

STUDENT REFLECTIONS 1



NAME:

MYTHBUSTERS

MYTH 1

“EVERYONE DOES IT”

While most year 8s have tried alcohol, most consider themselves to be non-drinkers. Less than 1% say that they drink heavily.

MYTH 2

“ALCOHOL IS NOT A DRUG”

Alcohol is a drug. It is one of the depressant drugs. Depressant drugs slow down the central nervous system and messages to and from the brain.

This affects a person's bodily functions (like breathing and heartbeat) and leads to drowsiness, relaxation, uncoordinated movements, slow reactions, or coma and even death. Other depressant drugs include tranquilisers and sleeping pills.

MYTH 3

“HARD DRUGS CAUSE THE MOST HARM”

Alcohol as a risk factor accounts for about 70% of all drug-related deaths in young people (15–24 years), significantly more than tobacco and illicit drugs.

The top causes of alcohol attributable death for high school students (14–17 year olds) are road injury, suicide, assault and drowning.

MYTH 4

“SOBERING UP CAN BE SPED UP”

Nothing will sober a person up quickly! Only time will sober them up. The liver won't get rid of alcohol any faster if you drink coffee, eat, exercise, get a fright, drink water or vomit.

Caffeine, a shower or fresh air may make you feel less drunk, but there will still be alcohol in your system.

“IT’S THE SAME FOR EVERYONE”

Males and females metabolise alcohol at different rates. How alcohol affects an individual depends on a range of factors including weight, fitness, body fat and hormonal levels.

MYTH 5

“DRINK = DRUNK”

While everyone’s reaction to alcohol is different, many people enjoy a drink or two without feeling or getting drunk. Just remember, the more a person drinks the drunker they get.

MYTH 6

“1 GLASS = 1 DRINK”

The amount of alcohol in a glass depends on how strong the drink is. The same glass filled with spirits may equal five standard drinks, but one glass filled with beer may equal only one.

MYTH 7

“IT MAKES YOU COOL OR SEXY...”

... or gorgeous, sophisticated, popular or entertaining. What do you think?

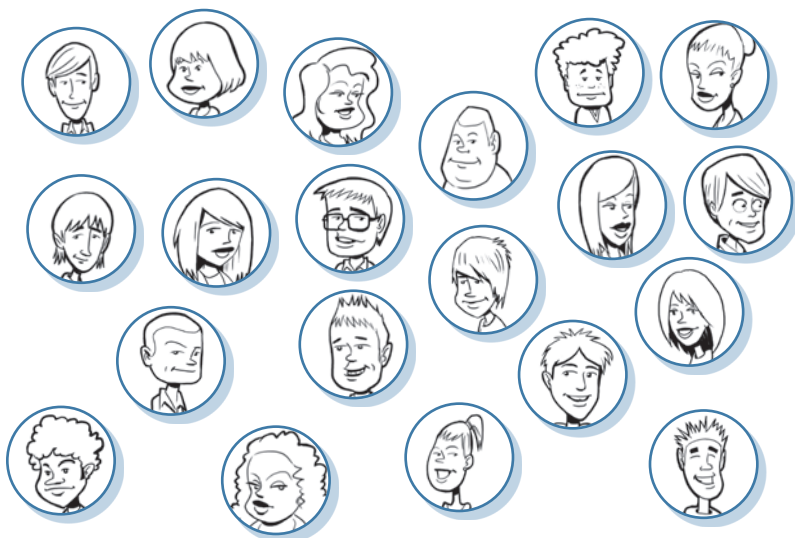
MYTH 8

THERE ARE LOTS OF MYTHS SURROUNDING ALCOHOL USE – THINGS PEOPLE BELIEVE ARE TRUE BUT AREN'T REALLY.

GET THE PICTURE

USE YOUR ANSWERS FROM THE SERIOUS PURSUIT GAME TO COMPLETE THESE PAGES

YEAR 8S WHO SAY THEY ARE NON-DRINKERS



Colour in the number of year 8s in this group of 20 who say they are non-drinkers.

ALCOHOL USE ON DIFFERENT DAYS

MONDAY

TUESDAY

WEDNESDAY

FRIDAY

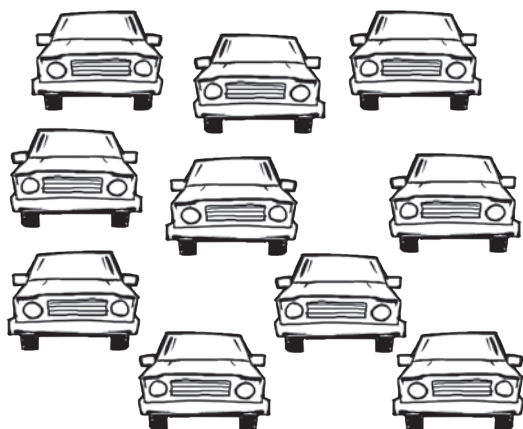
THURSDAY

SUNDAY

SATURDAY

Colour in the two days of the week when most drinking takes place.

ROAD DEATHS AMONG YOUNG MEN



Colour in the proportion of all alcohol-related deaths for 14 – 17 year old males due to drink driving.

ADULT REGULAR DRINKERS



Colour in the number of adults in a group of 10 who would be regular drinkers (at least weekly).