

Yr 10 HPE Alcohol & Other Drugs Practice Test (Sample)

Study Guide



Everything you need from our exam experts!

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Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 - 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

Questions

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- 1. Which beverage has a standard drink size of 32 mL?**
 - A. Vodka Cruiser**
 - B. Scotch Whiskey**
 - C. Full Strength Beer**
 - D. UDL**

- 2. What is the standard drink size of Sauvignon Blanc?**
 - A. 90 mL**
 - B. 208 mL**
 - C. 101 mL**
 - D. 570 mL**

- 3. Accessibility of drugs refers to:**
 - A. Cost**
 - B. Accessibility of drugs**
 - C. Legal penalties**
 - D. Personal desire**

- 4. Which statement best describes illegal drugs?**
 - A. They are unregulated and can be more dangerous than legal drugs.**
 - B. They are regulated with price controls.**
 - C. They are only available in pharmacies.**
 - D. They are never harmful.**

- 5. Accessibility of drugs refers to how easily drugs can be obtained.**
 - A. Legal penalties for drug use.**
 - B. The ease of obtaining drugs, often influenced by cost.**
 - C. Personal preferences.**
 - D. Medical uses.**

- 6. What is a recommended first step when someone is overdosing?**
- A. Stay calm**
 - B. Call emergency services**
 - C. Give them water**
 - D. Shake them gently**
- 7. What is dependence?**
- A. A condition where a person feels a compulsive need to use a drug.**
 - B. A temporary feeling after using a drug.**
 - C. A legal system requirement.**
 - D. A fear of using drugs.**
- 8. Which term describes a drug offence involving having drugs for personal use?**
- A. Possession**
 - B. Supplying**
 - C. Manufacturing**
 - D. Trafficking**
- 9. Which is a harm minimisation guideline when drinking?**
- A. Eat food whilst you drink**
 - B. Skip meals to save calories**
 - C. Mix alcoholic drinks with energy drinks**
 - D. Drink on an empty stomach**
- 10. Which beverage has the largest standard drink size?**
- A. Red Wine**
 - B. Sauvignon Blanc**
 - C. Vodka Cruiser**
 - D. Moscato**

Answers

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1. B
2. C
3. B
4. A
5. B
6. A
7. A
8. A
9. A
10. D

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Explanations

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1. Which beverage has a standard drink size of 32 mL?

- A. Vodka Cruiser
- B. Scotch Whiskey**
- C. Full Strength Beer
- D. UDL

A standard drink is defined by a fixed amount of pure alcohol, about 10 grams. Because the alcohol concentration varies by beverage, the volume you'd need to reach that 10-gram amount changes with ABV. For a drink that is around 40% alcohol, roughly 32 milliliters contains about 12.8 milliliters of ethanol, which is close to 10 grams. That's why Scotch whisky, typically about 40% ABV, has a standard drink size of about 32 mL. Other beverages are much lower in ABV. A premixed drink like Vodka Cruiser (~5% ABV) would only have about 1.6 milliliters of ethanol in a 32 mL serve—far less than a standard drink—so you'd need around 250 mL to reach one standard drink. Full-strength beer (~4.5-5% ABV) and similar drinks would require roughly a quarter to a third of a liter to reach 10 grams of alcohol. So 32 mL isn't a standard drink for those beverages, but it is for Scotch whisky.

2. What is the standard drink size of Sauvignon Blanc?

- A. 90 mL
- B. 208 mL
- C. 101 mL**
- D. 570 mL

A standard drink is a measure used to compare how much alcohol is in different drinks. In Australia, one standard drink contains about 10 grams of pure alcohol. For wine, this typically works out to about 100 mL of wine at roughly 12.5% ABV. Sauvignon Blanc usually sits around 12-13% ABV, so about 101 mL of this wine would provide roughly 10 grams of alcohol, matching one standard drink. That's why 101 mL is the best estimate. Drinking around 90 mL would be a bit under a standard drink, while 208 mL or 570 mL would be well over one standard drink.

3. Accessibility of drugs refers to:

- A. Cost
- B. Accessibility of drugs**
- C. Legal penalties
- D. Personal desire

Accessibility of drugs means how easy it is for people to obtain a drug. It covers whether drugs are affordable, available where people live or work, and free from barriers like distance, supply issues, or legal restrictions. This is the best answer because it directly defines the term. Costs matter, but accessibility goes beyond price to include all the practical ways someone can actually get the drug. Legal penalties relate to consequences of use, not access, and personal desire is about wanting to use rather than whether the drug is accessible.

4. Which statement best describes illegal drugs?

- A. They are unregulated and can be more dangerous than legal drugs.**
- B. They are regulated with price controls.
- C. They are only available in pharmacies.
- D. They are never harmful.

Illegal drugs are not legally regulated, so there's no official quality control, dosage standard, or safety testing for what people buy on the illicit market. Because content and strength can vary wildly and may include contaminants, their effects are unpredictable and can be more dangerous, increasing the risk of harm or overdose. In contrast, legal drugs are regulated by authorities, with approved uses, clear labeling, dosing guidelines, and safety warnings, which helps manage risk. The statement reflects this reality by linking the lack of regulation to potentially greater danger. The other options don't fit because illegal drugs aren't sold through pharmacies, aren't subject to government price controls, and can certainly cause harm.

5. Accessibility of drugs refers to how easily drugs can be obtained.

- A. Legal penalties for drug use.
- B. The ease of obtaining drugs, often influenced by cost.**
- C. Personal preferences.
- D. Medical uses.

Accessibility is about how easy it is to get drugs. The best description is that it's the ease of obtaining drugs, and cost often influences this—when a drug is cheaper, it's more affordable and easier for people to access, whether through legitimate channels or illicit markets. Access is shaped by factors like where drugs can be purchased, how available they are, and the laws or rules that affect supply. Legal penalties relate to consequences and deterrence rather than actual ease of obtaining. Personal preferences are about what someone wants, not how easily something can be obtained. Medical uses describe why a drug exists or is used, not how easy it is to obtain.

6. What is a recommended first step when someone is overdosing?

- A. Stay calm**
- B. Call emergency services
- C. Give them water
- D. Shake them gently

Staying calm is crucial because it keeps you thinking clearly and acting quickly in a dangerous situation. When someone may be overdosing, a calm mindset helps you assess safety, notice signs, and communicate clearly with others or with emergency services so the right help arrives fast. After you steady yourself, your next immediate step is to get professional help by calling emergency services. While you're waiting for them, don't give water or food, and don't shake the person. If they're unresponsive and not breathing and you're trained, begin CPR and follow any dispatcher instructions.

7. What is dependence?

- A. A condition where a person feels a compulsive need to use a drug.**
- B. A temporary feeling after using a drug.**
- C. A legal system requirement.**
- D. A fear of using drugs.**

Dependence is when a person becomes so used to a drug that they feel a strong, often compulsive need to use it regularly. This can involve physical changes in the body that create withdrawal symptoms if the drug isn't taken, and psychological cravings that make it hard to stop. It's not just a temporary mood after using or a one-off effect; it's an ongoing pattern where the body and mind rely on the drug to function or feel normal. It's not about legal requirements or a fear of drugs, but about the body and brain adapting to regular use in a way that makes stopping difficult.

8. Which term describes a drug offence involving having drugs for personal use?

- A. Possession**
- B. Supplying**
- C. Manufacturing**
- D. Trafficking**

Having drugs for personal use is described as possession. Possession focuses on the fact that the person has the drug on them or in their control for their own use. The other terms describe actions involving others: supplying means giving drugs to someone else, manufacturing is about making drugs, and trafficking involves selling or moving drugs through a supply chain. So possession best fits the idea of having drugs for personal use.

9. Which is a harm minimisation guideline when drinking?

- A. Eat food whilst you drink**
- B. Skip meals to save calories**
- C. Mix alcoholic drinks with energy drinks**
- D. Drink on an empty stomach**

Eating food while you drink helps slow how quickly alcohol enters the bloodstream. With food in the stomach, alcohol mixes with it and is absorbed more gradually, so you don't rise to high levels of intoxication as quickly. This makes it easier to pace yourself, reduces the chance of dehydration and nausea, and lowers the risk of negative outcomes from drinking. Skipping meals or drinking on an empty stomach speeds up absorption and can lead to rapid intoxication and worse hangovers. Mixing alcohol with energy drinks can mask how impaired you are and add extra strain on the heart and dehydration, which isn't a safer choice. So, eating food while you drink is a practical harm-minimisation step.

10. Which beverage has the largest standard drink size?

- A. Red Wine**
- B. Sauvignon Blanc**
- C. Vodka Cruiser**
- D. Moscato**

The main idea is that a standard drink is a fixed amount of pure alcohol. The volume you drink to reach that fixed amount depends on how strong the drink is. The weaker the drink, the more you have to pour to hit the same 10 g of alcohol. Moscato typically has the lowest alcohol content among these options. Because it's weaker, you need a larger volume of it to reach the same 10 g of alcohol that constitutes one standard drink. The other beverages contain more alcohol per millilitre, so a smaller amount gets you to one standard drink. That combination makes Moscato the option with the largest standard drink size.

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Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

<https://yr10hpealcoholandotherdrugs.examzify.com>

We wish you the very best on your exam journey. You've got this!

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