

# Alcohol, Tobacco, and Other Drugs Safety Quiz Answer Key

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. False
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. True
3. True or False: It is okay to take pills that were prescribed by a doctor even if they were not prescribed for me. False

## 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

See the sample answers for situation 1 on form 4.22.

\_\_\_\_\_

(continued)

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

**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):

Answers will vary.

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**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:

See the sample answers for situation 1 on form 4.22.

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**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 wait before reacting.

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

See the sample answers for situation 1 on form 4.22.

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\* W = If needed, I will walk away. I will play soccer instead.

*(continued)*

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

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

W = I will wait before reacting.

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

See the sample answers for situation 5 on form 4.22 and  
adapt as appropriate.

W = If needed, I will walk away. I will tell a trusted adult  
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):

See "Stay Drug Free" sidebar on page 59 in T.J.'s Adven-  
tures in the World of Wellness.

\* Sample answers only; answers will vary.