

Alcohol and teenagers - quiz

New Australian alcohol guidelines for drinking to avoid health risks have been released by the NHMRC in collaboration with the Department of Health and Ageing. These are available on www.nhmrc.gov.au. Better Health Channel information will be updated shortly.

Try our health quiz on teenagers and alcohol. How many drinks make a binge drinking session, and can alcohol make you more vulnerable to violence and sexual abuse? The answers are here.

1. How often do you drink?

- A. Occasionally, perhaps once or twice per month or so.
- B. About once per week.
- C. A few times every week.

2. How much do you drink in one sitting, on average?

- A. At least seven to one dozen standard drinks, if not more.
- B. Up to five or six standard drinks.
- C. Probably two or three standard drinks.

3. Do you ever drink to the point of throwing up or passing out?

- A. Never – I've seen friends and other people at parties do it, and I can't imagine why they would even want to.
- B. Occasionally – I can remember two or three times when I got really drunk.
- C. Often – almost every time I drink, I keep going until I either throw up or pass out.

4. Do your parents know that you drink?

- A. No, I keep my drinking a secret from my parents, as much as I can.
- B. Yes, but they probably don't know exactly how much I drink – for instance, I might tell them that I had one drink at a party when I really had five.
- C. Yes, they know.

5. Do you ever go swimming when drunk, like at pool or beach parties?

- A. I've had the odd swim or two, but always with other people around.
- B. No, I never have.
- C. I love going swimming on hot days or nights, even when I'm drunk.

6. Have you ever got into a drunken fight?

- A. No, I don't get aggro when I drink.

- B. I've lost control once or twice at parties because I'd been drinking too much, but nothing too serious.
- C. Yes, I tend to get into fights when I've been drinking.

7. Have you ever been drunk and had sex?

- A. I haven't had sex when drunk, but I've flirted, kissed or made a fool of myself and regretted it the next day.
- B. No.
- C. Yes, I had sex with someone I would never have slept with sober, and I regretted it the next day.

8. How do you get home after drinking?

- A. I drive, or else I catch a lift with anyone who doesn't feel too drunk to drive.
- B. I only drive if I'm sure I'd be under 0.05 – otherwise, I catch public transport or stay the night.
- C. I catch public transport or stay the night, or my friends use the 'nominated driver' system.

Calculate score

Your score is:

Score 8 to 12:

Your drinking habits are putting your health at serious risk. Unless you start using alcohol in a responsible way, you could find yourself in serious trouble – car accidents, sexually transmissible infections and unwanted pregnancy are just some of the dangers you're flirting with. Talk with your parents or doctor about ways to better manage your drinking, or browse through the Better Health Channel fact sheets for some practical suggestions.

Score 13 to 18:

Some of your drinking habits are putting you at increased risk of a range of health and social problems. It's time to put on the brakes and find ways to enjoy the occasional drink without putting yourself at risk. Talk with your parents or doctor about ways to better manage your drinking, or browse through the Better Health Channel fact sheets for some practical suggestions.

Score 19 to 24:

Congratulations, it seems that you're taking full responsibility for your drinking habits. Keep up the good work!

> Check the best answers.

This page has been produced in consultation with, and approved by:

Australian Drug Foundation

This Better Health Channel fact sheet has passed through a rigorous approval process. The information provided was accurate at the time of publication and is not intended to take the place of medical advice. Please seek advice from a qualified health care professional.

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