



# Risky Drinking Checkup for Youth Take-home Results

## Your Test Scores

Sometimes a young person's experiences suggest they may have a problem with alcohol, leaving them at risk of harm.

Your answers indicate you:

- Have ridden in a car driven by someone (including yourself) who had been using alcohol.
- Have used alcohol to relax, feel better about yourself, or fit in.
- Have used alcohol while you are by yourself, alone.
- Have forgotten things you did while using alcohol.
- Have been told by family or friends that you should cut down on your drinking.
- Have gotten into trouble while you were using alcohol.

**Two or more "yes" responses** to the above six examples **indicate a need for further assessment.**

Episodes of excessive drinking often lead to significant immediate harm to young people. Risk rises rapidly with degree of impairment and increases the more often drunkenness occurs.

The last time you got drunk was:

- 3 months ago or less
- More than 3 months ago

**An admitted occasion within the last three months indicates a more risky frequency of intoxication,** suggesting a serious difficulty with drinking.

## Your Drinking Pattern is

- Safer
- Riskier

(see back of card for recommendations and resources)

## Recommendations

If your responses indicate a **safer pattern of managing alcohol consumption**, you are encouraged to continue to avoid any use that poses potential or real problems for yourself and others. Laying off booze is the safest route for adolescents, especially those 15 and under. If as an older teen you choose to drink at all, do yourself and your friends a favour and pass up on getting drunk.

If your responses indicate a **drinking pattern that is riskier** for you and perhaps also those around you, don't wait to deal with it. You are advised to seek an assessment in a clinical context from a qualified practitioner (family doctor, health professional, substance use counsellor).

Now is the best time to seek support and spare yourself and others trouble you really don't want. You can find help to keep alcohol in check and keep yourself on track for a better future. It's well worth it!

## Resources

- [www.carbc.ca](http://www.carbc.ca): Centre for Addictions Research of BC
- [www.heretohelp.bc.ca](http://www.heretohelp.bc.ca): BC Partners for Mental Health and Addictions Information
- [www.drinkingfacts.ca](http://www.drinkingfacts.ca): Info for youth
- Alcohol and Drug Information and Referral Service: Lower Mainland 604-660-9382; toll-free BC 1-800-663-1441
- BC NurseLine: 1-866-215-4700

Questions adapted from CRAFFT, available from the Centre for Adolescent Substance Abuse Research, Children's Hospital, Boston MA. See Knight, JR et al. (2002), *Archives of Pediatrics and Adolescent Medicine*, 156(6), 607-614.

