

Drugs & Alcohol quiz

Questions:

	Question	True	False
1.	In most cases death from ecstasy use is caused by the body overheating and dehydration		
2.	Drinking black coffee does not help a person sober up		
3.	If a woman drinks the same amount of alcohol as a man it will have the same effect.		
4.	Cannabis skunk and weed is more potent (stronger) than cannabis grass and resin		
5.	Sleep helps the body eliminate alcohol more quickly		
6.	Ketamine is a stimulant drug		
7.	Alcohol is a stimulant drug		
8.	A pregnant woman who drinks is putting the health of her baby at risk		
9.	Legal high are legal because they are safe		
10	Mephedrone is a plant fertiliser		

Drugs quiz answers:

		Question
1.	True	<p>Ecstasy affects how the body regulates temperature and the user risks overheating if they do not drink enough fluid. Physical exercise, like dancing at clubs/raves, increases the body's temperature. This causes sweating and the loss of body fluids. The body can overheat.</p> <p>It is recommended that a person should sip 1 pint of water every hour to prevent the risk of overheating and dehydration. It is also advisable to wear loose fitting clothing, take plenty of breaks from dancing so that you can cool down, and ideally take no more than one ecstasy tablet over the course of the evening.</p>
2.	True	Black coffee has no influence on the rate at which the liver breaks down alcohol.
3.	False	<p>Generally if men and women drink at the same level there is a greater health risk to women.</p> <p>Women's bodies can't process alcohol as well as men's. Women tend to weigh less than men, have more body fat and less water to dilute the alcohol in the body so the alcohol stays in the system for longer. Women are also more vulnerable to alcohol related organ damage and start to have alcohol related problems at lower drinking levels than men do.</p>
4.	True	Weight for weight, skunk weed has higher levels of tetrahydrocannabinol (THC) in it than the most common forms of cannabis – grass and resin. Therefore, regular, daily use increases the risks of psychological dependency problems. Some American research has reported that users have experienced physical withdrawal symptoms.
5.	False	<p>Sleep has no influence on the rate at which the liver breaks down alcohol. Alcohol does have an effect on the quality of sleep, however.</p> <p>Although we may seem to sleep well after alcohol, we have a reduced amount of dream sleep. Consequently we feel tired and unrefreshed the next day.</p>
6.	False	<p>Ketamine is (a sedative) powerful general anaesthetic. It is short acting and it has been used for operating on humans and animals. Just like LSD, ketamine can cause perceptual changes as well as reducing the effects of bodily sensation. Users have reported having 'out of the body' experiences.</p> <p>Taken in high doses, users can become physically incapable of moving while under the influence of the drug. Because of its anaesthetic qualities, people have been known to hurt themselves and not realise until the following day.</p>
7.	False	Alcohol is exactly the opposite, a depressant.
8.	True	Alcohol can damage a developing baby, particularly in the first three months of the pregnancy. During this early stage, the alcohol can

		<p>interfere with organ development leading to abnormalities. Later in pregnancy the effects are mainly on growth.</p> <p>Heavy drinking can cause foetal alcohol syndrome, characterised by low birth weight, growth retardation, abnormal features, especially of the face and head, brain damage and behavioural and learning problems.</p>
9.	False	<p>Legal highs try to mimic the effects of illegal drugs through combining different legal chemicals. Websites often sell these chemical products with a warning that states '<i>not for human consumption</i>' – this way they by-pass any problems with the law.</p> <p>However, the effects on humans of the chemicals used in these products are often untested or poorly researched, and as such can be very unsafe to use as a drug. Legal highs are as unsafe to use as any current illicit drug.</p>
10.	False	<p>When mephedrone was legal it was sold as plant fertiliser to by-pass any legal constraints faced if sold as a recreational drug. Mephedrone is not a plant fertiliser and it's as unsafe as any current illicit drug. The unsafe status of mephedrone is increased due to little being known about its long term effects.</p>