



Alcohol Reality Check (Youth)

for adolescents under 19

Participant No.

I heard about this event by:

- Article
 Print ad
 TV
 Radio
 Word of mouth
 Poster
 Other

Age:

Gender: Male Female

Today, fewer BC youth are drinking alcohol than in the past. Those who do drink are waiting until they are older before trying it. Some youth do not drink any alcohol and do not intend to.

Among teens who choose to drink, some do so in ways that run a real risk of harm to themselves and others. Do you sometimes drink alcoholic beverages? If so, here's a chance to check out how your own pattern stacks up, safety-wise.

Things to keep in mind while checking it out:

- Honesty is important for helpful feedback.
- Your drinking habits will not be made public.

CHECKUP QUESTIONS

	YES	NO
1. Have you ever ridden in a car driven by someone (including yourself) who had been using alcohol?	<input type="checkbox"/>	<input type="checkbox"/>
2. Do you ever use alcohol to relax, feel better about yourself, or fit in?	<input type="checkbox"/>	<input type="checkbox"/>
3. Do you ever use alcohol while you are alone by yourself?	<input type="checkbox"/>	<input type="checkbox"/>
4. Do you ever forget things you did while using alcohol?	<input type="checkbox"/>	<input type="checkbox"/>
5. Do your family or friends ever tell you that you should cut down on your drinking?	<input type="checkbox"/>	<input type="checkbox"/>
6. Have you ever gotten into trouble while you were using alcohol?	<input type="checkbox"/>	<input type="checkbox"/>
7. When was the last time you got drunk?		_____

FEEDBACK

An on-site clinician will talk to you briefly about your responses and what they mean. The clinician will also provide access to further resources.

STAFF USE

- Safer drinking pattern
 Riskier drinking pattern

Questions 1-6 adapted from CRAFFT, a short screening tool designed for adolescents and made available by the Center for Adolescent Substance Abuse Research, Children's Hospital, Boston, MA.



University of Victoria

Centre for Addictions Research of BC