

Alcohol Self-Test for Teenagers

Are you a teen concerned about your use of alcohol and other drugs in your life? By answering the following questions, you may be able to determine if you or someone you know is at risk of alcohol or other drug problems and are in need of immediate assistance.

Directions: The following questions are a self-test to help you review the role that alcohol and drugs play in your life. Please read each question carefully. When preparing each response, take into consideration your actions over the course of the past 12 months.

Self-Test for Teenagers

Do you use alcohol or other drugs to feel more self-confident, more sociable, or more powerful?

Do you ever drink or get high immediately after you have a problem at home or at school?

Have you lost friends because of your alcohol or drug use, or started hanging out with a heavy drinking or drug-using crowd?

Do you feel guilty or bummed out after using alcohol or other drugs, or ever wake up and wonder what happened the night before?

Have you gotten into trouble at home or school, missed school, or been busted or hospitalized because of alcohol or other drugs?

Do your friends use “less” alcohol and/or other drugs than you, or do you consume alcohol or other drugs until your supply is all gone?

Do you think you have a problem with alcohol or other drugs?

If your answer to any two or more of the above questions is yes, you may have a problem with alcohol. Please contact your primary care provider, your guidance counsellor, nearest community clinic or the **Community Counseling and Assessment Centre for help at (242) 364-8874 or 364-9607.**

Disclaimer: The results of this self-test are not intended to constitute a diagnosis of alcohol or drug dependence and should be used solely as a guide to understanding your alcohol and drug use and the potential health issues involved with it. The information provided here cannot substitute for a full evaluation by a health professional.



Ministry of Health