



FOUNDATION FOR
ADVANCING ALCOHOL
RESPONSIBILITY

Name: _____

Post-Assessment

1. What grade are you in: 2 3 4 5 6 7 8
2. In the last year, how often have you talked with your parents, grandparents, or another adult caregiver about the dangers of underage drinking?
 Never
 1 time
 2 or 3 times
 4 or more times
3. In *school* how often do you talk about the dangers of underage drinking?
 Never
 Not often
 Often
 Very often

Check the best possible answer(s) to the questions below.

4. What can you do to live a healthy lifestyle? (*Select all that apply*)
 Eat well
 Sleep well
 Exercise
 Say no to underage drinking
5. Which part(s) of your brain would be affected if you drank alcohol?
 Cerebellum
 Hypothalamus
 Medulla
 Your entire brain
6. Which organ in the body can be affected by drinking alcohol?
 Every organ
 Heart
 Kidneys
 Liver
7. How long does it take for alcohol to move through your blood stream and reach your brain?
 10 seconds
 20 seconds
 5 minutes
 20 minutes

8. True or False: Alcohol can affect your judgment and can result in making bad choices.
 True False
9. True or False: Exercise increases the growth of brain cells.
 True False
10. Which of the following is controlled by your brain?
 Physical movement
 Balance
 Reaction time
 All of the above
11. Which of the following dangers do you associate with underage drinking? *Select all that apply.*
 Hangovers
 Interrupting your growth
 Drunk driving
 Risk of developing depression
 Hurting the way your brain develops
 Failing in school
 Embarrassing yourself
 Being moody and fighting with friends
 Heart and liver disease
 Getting in trouble with the police
 Getting suspended or kicked off a team
 Getting arrested
12. Why does a healthy lifestyle include saying “NO” to underage drinking? *Select that apply.*
 Because the young brain is still developing
 Because the body is still developing
 Because if you drink you can make bad choices
 Because alcohol can harm your organs