

Name: _____

Health Period: _____

STUDENT/PARENT SURVEY

Take the HOW MUCH DO YOU KNOW ABOUT ALCOHOL, CIGARETTES, AND MARIJUANA? Test.

<http://tinyurl.com/hzvdsc4>

Take it home and have a guardian take the test too. Go over the questions with your guardian . Have your guardian sign the test saying that they took the test and that they reviewed the answers with you.

Bring the signed test back.

Check the right answer to each question. If you think more than one answer is correct, check all that apply. After you have completed the test, read it to your parents or another adult in your family. Put an "X" next to each of their answers. Put your answers in the first box and your parents in the second.

1. Some people become dependent on marijuana or alcohol as a way to feel good or to escape their problems.
 True False
2. Tobacco is a highly addictive drug, which means the body becomes physically dependent on it very quickly.
 True False
3. It's more dangerous to drive when you're drunk than when you're high on drugs.
 True False
4. Teenagers who smoke often have "smoker's breath" and yellow teeth.
 True False
5. If someone offers you marijuana and you don't want it, a good response is to
 a.Say, "No, thanks."
 b.Make a scene and put him or her down for smoking marijuana.
 c.say, "I don't like what it does to me."
 d.Say, "Thanks a lot," and take a hit.
6. People who smoke don't become addicted to cigarettes until several years after they start smoking.
 True False
7. Losing control when you are drunk or high means you may do something you wouldn't do if you were not high.
 True False
8. Of everyone who has lung cancer, over 85% got it from smoking.
 True False
9. Alcohol can be deadly. If you drink enough alcohol at one time, it can kill you.
 True False
10. Smoking just one cigarette a week can cause coughing, wheezing and excessive phlegm production.
 True False
11. Almost any drug, if used for a long time, causes physical or mental dependency.
 True False
12. It is legal to sell cigarettes to any teenager.
 True False
13. Marijuana damages your lungs.
 True False
14. Heavy and chronic drinking can harm every organ and system in the body.
 True False
15. Smoking relaxes you even when you've never tried cigarettes before.
 True False
16. The main reason most teenagers continue to smoke cigarettes once they start is
 a.They think it makes them look cool.
 b.They like spending so much money on cigarettes each week.
 c.they like the way their breath smells.

- d.They are addicted.
17. Having a bad “high” on marijuana means you might feel anxious, scared, uptight, or even terrified.
 True False
18. Advertisers try to make you believe that drinking alcohol will
 a.Make you more popular.
 b.Make you throw up.
 c.make you look glamorous,sexy, or macho.
 d.Get you addicted.
 e.Make you have a car crash.
19. More than four in five smokers want to quit. With a good smoking cessation program, 20-40% of the participants are able to quit and stay quit for at least one year.
 True False
20. Marijuana smoke contains some of the same cancer causing and toxic substances as tobacco, sometimes in higher concentration.
 True False
21. Marijuana is being cultivated to contain much higher THC content than it has when it grows in the wild. THC content is often as high as 20%.
 True False
22. If a parent or other family member is an alcoholic, you are much more likely to become an alcoholic.
 True False
23. People who smoke for many years are likely to develop
 a.bronchitis.
 b.Lung cancer.
 c.heart disease.
 d.cancer of the mouth, larynx, esophagus, or bladder.
24. Because marijuana is a “natural” substance, it is a safe alternative to drugs.
 True False
25. Teenagers start smoking because of
 a.Pressure from peers.
 b.Pressure from ads, sponsorships and promotions.
 c.pressure from themselves.
 d.curiosity.
26. Teenagers drink because
 a.Their parents drink.
 b.They think it’s less harmful than other drugs.
 c.advertising makes it tempting.
 d. They want to rebel.

Guardian Signature that they took the test:

Discussed the answers with your guardian.

Guardian Signature that discussed the answers with student:
