

Alcohol and Sex QUIZ



DID YOU KNOW?

Young people who drink are more likely to :

NOT use a condom

Become Pregnant

AND

Catch an STI

For each question choose the correct answer(s):

- 1) Alcohol is :
 - a. Safe as long as you only drink the same thing all night
 - b. The most common drug used to spike other drinks
 - c. Only dangerous if mixed with other drugs

- 2) Alcohol affects:
 - a. Just your speech and walking
 - b. Your co-ordination when driving
 - c. Every part of your body except your hair and nails

- 3) The recommended daily allowance of alcohol for young people is
 - a. The same as adults, 2-3 for women and 3-4 for men
 - b. There is no daily allowance but young people can drink up to 10 units a week
 - c. If young people under 18 choose to drink they should never exceed the adult limits and should never drink more than once a week.

- 4) If you do choose to drink, you should:
 - a. Eat something first and drink water or a soft drink between alcohol drinks
 - b. Make sure you know how many units are in your drink
 - c. Stay with your friends and make sure at least one person is not drinking so they can make sure everyone stays safe
 - d. All of the above

- 5) Alcohol can:
 - a. Greatly increase the risk of not using a condom or using it incorrectly and may result in pregnancy or catching a sexually transmitted infection
 - b. Increase sexual pleasure and enjoyment
 - c. Make sex less embarrassing

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ANSWERS

1) - Alcohol is commonly used to spike people's drinks and is more common than GHB or Rohypnol. It can easily be added to non-alcohol drinks (e.g. adding vodka to lemonade without someone knowing) or extra alcohol can be added to a drink (e.g. adding extra vodka to vodka and coke). Being drunk makes you more vulnerable. Drinking too much alcohol on just one occasion can even lead to death even if you only drink one type of alcohol.

2) c - Alcohol actually affects all parts of your body except for your hair and nails as they are already dead. This means that your ability to make decisions is greatly affected as your inhibitions are lowered. It also makes using a condom correctly very difficult!

3) c There is no recommended daily allowance for young people under 18.

4) d - by following these tips you can minimize the risks of drinking

5) a - Alcohol actually makes sex less satisfying, can stop you getting an erection and can make sex painful. Although you might feel less embarrassed alcohol can often lead to embarrassing situations and can make you feel regretful and upset the next day.