

**Myth or Fact Quiz Answer Guide:**  
**Discuss in a group or with your teacher about what makes the statements Fact or Myth.**

1. The worst thing that can happen is that I'll pass out and have a hangover tomorrow.

a. Fact

**b. Myth**

**Why: Death can and does occur from alcohol poisoning. An intoxicated person can have a bodily reaction or the inability to make clear-headed decisions such as drunk driving, falls and other accidents. These can lead to injury and death.**

2. People pass out from drinking all the time. It's nothing to worry about.

a. Fact

**b. Myth**

**Why: You pass out due to the body's inability to tolerate the amount of alcohol that you have put into it. Alcohol is a central nervous system depressant that works to slow down the heart rate, lower your blood pressure and slow your breathing rate. The amount of alcohol it takes to make you pass out is dangerously close to the amount of alcohol it takes to make you dead!**

3. Telling your friend to make him or herself throw up helps get him or her sober after a night of drinking.

a. Fact

**b. Myth**

**Why: Alcohol itself is poisonous hence the term alcohol poisoning. Remember if a person cannot walk, talk or follow directions, look out for that person to see if immediate medical attention is needed.**

4. The best thing to do for someone who is drunk is to put him or her to bed and let him or her sleep it off.

a. Fact

**b. Myth**

**Why: Although this is partly true, the fact is that an intoxicated person is helpless and must be cared for. DO NOT LEAVE AN INTOXICATED PERSON ALONE! Stay with the person, check their breathing, check their skin temperature and frequently try to wake them.**

5. Beer before liquor, never sicker. Liquor before beer, you're in the clear.

a. Fact

**b. Myth**

**Why: Not true, but hey it rhymes. Ethyl alcohol is the active ingredient in both beer and liquor, so the order in which drinks are consumed makes no difference.**

6. Even if the man and the woman weigh the same, the woman will be more susceptible to intoxication with the same amount of drinks.

**a. Fact**

b. Myth

**Why: One – women have a lower percentage of water in their bodies than do men, resulting in less water to dilute the alcohol. Two – women have less alcohol dehydrogenase, an enzyme that detoxifies alcohol in her system.**

7. Eat bread after a night out. It will absorb alcohol.

a. Fact

**b. Myth**

**Why: Eating does slow the process of alcohol entering the blood stream but food does not absorb or change the alcohol. Drinking on a full stomach slows down the process of the alcohol entering your bloodstream. It does not prevent it.**

8. Binge drinking is not too dangerous.

a. Fact

**b. Myth**

**Why: One in three 18 to 24 year-olds admitted to emergency rooms for serious injuries is intoxicated.**

9. If I am underage (in Texas, California and several other states) I can contact the authorities to get help for my friend, and I will not get into trouble.

**a. Fact**

b. Myth

**Why: The law states that whoever is the first person to contact the authorities regarding an alcohol poisoning emergency will not be penalized for underage consumption of alcohol. You may want to go over the 911 Legislation requirements.**

10. Time is the only way to sober up.

**a. Fact**

b. Myth

**Why: It takes time for your body to breakdown and metabolize the alcohol, on average about an hour per drink. When you binge drink you're allowing way more alcohol into your system than your body can take and risking putting yourself in a dangerous situation.**

