Pre-test • Alternatives Youth Diversion Education Program

Na	ame: Date	e:	Location:
Ple	ease mark only one answer per row. Place a	dark r	mark that covers the box completely.
1.	Which of the following has the highest alcohol content? ☐ A 12-oz bottle of beer (5% alcohol) ☐ A 5-oz glass of wine (12% alcohol) ☐ A 1.5-oz shot of 80 proof liquor (40% alcohol) ☐ A 10-oz wine cooler (5% alcohol) ☐ They all have about the same alcohol content		Which of the following is not an effective strategy for changing behavior? Replace negative thoughts with positive thoughts Not worry about it because I have already changed Consider the effects on others Learn the facts Which of the following describes how addiction to
2.	Which of the following best describes the action of alcohol on the body? Depressant Stimulant Both stimulant and depressant Neither stimulant nor depressant		nicotine is like being addicted to other drugs? Nicotine users build up a tolerance for the drug Nicotine users experience withdrawal when the level of the drug decreases in their system Nicotine users may experience a relapse to the drug Nicotine users may experience cravings as the blood level of the drug decreases
3.	The effects of a drug occur most rapidly when it is		All of the above
4.	☐ Inhaled ☐ Injected ☐ Absorbed ☐ Ingested A good personal change plan includes: ☐ Weighing the pros and cons of change	9.	Approximately how long does it take the body to eliminate one standard drink from the system? 30 minutes Up to 2 hours It depends on the size of the person It depends on how well the person can "hold his or her liquor"
	 Specific and realistic goals Planning for difficult situations All of the above 	10.	does not:
5.	If a person goes to bed at 2 am with a blood alcohol concentration (BAC) of .20, about what time will the BAC return to 0? 5 am 2 pm 8 am 4 pm Noon		 Make it more likely that the change will happen Provide an opportunity to enlist the support and help of others Set you up for failure Strengthen the decision to act Which of the following factors may affect how a person
6.	Short-term effects of stimulant use are: ☐ Calm behavior ☐ Better decision making ☐ Panic ☐ Repeated behaviors ☐ Both panic and repeated behaviors ☐ Both calm behavior and better decision making		responds to a drug? Weight Age Gender Gender All of the above How much control do you believe you have over whether or not you drink and/or use other drugs? No control A little control
			Quite a bit of control Complete control

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13.	To me, consuming alcoholic beverages of any kind while you are underage is: Morally unacceptable Not a moral issue Morally acceptable	20.		ould not feel safe riding with a driver who has sumed 6 drinks in 2 hours. Strongly disagree Disagree I don't agree or disagree
14.	The people in my life whose opinions I value would of my drinking and/or using other drugs. Strongly disapprove Disapprove Neither disapprove or approve Approve Strongly approve	21.		Agree Strongly agree ed to change some of my alcohol or other drug patterns. Strongly disagree Disagree I don't agree or disagree Agree
15.	For me to avoid getting another alcohol or drug- related arrest, I would have to change my habits. Strongly disagree Disagree I don't agree or disagree Agree Strongly agree	22.		ink coming to this class is a good opportunity to in important information and practice abstinence. Strongly disagree Disagree I don't agree or disagree Agree
16.	My getting into legal trouble was nobody's fault but my own. Strongly disagree Disagree I don't agree or disagree Agree Strongly agree	23.	Peo stra	Ple can change their behavior by using specific tegies and planning ahead. Strongly disagree Disagree I don't agree or disagree Agree
17.	How ready are you to change your drinking and/or drug use behavior? Not at all ready Very ready A little ready			Strongly agree
18.	For me to avoid drinking and driving in the future would be: Impossible Possible			
19.	I am less likely to engage in high-risk use of alcohol or other drugs as a result of my involvement in this class. Strongly disagree Disagree I don't agree or disagree Agree Strongly agree			

Post-test • Alternatives Youth Diversion Education Program

Na	ıme:	Date	:		Location:
Ple	ase n	nark only one answer per row. Place a	dark r	mark t	that covers the box completely.
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4.	A god	od personal change plan includes: Weighing the pros and cons of change Specific and realistic goals Planning for difficult situations All of the above	10.	☐ Mak	It depends on how well the person can "hold his or her liquor" It's impossible to predict ing a personal and public commitment to change not:
5.	alco time	person goes to bed at 2 am with a blood hol concentration (BAC) of .20, about what will the BAC return to 0? 5 am			Make it more likely that the change will happen Provide an opportunity to enlist the support and help of others Set you up for failure Strengthen the decision to act
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	☐ Morally acceptable			I don't agree or disagree
• /	771			Agree
14.	The people in my life whose opinions I value would of my drinking and/or using			Strongly agree
	other drugs.	21.	I ne	ed to change some of my alcohol or other drug
	☐ Strongly disapprove			patterns.
	Disapprove			Strongly disagree
	Neither disapprove or approve		<u></u>	Disagree
	Approve		<u></u>	I don't agree or disagree
	☐ Strongly approve			Agree
15.	For me to avoid getting another alcohol or drug-			Strongly agree
	related arrest, I would have to change my habits.	22.		ink coming to this class is a good opportunity to
	☐ Strongly disagree		_	n important information and practice abstinence.
	☐ Disagree			Strongly disagree
	I don't agree or disagree			Disagree
	☐ Agree ☐ Strongly agree		<u>_</u>	I don't agree or disagree
	☐ Strongly agree		<u>_</u>	Agree
16.	My getting into legal trouble was nobody's fault but			Strongly agree
	my own. ☐ Strongly disagree			ple can change their behavior by using specific
	☐ Disagree		_	tegies and planning ahead.
	☐ I don't agree or disagree			Strongly disagree
	Agree			Disagree
	☐ Strongly agree			I don't agree or disagree
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