late, working below abilities, putting off responsibilities

5. Read the "Peer Pressure" pages and then write "Spoken" or "Unspoken" next to each type of pressure. Go ahead. The whole class is doing it.
- a. Rejection _____
 - b. The Huddle _____
 - c. The Look _____
 - d. Put Down _____
 - e. The Example _____
 - f. Reasoning _____

6. In the "Right to Resist," read the "Know Your NOs" 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 NOs," 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. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____