

Quiz: How much do you know about teen alcohol and drug use?

Each year, the National Institutes of Health observes National Drug & Alcohol Facts Week in an effort to dispel myths about alcohol and drug abuse, and educate teens on dangers of use and addiction. Take this quiz to test your knowledge of alcohol and drug use among teens, including what may be a warning sign.

1. Teens may abuse alcohol and drugs for a variety of reasons. Choose all that apply.
 - a. Negative peer pressure
 - b. Family tensions
 - c. Access to cash, alcohol and drugs
 - d. Trauma
 - e. Pressure to perform at school, in the home, or in extracurricular activities
2. True or false: One-third of high school students have consumed alcohol in the last 30 days.
3. Cigarette-like devices have gained popularity in recent years. Which are true about the danger of e-cigarettes? Choose all that apply.
 - a. E-cigarettes may sometimes contain less nicotine than conventional cigarettes, but the addictive substance is still present.
 - b. Non-users can be affected by emissions through second- and third-hand exposure.
 - c. E-cigarette and conventional cigarette use have comparable levels of exposure to formaldehyde (a carcinogen).
 - d. Because using e-cigarettes mirrors the dangers of cigarette use, the best way to quit cigarettes is to promote alternatives including gums and patches.
4. True or false: Over-the-counter medications are harmless since they do not require a physician visit or a prescription.
5. In 2014, the nonmedical use of prescription drugs was highest among young adults. What can parents do to properly store medication in the home, helping prevent prescription drug abuse?
 - a. Throw expired or unused prescription medications in the trash as soon as possible.
 - b. Store prescription medications in a purse or nightstand, out of sight of kids and teens.
 - c. Include education on the dangers of prescription drug abuse as part of your safe storage practices.

Answer Key

1. Teens may abuse alcohol and drugs for a variety of reasons. Choose all that apply. **All of the above. Parents who are mindful of these potential triggers can be proactive in preventing their teens from turning to drugs or alcohol as a coping mechanism.**
Source: CHOC Children's
 - a. Negative peer pressure
 - b. Family tensions
 - c. Access to cash, alcohol and drugs
 - d. Trauma
 - e. Pressure to perform at school, in the home, or in extracurricular activities

2. True or false: One-third of high school students have consumed alcohol in the last 30 days. **True. Thirty-three percent of high school students drank some amount of alcohol in the last month, and 18 percent binge drank, according to the Centers for Disease Control and Prevention's 2015 Youth Risk Behavior Survey. Excessive drinking is responsible for more than 4,300 youth deaths each year. In 2010, there were approximately 189,000 emergency room visits for those under 21 years old for injuries or other conditions linked to alcohol.**

3. Cigarette-like devices have gained popularity in recent years. Which are true about their associated dangers? Choose all that apply. **All of the above.**
Source: CHOC Children's
 - a. E-cigarettes may sometimes contain less nicotine than conventional cigarettes, but the addictive substance is still present,
 - b. Non-users can be affected by emissions through second- and third-hand exposure.
 - c. E-cigarette and conventional cigarette use have comparable levels of exposure to formaldehyde (a carcinogen).
 - d. Because using e-cigarettes mirrors the dangers of cigarette use, the best way to quit cigarettes is to promote alternatives including gums and patches.

4. True or false: Over-the-counter medications are harmless since they do not require a physician visit or a prescription. **False. The accessibility and affordability of over-the-counter (OTC) medications have led to many misconceptions regarding OTC medication safety. The truth is many of these OTC medications start out as prescription medications before going over the counter. The way that they work in our body is exactly the same as the prescription version and has the same potential for harmful side effects when not taken properly.** *Source: CHOC Children's*

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5. In 2014, the nonmedical use of prescription drugs was highest among young adults. What can parents do to properly store medication in the home, helping prevent prescription drug abuse? **C- Explain the purpose of each prescribed medication, including possible side effects. Stress that it is both illegal and dangerous to share these medications with friends.** *Source: CHOC Children's*
- a. Throw expired or unused prescription medications in the trash as soon as possible. **Remove expired, unwanted or unused medications from the home as soon as possible, preferably through an authorized collection site.**
 - b. Store prescription medications in a purse or nightstand, out of sight of kids and teens. **Store medication in a cool, dry place. Keep it out of reach and out of sight, and in a locked location. Do not store in a purse or nightstand, which are easily accessible to children and teens. Don't put medication away in front of children, as they tend to mimic adults' behaviors.**
 - c. Include education on the dangers of prescription drug abuse as part of your safe storage practices.
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