



DRUGS QUIZ

	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.	Breathing in cannabis for longer will result in more cannabis getting to the brain		
4.	If a woman drinks the same amount of alcohol as a man it will have the same effect.		
5.	Cannabis skunk and weed is more potent (stronger) than cannabis grass and resin		
6.	Sleep helps the body eliminate alcohol more quickly		
7.	Long term, alcohol reduces both virility and fertility in men and woman		
8.	Ketamine is a stimulant drug		
9.	Half a pint of lager or one glass of wine equals one unit of alcohol		
10.	A significant number of young people have unprotected sex whilst under the influence of alcohol		
11.	Alcohol is a stimulant drug		
12.	A pregnant woman who drinks is putting the health of her baby at risk		
13.	Legal high are legal because they are safe		
14.	Mephedrone is a plant fertiliser		
15.	The legal high NRG is the same drug no matter where I buy if from		



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>Breathing in (inhaling) cannabis for a long time, before breathing out (exhaling) does not get the user more (stoned) intoxicated.</p> <p>Breathing in longer will increase the amount of tar and other dangerous chemicals that can cause lung problems/damage.</p>
4.	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>
5.	True	<p>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.</p> <p>As skunk weed is stronger, it increases the effects of cannabis, such as: memory loss; impaired judgement; mental health problems – paranoia, anxiety, and in some cases psychosis; accidents, and work performance.</p>
6.	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 unrested the next day.</p>
7.	True	As Shakespeare said alcohol 'provokes the desire, but takes away the performance'. It also reduces the level of the male



		<p>sex hormone, testosterone, and can lead to a lowered sperm count, shrinkage of the penis and testicles, and loss of sexual hair.</p> <p>Heavy drinking in women can cause a reduction in sex hormones, shrinkage of breasts, ovaries and external genitalia, disrupted periods and loss of vaginal secretion.</p>
8.	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 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> <p>Ketamine should not be taken with other drugs, particularly depressants, such as alcohol or diazepam (Valium). It can also cause high blood pressure, which can be particularly dangerous with drugs like ecstasy or amphetamines. Large doses could induce unconsciousness and you could die as result of respiratory failure.</p>
9.	False	<p>One unit is equal to 10 ml of pure alcohol. The alcohol content is expressed as the percentage of the bottle or can. Alcoholic drinks even if they appear the same, may have a different alcohol content. So depending on the volume you drink, the amount of alcohol content may differ significantly. So one small glass of wine can be anywhere between one and three units.</p>
10.	True	<p>According to the sexual health charity Brook, one in seven 16-24 year olds had unprotected sex after drinking alcohol and one in five had sex that they regretted. Unprotected sex greatly increases the risk of sexually transmitted infections and unintended pregnancy</p>
11.	False	<p>Alcohol is exactly the opposite, a depressant.</p> <p>You may be thinking “That can’t be true. I feel quite cheerful after a couple of beers”. This is because one of the first things to be depressed is our control over feelings, emotions and inhibitions. This is why alcohol is used so much to loosen people up at parties and for Dutch Courage. It is also why so many people do things when they have had a few drinks which they would not dream of doing when sober, and often regret it!</p>
12.	True	<p>Alcohol can damage a developing baby, particularly in the first three months of the pregnancy. During this early stage, the alcohol can 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,</p>



		abnormal features, especially of the face and head, brain damage and behavioural and learning problems.
13.	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>
14.	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>
15.	False	<p>Even though you can buy NRG as a legal high you cannot rely that manufacturers are using the same combinations of chemicals. This means that one batch of NRG can be very different to another, and as such each time it is purchased the risks of adverse affects are increased due to the likelihood of new and untested chemicals being added to the mix.</p> <p>In research studies of the same legal high being purchased from a number of websites, it was found that the chemicals used varied so much that they could not be classed as the same product.</p> <p>In short, you do not know what you are buying even though the name of the legal high is the same.</p>