

## Group Discussion Questions Homepage

### A. Small group discussion points:

- Show Carson's story video, break into groups and discuss reactions
- Starting an AAA club on your campus
- How to best use posters at your university (hallways, bathroom stalls, locker rooms, etc.)
- What type of activity would work best as fun alternatives to drinking events? Think about including music, a fun run 5k, using your theater dept, etc.
- How to use school newspaper to raise awareness and educate?
- Use Facebook 'likes' and twitter 'follows' to keep informed and connected.
- Fact or Myth Questionnaire: have group work through the questionnaire, compare answers and discuss.

### B. Quiz – Alcohol Poisoning facts

#### 1. What is a sign of alcohol poisoning?

- a. Higher body temperature
- b. Lower body temperature**

#### 2. What is a sign of alcohol poisoning?

- a. Reddened skin color
- b. Bluish pale skin color**

#### 3. A person's level of alcohol tolerance has nothing to do with the number of drinks he or she can have before being intoxicated.

- a. True – a person with a higher alcohol tolerance does not feel the effects of intoxication as quickly, but still reaches intoxication like all others do.**
- b. False – a person with higher alcohol tolerance can have more drinks before getting drunk.

#### 4. What is alcohol poisoning a direct result of?

- a. A person's weight
- b. A person's level of alcohol tolerance
- c. A person's blood alcohol levels**

#### 5. Can you have alcohol poisoning the day after drinking?

- a. Yes – Even after a person stops drinking, alcohol in the stomach and intestine continues to enter the bloodstream overnight.**
- b. No – if somebody stops drinking, he or she will not get alcohol poisoning the next day.

#### 6. If somebody was drunk enough to throw up, does that mean that he or she has alcohol poisoning?

- a. Yes – throwing up is a sign of alcohol poisoning
- b. No – throwing up is common and does not mean alcohol poisoning
- c. Maybe – throwing up is a symptom of alcohol poisoning but if somebody throws up, it does not necessarily mean he or she is poisoned**

#### 7. How many drinks should you drink to minimize the possibility of alcohol poisoning?

- a. 2 drinks an hour for both genders
- b. 1 drink an hour for both genders
- c. 1 drink an hour for males and 1 drink every hour and half for females**



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**8. How long does it take to recover from alcohol poisoning?**

- a. Up to a day (that's why there are hangovers!)
- b. Up to two days
- c. **Up to four days**

**9. What BAC rating represents potentially fatal alcohol poisoning?**

- a. **0.35%**
- b. 0.20%
- c. 0.45%

**10. What should you do if you're not sure if somebody has alcohol poisoning?**

- a. Wait for all the symptoms to show up before taking any action.
- b. **Do not wait for all the symptoms to be present – call for help immediately.**
- c. Ignore the person completely.

**11. As long as a person survives alcohol poisoning, there will be no consequent damages.**

- a. True – once the alcohol is out of the person's system, there will be no remaining damages.
- b. **False – Alcohol poisoning can lead to irreparable brain damages regardless of whether the person has recovered.**

**12. If somebody passes out, is it safe to assume that he or she will just sleep it off?**

- a. **No – the stomach and intestines will keep on absorbing the alcohol that he or she previously drank into the bloodstream.**
- b. Yes – his or her body stops absorbing alcohol since passing out is a natural defense mechanism to excessive alcohol intake.

**13. What is the best environment to drink in to minimize chances of alcohol poisoning?**

- a. Drink in a small group of friends so that you feel more comfortable.
- b. **Drink with a large group of friends so the peer pressure to drink is not focused on you.**
- c. Drink alone.

**14. If a friend suspects that he or she has drank too much alcohol, what should you advise him or her to do to sober up?**

- a. **Nothing, only time can reverse the effects of alcohol.**
- b. Take him or her on a walk.
- c. Ask him or her to take a cold bath.
- d. Make him or her some black coffee.

**15. When you start to second-guess yourself on whether you drank too much, will eating food help?**

- a. **No – it's too late since alcohol is already consumed. Only eating before drinking helps.**
- b. Yes – eating after you think you drank too much lines the stomach and slows down the rate at which the alcohol is absorbed.



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### C. Quiz - Myth or fact?

**1. The worst thing that can happen is that I'll pass out and have a hangover tomorrow.**

a. Fact

**b. Myth**

Why: Death can and does occur from alcohol poisoning. It can either be a bodily reaction or the inability to make clear-headed decisions, such as drunk driving and falls, which leads to death.

**2. People pass out from drinking all the time. It's nothing to worry about.**

a. Fact

**b. Myth**

Why: You pass out due to the body's inability to tolerate the amount of alcohol that you have put into it. Alcohol is a central nervous system depressant that works to slow down the heart rate, lower your blood pressure, and slow your breathing rate. The amount of alcohol it takes to make you pass out is dangerously close to the amount of alcohol it takes to make you dead!

**3. The root word of intoxicated is toxic, so that means that alcohol itself is poisonous regardless of how little one drinks.**

**a. Fact**

b. Myth

Why: Alcohol itself is poisonous therefore the term, alcohol poisoning. Remember, if a person cannot walk, or talk, or follow directions, immediate medical attention is needed.

**4. The best thing to do for someone who is drunk is to put them to bed and let them sleep it off.**

a. Fact

**b. Myth**

Why: Although this is partly true, the fact is that an intoxicated person is helpless and must be cared for. **DO NOT LEAVE AN INTOXICATED PERSON ALONE!** Stay with the person, check their breathing, check their skin temperature, and frequently try to wake them.

**5. If my friend passed out, I wouldn't call for help. I couldn't live with myself if I got them in trouble.**

a. Fact

**b. Myth**

Why: If you don't call for help, your friend may not live to be mad at you. When someone passes out from drinking too much, he or she is suffering from alcohol poisoning and direly needs medical attention.

**6. Beer before liquor, never sicker. Liquor before beer, you're in the clear.**

a. Fact

**b. Myth**

Why: Not true, but, hey, it rhymes. Ethyl alcohol is the active ingredient in both beer and liquor, so the order in which drinks are consumed makes no difference.



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**7. Even if the man and the woman weigh the same, the woman will be more susceptible to intoxication with the same amount of drinks.**

- a. **Fact**
- b. Myth

Why: One – women have a lower percentage of water in their bodies than do men, resulting in less water to dilute the alcohol. Two – women have less alcohol dehydrogenase, an enzyme which detoxifies alcohol.

**8. Eat bread. It will absorb alcohol.**

- a. Fact
- b. **Myth**

Why: Trick question! Eating does slow the process of alcohol entering the blood stream but food does not absorb or change the alcohol.

**9. Drinking is not too dangerous.**

- a. Fact
- b. **Myth**

Why: One in three 18 to 24 year-olds admitted to emergency rooms for serious injuries is intoxicated.

**10. If I am underage (in Texas, California and several other states) and I contact the authorities to get help for my friend, I will get into a lot of trouble.**

- a. Fact
- b. **Myth**

Why: The law states that whoever is the first person to contact the authorities regarding an alcohol poisoning emergency will not be penalized for underage consumption of alcohol.

**11. Alcohol makes sex better.**

- a. Fact
- b. **Myth**

Why: Sure, alcohol can make people feel less uncomfortable in a social situation. But the reality is that alcohol can keep guys from getting or keeping an erection (imagine who the embarrassing gossip around school the next day will be about) and lower girls' sex drives.

**12. Do not attempt to give an intoxicated person food if he or she is semi- or unconscious.**

- a. **Fact**
- b. Myth

Why: Giving the semi- or unconscious person food could cause vomiting, choking, or aspiration (suffocating).

[Click here to see myth busting videos](#)

