

Alcohol, Tobacco, and Other Drugs Safety Quiz

Name: _____

You may find yourself in difficult situations involving alcohol, tobacco, and other harmful drugs. Answer the questions below to show what you know about avoiding risky situations.

Part A: Okay—or Not?

1. True or False: It is okay to try a harmful substance just once. _____
2. True or False: When someone offers me something that may be harmful, I should say “no” firmly, walk away, and tell a trusted adult. _____
3. True or False: It is okay to take pills that were prescribed by a doctor even if they were not prescribed for me. _____

Part B: Consequences

- 4a. Some of the consequences of smoking cigarettes may include (circle all that apply):

Speeding up of heart rate

Speeding up of central nervous system

Improved lung function

Whiter teeth

- 4b. If I do try smoking, I might

(continued)

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5a. Some of the consequences of using alcohol may include (circle all that apply):

Addiction Family problems Liver damage
Difficulty making decisions Legal problems

5b. If I do try alcohol, I might hurt (name at least two people):

6a. Some of the consequences of chewing tobacco may include (circle all that apply):

Brown teeth Mouth cancer Fresher breath

6b. If I do chew tobacco, I might:

Part C: Using the WOW! Solution

Complete a WOW! Solution plan for each of the following situations:

7. Your best friend offers you a cigarette.

W = I will _____ before reacting.

O = Organize a plan. My plan is (offer at least two ideas):

W = If needed, I will walk away. I will _____ instead.

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Alcohol, Tobacco, and Other Drugs Safety Quiz *(continued)*

- 8.** A school bully insists that you drink some wine behind the school.

W = I will _____ before reacting.

O = Organize a plan. My plan is (offer at least two ideas):

W = If needed, I will walk away. I will _____ instead.

- 9.** I will improve my personal safety in the area of alcohol, tobacco, and other harmful drugs by (write at least two ways on the lines):
