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Q: Does drinking alcohol make you happy or sad?

A: Sad: Although drinking alcohol can at first make you happy - it is a depressant.

Long term use can lead to paranoia and depression.

Q: Name three parts of the body that can be permanently damaged by drinking alcohol.

A: Brain, liver, pancreas, heart, stomach, eyes. In fact most parts of your body will be damaged in some way if you drink too much alcohol.

Q: Is it illegal to drink alcohol if you're under 18?

A: No, but it is illegal to buy it. You can drink alcohol at home when you're 16, or if it is bought in a restaurant for you with a meal.

Q: If you've had too much to drink, a black coffee will sober you up. True or false?

A: False. The caffeine might perk you up, but it doesn't sober you up. All you can do is wait for the alcohol to pass through your system.

Q: Do you get more drunk if you mix your drinks?

A: No - mixing your drinks won't make you feel any drunker, but it does make it harder to keep track of how much alcohol you've had and you may feel sick because of all the different toxins you've consumed.

Q: Which has the most units of alcohol - a can of extra strong cider or a double vodka?

A: The cider - A can of cider has 4 units, compared with 2 units in a double vodka.

Q: On a cold day you can warm yourself up by drinking. True or false?

A: False. You may feel warm when you drink (this is because alcohol widens the blood vessels close to the skin), but your body temperature actually drops.

Q: You can go to the pub when you're 14. True or false?

A: True BUT you can't buy or drink alcohol.

Q: A glass of wine has the same number of calories as a couple of biscuits. True or false?

A: True. Alcohol is fattening. There are 115 calories in a 175ml glass of wine - the equivalent of 2 plain digestive biscuits.

Q: You sleep really deeply when you've been drinking. True or false?

A: False. A lot of people think alcohol helps you sleep, but you're actually far more likely to have disturbed or fitful sleep when you've been drinking.

Q: If you drink a glass of water before you go to sleep you won't get a hangover. True or false?

A: False. Unfortunately not, though it's always a good idea to drink plenty of water. Alternating soft drinks with alcoholic ones may reduce your chances of getting a hangover.

Q: All young people aged 16 and over drink. True or false?

A: False. Lots choose not to drink, perhaps because of their religion or because they don't want to.

Q: What does the government say about teenage drinking?

A: The government advises that children/ young people under 15 should not drink. If 15 to 17-year-olds drink they should do so infrequently and no more than once a week drinking only 3-4 units (males) and 2-3 units (females).

Q: What has alcohol got to do with the state of your skin?

A: Alcohol dehydrates - so it can make your skin dry and if you forget to take your make up after you've been drinking you're more like to get spots. You can also develop acne rosacea, a skin disorder which makes your skin appear red.

Q: What kind of impact does alcohol have on your weight and appearance.

A: It's fattening - just a few drinks are often the equivalent of a few bars of chocolate.

You may want to eat more fattening 'comfort food' when drunk or hung over.

Drinking alcohol is linked to cellulite.

Q: In units, what's the difference in units between a pint of weak lager (i.e. Carling) and a pint of stronger lager (i.e. Stella)? Is it

- A) 0.25 units
- B) 0.5 units
- C) 0.75 units

Answer: B) 0.5 units (Carling = 1 unit; Stella = 1.5 units)

Q) Which has the higher alcoholic content Diamond White cider or regular strength cider i.e. Magners?

Answer: Diamond White

A 275ml bottle of Diamond White (strength 7.8%) has 2.1 units. A pint of regular cider (5% strength) has 2.8 units.

Q: How many units in a single vodka?

A: 1 unit

But remember- some pubs serve spirits in 35ml measures - each one has 1.5 units