

MANITOBA ADDICTIONS AWARENESS WEEK

TOPIC:	Binge Drinking
AUDIENCE:	Grades 9 - 12
OUTCOME:	Examine the use and abuse of substances and potential consequences on personal health and well-being.

Binge Drinking

Use this questionnaire & the Binge Drinking Basics Sheet to promote awareness of the facts on Binge Drinking: publish them in whole or in part in your campus/school/community newspaper, use them on restaurant/ cafeteria placemats, post them in halls, lounges or washrooms, add them to your web site/send them to electronic mailboxes.

- ❖ Explore what you know or believe....Answer the questionnaire provided below.
- ❖ Want to know more?....
 - Surf some web sites on binge drinking, such as:
 - The Bacchus and Gamma Peer Education Network
<http://www.bacchusgamma.org>;
 - The Student Life Education Company
<http://www.studentlifeeducation.com/>;
 - Drinking 101
<http://www.mcneese.edu/community/alcohol/index.html>
 - Read the Basic Sheet on Binge Drinking
 - Borrow a DVD on this topic from the Addictions Foundation of Manitoba Library – 204-944-6279.
- ❖ Become a better risk manager!....Use this information to better anticipate and manage risk in your own life. Are any of the “Fact Sheet” points hot buttons for you? What actions might you consider?
 - Manitoba Liquor Control Commission has launched a new web site to help young people assess their drinking habits and to provide information on the over consumption of alcohol. Visit it at www.beundrunk.com.

Questions	Agree	Disagree	Don't Know
1. Binge drinking is a form of alcoholism.			
2. About half of young drinkers, aged 15-17 will report episodes of binge drinking over the past year.			
3. Canadian drinkers, aged 20-24, will typically report 15-20 episodes of binge drinking over the past year.			
4. Canadian college students have reported engaging in hazardous drinking consequences such as: unplanned/unprotected sex and driving after or while drinking.			
5. Binge drinking is a sign of distress or deep unhappiness.			
6. Heavy bingeing raises the risk of alcohol overdose or alcohol poisoning.			
7. For most binge drinkers, intoxication or getting drunk is the main purpose for drinking.			
8. Binge drinking can affect your school performance.			
9. Heavy or binge drinking occurs most frequently among males.			
10. Binge and heavy drinking can be related to specific risk factors....do you know what they are?			