

Name \_\_\_\_\_

Date \_\_\_\_\_ Period \_\_\_\_

### HOW MUCH DO YOU KNOW ABOUT ALCOHOL, CIGARETTES, AND MARIJUANA?

Check the right answer to each question. If you think more than one answer is correct, check all that apply. After you have completed the test, read it to your parents or another adult in your family. Put an "X" next to each of their answers.

1. Some people become dependent on marijuana or alcohol as a way to feel good or to escape their problems.  
 True  False
2. Tobacco is a highly addictive drug, which means the body becomes physically dependent on it very quickly.  
 True  False
3. It's more dangerous to drive when you're drunk than when you're high on drugs.  
 True  False
4. Teenagers who smoke often have "smoker's breath" and yellow teeth.  
 True  False
5. If someone offers you marijuana and you don't want it, a good response is to
  - a. say, "No, thanks."
  - b. make a scene and put him or her down for smoking marijuana.
  - c. say, "I don't like what it does to me."
  - d. say, "Thanks a lot," and take a hit.
6. People who smoke don't become addicted to cigarettes until several years after they start smoking.  
 True  False
7. Losing control when you are drunk or high means you may do something you wouldn't do if you were not high.  
 True  False
8. Of everyone who has lung cancer, over 85% got it from smoking.  
 True  False

9. Alcohol can be deadly. If you drink enough alcohol at one time, it can kill you.
- True  False
10. Smoking just one cigarette a week can cause coughing, wheezing and excessive phlegm production.
- True  False
11. Almost any drug, if used for a long time, causes physical or mental dependency.
- True  False
12. It is legal to sell cigarettes to any teenager.
- True  False
13. Marijuana damages your lungs.
- True  False
14. Heavy and chronic drinking can harm every organ and system in the body.
- True  False
15. Smoking relaxes you even when you've never tried cigarettes before.
- True  False
16. The main reason most teenagers continue to smoke cigarettes once they start is
- a. they think it makes them look cool.
  - b. they like spending so much money on cigarettes each week.
  - c. they like the way their breath smells.
  - d. they are addicted.
17. Having a bad "high" on marijuana means you might feel anxious, scared, uptight, or even terrified.
- True  False
18. Advertisers try to make you believe that drinking alcohol will
- a. make you more popular.
  - b. make you throw up.
  - c. make you look glamorous, sexy, or macho.
  - d. get you addicted.
  - e. make you have a car crash.

19. More than four in five smokers want to quit. With a good smoking cessation program, 20-40% of the participants are able to quit and stay quit for at least one year.
- True  False
20. Marijuana smoke contains some of the same cancer causing and toxic substances as tobacco, sometimes in higher concentration.
- True  False
21. Marijuana is being cultivated to contain much higher THC content than it has when it grows in the wild. THC content is often as high as 20%.
- True  False
22. If a parent or other family member is an alcoholic, you are much more likely to become an alcoholic.
- True  False
23. People who smoke for many years are likely to develop
- a. bronchitis.
  - b. lung cancer.
  - c. heart disease.
  - d. cancer of the mouth, larynx, esophagus, or bladder.
24. Because marijuana is a “natural” substance, it is a safe alternative to drugs.
- True  False
25. Teenagers start smoking because of
- a. pressure from peers.
  - b. pressure from ads, sponsorships and promotions.
  - c. pressure from themselves.
  - d. curiosity.
26. Teenagers drink because
- a. their parents drink.
  - b. they think it’s less harmful than other drugs.
  - c. advertising makes it tempting.
  - d. they want to rebel.

## ANSWER KEY

(To be distributed after students and parents complete *Test Your Drug IQ*.)

1. True
2. True
3. False. It is just as dangerous to drive when you're high.
4. True
5. a and c
6. False. One or two cigarettes each day for a week can make you addicted. Nearly one- third of people who try a single cigarette eventually develop dependence on tobacco.
7. True
8. True
9. True. Alcohol depresses the nerves that control involuntary actions such as breathing, heart beat, and the gag reflex that prevents choking. A fatal dose of alcohol (too high a level of blood alcohol content) will eventually stop these functions.
10. True. According to the Surgeon General, these symptoms can be triggered with your first cigarette.
11. True
12. False. In all states you must be 18 or older to legally purchase cigarettes.
13. True. Marijuana has been shown to damage the bronchial airways. In addition, the same cancer-causing tars in cigarettes are also in marijuana.
14. True
15. False. Each cigarette you smoke makes your body less relaxed. It increases your heart rate, constricts your blood vessels, and raises your blood pressure.
16. a and d
17. True
18. a and c
19. True
20. True
21. True
22. True. This is called genetic alcoholism.
23. a, b, c, and d
24. False. Marijuana is a drug. Many naturally occurring substances can be dangerous if ingested (poisonous mushrooms).
25. a, b, c, and d
26. a, b, c, and d