

V.I.S. BOX DOWNLOADABLE RESOURCES

ALTERNATIVES: ALCOHOL MISCONCEPTIONS

RESOURCE SHEET: VIS/AMC/1.1

PUBLISHED: 01/09/2008

Print multiple copies of this fact sheet to use as group hand-outs. The details given on the V.I.S. Alcohol Misconceptions Sheets have been sourced from reliable government research, and are free to existing registered D&Wp V.I.S. Box customers.

ALCOHOL MISCONCEPTION # 1

MYTH

“When you are drunk try eating bread because it will absorb the alcohol.”

TRUTH

Eating will slow down the process of alcohol being absorbed into the bloodstream but food does not absorb or change the alcohol. The liver is the primary site for the metabolism of alcohol.



If you liked this activity you can find more to download as well as a whole host of other alcohol awareness ideas on our downloads section at www.drug-box.co.uk

If you have any ideas of your own to offer email us and we'll add them to the list.

V.I.S. BOX DOWNLOADABLE RESOURCES

ALTERNATIVES: ALCOHOL MISCONCEPTIONS

RESOURCE SHEET: VIS/AMC/1.2

PUBLISHED: 01/09/2008

Print multiple copies of this fact sheet to use as group hand-outs. The details given on the V.I.S. Alcohol Misconceptions Sheets have been sourced from reliable government research, and are free to existing registered D&Wp V.I.S. Box customers.

ALCOHOL MISCONCEPTION # 2

MYTH

“Beer before liquor, never sicker. Liquor before beer, you’re in the clear.”

TRUTH

Ethyl alcohol is the active ingredient in beer and spirits, the order in which drinks are consumed makes no difference. The amount and speed of alcohol consumed are the main factors that affect your blood alcohol content, which determines your level of intoxication.



If you liked this activity you can find more to download as well as a whole host of other alcohol awareness ideas on our downloads section at www.drug-box.co.uk

If you have any ideas of your own to offer email us and we'll add them to the list.

V.I.S. BOX DOWNLOADABLE RESOURCES

ALTERNATIVES: ALCOHOL MISCONCEPTIONS

RESOURCE SHEET: VIS/AMC/1.3

PUBLISHED: 01/09/2008

Print multiple copies of this fact sheet to use as group hand-outs. The details given on the V.I.S. Alcohol Misconceptions Sheets have been sourced from reliable government research, and are free to existing registered D&Wp V.I.S. Box customers.

ALCOHOL MISCONCEPTION # 3

MYTH

“To pass a breathalyser test just put a penny under your tongue.”

TRUTH

This myth has survived for years despite logic and evidence to the contrary. It is simply not true.



If you liked this activity you can find more to download as well as a whole host of other alcohol awareness ideas on our downloads section at www.drug-box.co.uk

If you have any ideas of your own to offer email us and we'll add them to the list.

V.I.S. BOX DOWNLOADABLE RESOURCES

ALTERNATIVES: ALCOHOL MISCONCEPTIONS

RESOURCE SHEET: VIS/AMC/1.4

PUBLISHED: 01/09/2008

Print multiple copies of this fact sheet to use as group hand-outs. The details given on the V.I.S. Alcohol Misconceptions Sheets have been sourced from reliable government research, and are free to existing registered D&Wp V.I.S. Box customers.

ALCOHOL MISCONCEPTION # 4

MYTH

“Drink coffee the morning after a night of heavy drinking.”

TRUTH

The only thing that cures a hangover is time. Time allows your body to process out the alcohol and to recover from the effects, it takes about one hour to eliminate one unit of alcohol. Unfortunately there is only one guaranteed way to avoid a hangover, do not drink too much.



If you liked this activity you can find more to download as well as a whole host of other alcohol awareness ideas on our downloads section at www.drug-box.co.uk

If you have any ideas of your own to offer email us and we'll add them to the list.

V.I.S. BOX DOWNLOADABLE RESOURCES

ALTERNATIVES: ALCOHOL MISCONCEPTIONS

RESOURCE SHEET: VIS/AMC/1.5

PUBLISHED: 01/09/2008

Print multiple copies of this fact sheet to use as group hand-outs. The details given on the V.I.S. Alcohol Misconceptions Sheets have been sourced from reliable government research, and are free to existing registered D&Wp V.I.S. Box customers.

ALCOHOL MISCONCEPTION # 5

MYTH

“Alcohol isn’t as dangerous as illegal drugs.”

TRUTH

Alcohol poisoning (or more accurately a drug overdose, as alcohol is a drug) kills 22,000 every year. While opiates (such as heroin and morphine) kill 1000 every year. Long-term, heavy use of alcohol can lead to addiction (alcoholism) and can even cause heart attacks and strokes.



If you liked this activity you can find more to download as well as a whole host of other alcohol awareness ideas on our downloads section at www.drug-box.co.uk

If you have any ideas of your own to offer email us and we'll add them to the list.

V.I.S. BOX DOWNLOADABLE RESOURCES

ALTERNATIVES: ALCOHOL MISCONCEPTIONS

RESOURCE SHEET: VIS/AMC/1.6

PUBLISHED: 01/09/2008

Print multiple copies of this fact sheet to use as group hand-outs. The details given on the V.I.S. Alcohol Misconceptions Sheets have been sourced from reliable government research, and are free to existing registered D&Wp V.I.S. Box customers.

ALCOHOL MISCONCEPTION # 6

MYTH

“If I drink too much they can just pump my stomach.”

TRUTH

A common result of alcohol poisoning is inhaling fluids from your own vomit while unconscious, resulting in death by asphyxiation. Remember alcohol poisoning can cause death; intoxication is just that, alcohol is toxic.



If you liked this activity you can find more to download as well as a whole host of other alcohol awareness ideas on our downloads section at www.drug-box.co.uk

If you have any ideas of your own to offer email us and we'll add them to the list.

V.I.S. BOX DOWNLOADABLE RESOURCES

ALTERNATIVES: ALCOHOL MISCONCEPTIONS

RESOURCE SHEET: VIS/AMC/1.7

PUBLISHED: 01/09/2008

Print multiple copies of this fact sheet to use as group hand-outs. The details given on the V.I.S. Alcohol Misconceptions Sheets have been sourced from reliable government research, and are free to existing registered D&Wp V.I.S. Box customers.

ALCOHOL MISCONCEPTION # 7

MYTH

“I’m safe, I’ve been drinking alcohol so long I’ve got a tolerance to it.”

TRUTH

Tolerance to the effects of alcohol develops as the brain learns to adapt to increasing amounts of alcohol in the body, such a drinker requires more alcohol to achieve the desired effects. To reduce the damage to your health (and wallet) lower your tolerance by reducing the quantity and frequency.



If you liked this activity you can find more to download as well as a whole host of other alcohol awareness ideas on our downloads section at www.drug-box.co.uk

If you have any ideas of your own to offer email us and we'll add them to the list.

V.I.S. BOX DOWNLOADABLE RESOURCES

ALTERNATIVES: ALCOHOL MISCONCEPTIONS

RESOURCE SHEET: VIS/AMC/1.8

PUBLISHED: 01/09/2008

Print multiple copies of this fact sheet to use as group hand-outs. The details given on the V.I.S. Alcohol Misconceptions Sheets have been sourced from reliable government research, and are free to existing registered D&Wp V.I.S. Box customers.

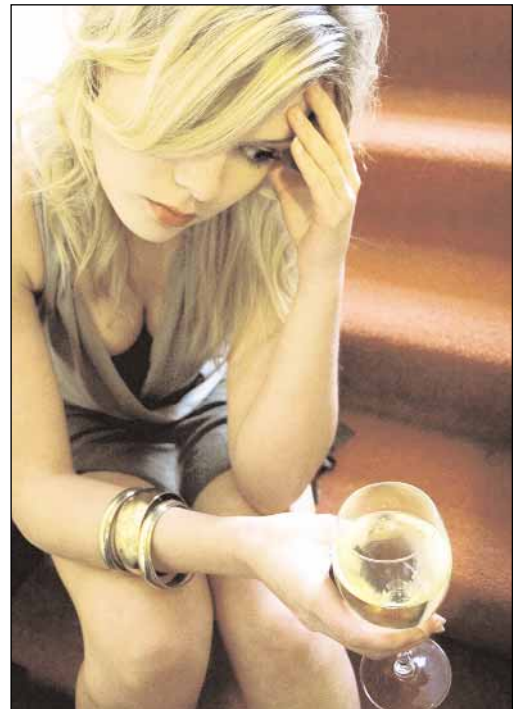
ALCOHOL MISCONCEPTION # 8

MYTH

“Alcohol gives me energy and makes me feel happy.”

TRUTH

Initially the effects of alcohol can seem stimulating however over time it will slow down the way you think, speak, move and react. It acts on the central nervous system like an aesthetic and can actually make you feel sleepy. Alcohol is also a depressant; people often bring up forgotten problems only when they are intoxicated.



If you liked this activity you can find more to download as well as a whole host of other alcohol awareness ideas on our downloads section at www.drug-box.co.uk

If you have any ideas of your own to offer email us and we'll add them to the list.

V.I.S. BOX DOWNLOADABLE RESOURCES

ALTERNATIVES: ALCOHOL MISCONCEPTIONS

RESOURCE SHEET: VIS/AMC/1.9

PUBLISHED: 01/09/2008

Print multiple copies of this fact sheet to use as group hand-outs. The details given on the V.I.S. Alcohol Misconceptions Sheets have been sourced from reliable government research, and are free to existing registered D&Wp V.I.S. Box customers.

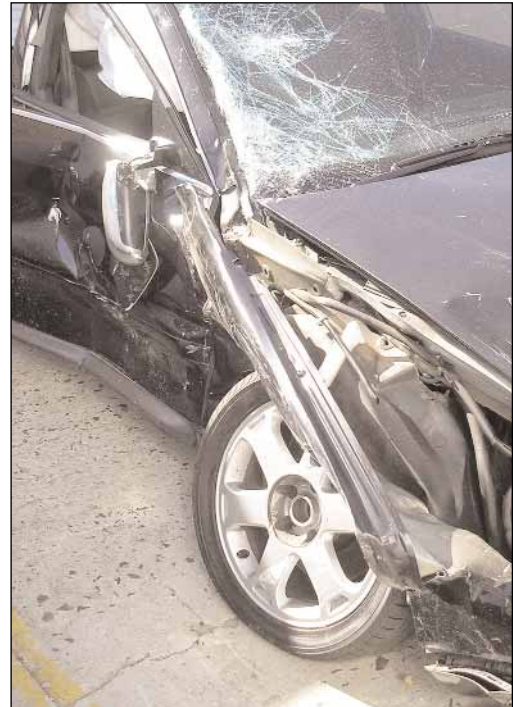
ALCOHOL MISCONCEPTION # 9

MYTH

“I can drive after a few drinks, I am extra careful so I won’t have an accident.”

TRUTH

Alcohol is involved in nearly half of all fatal car crashes. You might feel in control but in reality your reactions are slower; impairment of motor reflexes and judgement begin with the first drink. Remember you cannot compensate for being impaired by driving slowly; drunk drivers are dangerous at any speed.



If you liked this activity you can find more to download as well as a whole host of other alcohol awareness ideas on our downloads section at www.drug-box.co.uk

If you have any ideas of your own to offer email us and we'll add them to the list.

V.I.S. BOX DOWNLOADABLE RESOURCES

ALTERNATIVES: ALCOHOL MISCONCEPTIONS

RESOURCE SHEET: VIS/AMC/1.10

PUBLISHED: 01/09/2008

Print multiple copies of this fact sheet to use as group hand-outs. The details given on the V.I.S. Alcohol Misconceptions Sheets have been sourced from reliable government research, and are free to existing registered D&Wp V.I.S. Box customers.

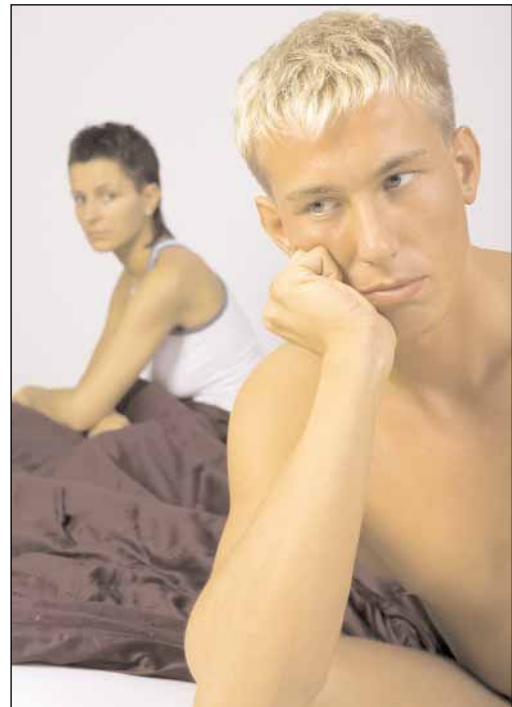
ALCOHOL MISCONCEPTION # 10

MYTH

“Sex is always better after a few drinks.”

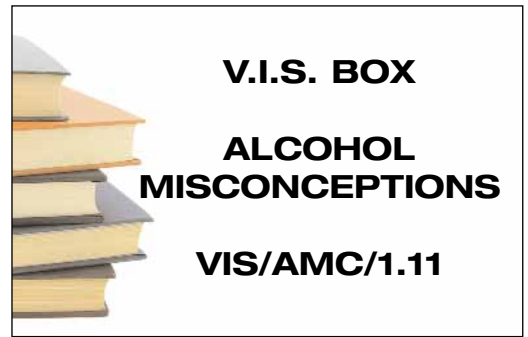
TRUTH

Alcohol can keep men from getting an erection and it can lower women’s libido. More worryingly alcohol will affect your decision-making ability; you might find yourself in a risky situation where you think you’re ready to have sex when really you are not. You might not use contraceptives, increasing the risk of sexually transmitted disease or unwanted pregnancy.



If you liked this activity you can find more to download as well as a whole host of other alcohol awareness ideas on our downloads section at www.drug-box.co.uk

If you have any ideas of your own to offer email us and we’ll add them to the list.



V.I.S. BOX DOWNLOADABLE RESOURCES

ALTERNATIVES: ALCOHOL MISCONCEPTIONS

RESOURCE SHEET: VIS/AMC/1.11

PUBLISHED: 01/09/2008

Print multiple copies of this fact sheet to use as group hand-outs. The details given on the V.I.S. Alcohol Misconceptions Sheets have been sourced from reliable government research, and are free to existing registered D&Wp V.I.S. Box customers.

ALCOHOL MISCONCEPTION # 11

MYTH

“Beer gets you less drunk than other drinks.”

TRUTH

Alcohol is alcohol, and it is this that makes you drunk not the type of drink it is in.



If you liked this activity you can find more to download as well as a whole host of other alcohol awareness ideas on our downloads section at www.drug-box.co.uk

If you have any ideas of your own to offer email us and we'll add them to the list.

V.I.S. BOX DOWNLOADABLE RESOURCES

ALTERNATIVES: ALCOHOL MISCONCEPTIONS

RESOURCE SHEET: VIS/AMC/1.12

PUBLISHED: 01/09/2008

Print multiple copies of this fact sheet to use as group hand-outs. The details given on the V.I.S. Alcohol Misconceptions Sheets have been sourced from reliable government research, and are free to existing registered D&Wp V.I.S. Box customers.

ALCOHOL MISCONCEPTION # 12

MYTH

“He only does it when he’s drunk.”

TRUTH

If someone is abused by a partner after drinking they may forgive them and blame alcohol. This view on intoxicated people makes it less risky for them to behave illegally. When society shows less tolerance to unacceptable behaviour with or without alcohol, such behaviour is reduced.



If you liked this activity you can find more to download as well as a whole host of other alcohol awareness ideas on our downloads section at www.drug-box.co.uk

If you have any ideas of your own to offer email us and we'll add them to the list.