

Healthy bodies, healthy minds

Legal drugs quiz



1. Caffeine is a drug found in coffee, chocolate and Coca-Cola.

TRUE – Caffeine is also found in energy drinks, some medicines and tea.

2. Selling alcohol to someone under 18 is illegal.

TRUE – It is also illegal for anyone to buy alcohol for someone who is under 18. It is illegal for someone who is under 18 to drink alcohol in a bar, unless they are aged 16 or 17 and they are having beer, wine or cider with a meal with an adult.

3. If people drink lots of alcohol it makes them feel more awake.

FALSE – Alcohol is a depressant, which means that it slows people's body down and makes their reactions slower.

4. It is illegal for someone under 18 to drink alcohol.

FALSE – It is not illegal for someone aged between 5 and 18 to drink alcohol at home under the supervision of a parent, but it may have a negative impact on their health.

5. People can get addicted to alcohol and to smoking.

TRUE – Addiction means that someone wants or needs something in order to help them feel normal. They feel that they need to have this substance regularly, and may feel unwell if they don't.

6. The drug in cigarettes and e-cigarettes (vapes) is called nicotine.

TRUE – Nicotine is a drug found in tobacco. It is very addictive, which is why people often find it hard to give up smoking once they have started. Vapes contain nicotine in the form of a liquid, as there is no tobacco in vapes.

7. Smoking can cause serious illnesses.

TRUE – Cigarette smoke contains lots of chemicals that can damage the heart, lungs and other parts of the body: the most harmful elements are tobacco, carbon monoxide and tar. Smoking increases the chances of someone developing a serious illness. Vapes do not contain tobacco and do not produce carbon monoxide, although they do contain some of the other harmful chemicals that cigarettes contain, at lower levels. There isn't a lot of research yet, but vapes are estimated to be 95% less harmful than regular cigarettes.*

*Information taken from www.nhs.uk

8. People aged 16 and over can buy cigarettes and e-cigarettes.

FALSE – It is illegal to sell cigarettes and e-cigarettes to people under 18.

9. Caffeine makes the heart beat faster, which makes people feel more alert when they drink it.

TRUE – Caffeine is a stimulant, which means it speeds the body up and makes people feel more alert for a period of time.

10. Alcohol is a poison.

TRUE – Like all drugs, alcohol is a poison. It takes time for alcohol to leave the body, so if people drink a lot of alcohol regularly, it can harm them.