

Worksheet – Myths and facts

Name(s): _____

		Myth	Fact	Don't know
1.	Starting to drink at an early age increases the risk of developing alcohol problems in later life.			
2.	Young people who stick to the low-risk drinking limits are safe.			
3.	Drinking alcohol may cause weight gain.			
4.	Drinking coffee or taking a cold shower will help a person to sober up.			
5.	Alcohol makes a person happy.			
6.	Alcohol affects a person's decision making and judgement of situations.			
7.	Sports performance is affected by alcohol.			
8.	Young people are drinking more now than they were in the past.			

