

## Pre-test • Alternatives Youth Diversion Education Program

Name: \_\_\_\_\_ Date: \_\_\_\_\_ Location: \_\_\_\_\_

Please mark only one answer per row. Place a dark 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
2. **Which of the following best describes the action of alcohol on the body?**
  - Depressant
  - Stimulant
  - Both stimulant and depressant
  - Neither stimulant nor depressant
3. **The effects of a drug occur most rapidly when it is...**
  - Inhaled
  - Injected
  - Absorbed
  - Ingested
4. **A good personal change plan includes:**
  - Weighing the pros and cons of change
  - Specific and realistic goals
  - Planning for difficult situations
  - All of the above
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
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
7. **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
8. **Which of the following describes how addiction to 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
  - All of the above
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”
  - It’s impossible to predict
10. **Making a personal and public commitment to change does not:**
  - 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
11. **Which of the following factors may affect how a person responds to a drug?**
  - Weight
  - Age
  - Gender
  - Tolerance
  - All of the above
12. **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

13. **To me, consuming alcoholic beverages of any kind while you are underage is:**
- Morally unacceptable
  - Not a moral issue
  - Morally acceptable
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
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
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
17. **How ready are you to change your drinking and/or drug use behavior?**
- Not at all ready       A little ready
  - Very ready
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
20. **I would not feel safe riding with a driver who has consumed 6 drinks in 2 hours.**
- Strongly disagree
  - Disagree
  - I don't agree or disagree
  - Agree
  - Strongly agree
21. **I need to change some of my alcohol or other drug use patterns.**
- Strongly disagree
  - Disagree
  - I don't agree or disagree
  - Agree
  - Strongly agree
22. **I think coming to this class is a good opportunity to learn important information and practice abstinence.**
- Strongly disagree
  - Disagree
  - I don't agree or disagree
  - Agree
  - Strongly agree
23. **People can change their behavior by using specific strategies and planning ahead.**
- Strongly disagree
  - Disagree
  - I don't agree or disagree
  - Agree
  - Strongly agree

## Post-test • *Alternatives Youth Diversion Education Program*

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