

Alcohol Literacy Challenge

Participant Name: _____

Test Type:

- Pre-Test Post-Test Evaluation

Gender Identity:

- Female Male Other

Age: _____

Grade:

- Kindergarten First Second
- Third Fourth Fifth
- Sixth Seventh Eighth
- Ninth Tenth Eleventh
- Twelfth

Would you describe yourself as:

- White Black or African American American Indian or Alaska Native
- Asian Native Hawaiian or Other Pacific Islander Other

Ethnicity:

- Hispanic Non-Hispanic

1. For common 80 proof liquors, such as popular brands of vodka, rum, whisky or tequila, how much is considered to be a standard drink?

- ½ ounce 1 ounce
- 1 ½ ounces 2 ounces

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2. A standard drink of beer is

- 8 ounces
- 12 ounces
- 16 ounces
- Whatever is in a glass

3. Mental Effects of alcohol are:

- The pharmacological effects of alcohol.
- Effects that result from a person believing alcohol will affect them a certain way.
- Effects alcohol has on a person's body.
- All of the above.

4. How does a person's brain organize beliefs about the good and bad effects of drinking?

- Because the beliefs are about drinking, both good and bad effects of drinking are stored in the same area of the brain.
- Our brains tend to organize beliefs in related clusters; good effects are put in one place and bad effects are put in another.

5. True or False: Bar laboratory studies have found that students who are told they are being served beer with alcohol, but were really served non-alcoholic beer, showed all the signs physical and emotional effects of drinking alcohol.

- True
- False

6. Brain scientists tell us that "Neurons that fire together, Wire together." This means:

- Our brain cells work independently of each other.
- Mental & emotional associations don't really affect a person's decisions.
- When two things happen at the same time, our brain makes one thing out of it.
- All of the above

7. The Low Dose Effect of alcohol can be described as:

- At low doses, alcohol has little effect on a person's happiness. People need to drink higher doses to feel happy.
- At low doses, alcohol can make people feel happy, but at higher doses the feeling of happiness is overwhelmed by negative effects.
- The relationship between happiness and alcohol consumption is linear. Drink a little and people can feel a little happy. Drink more and people will feel more happiness.

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8. Which of the following is true about “The Placebo Effect.”

- Placebos can be pills, injections, drinks and even buttons.
- Being advertised, expensive, having brand names, or good looking packaging makes placebos stronger.
- Something with no known therapeutic value makes people feel better.
- All of the above are true.

9. True or False: If a person consumes a lot of alcohol and passes the Low Dose Effect threshold, he or she can drink more alcohol to bring back the pleasant feelings experienced at a the lower dose.

- True
- False

10. True or false: Alcohol companies now make ads telling people to switch to water after a drink or two in order to have a better night out.

- True
- False