

YR 10 HPE ALCOHOL & OTHER DRUGS PRACTICE TEST (SAMPLE)

STUDY GUIDE



Hai Nam
photography

SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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THE FULL VERSION STUDY GUIDE

<https://yr10hpealcoholandotherdrugs.examzify.com>



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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 statement describes two long-term health risks of regular adolescent alcohol use?**
 - A. Immediate weight gain and increased vitamin absorption.
 - B. Enhanced immune function.
 - C. Improved concentration and memory.
 - D. Impaired brain development affecting memory/learning and a higher risk of addiction and mental health problems.
- 2. How can AOD use affect academic performance?**
 - A. Has no effect on academics.
 - B. Impair concentration, memory and sleep; reduces attendance and grades.
 - C. Improves concentration, memory and sleep.
 - D. Causes hyperfocus and longer study sessions.
- 3. Which of the following is a main category of drugs?**
 - A. Depressants
 - B. Carbohydrates
 - C. Vitamins
 - D. Proteins
- 4. Which substance is listed as a stimulant in the material?**
 - A. Cocaine
 - B. Water
 - C. Caffeine
 - D. Vitamin C
- 5. 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

- 6. Which factor helps explain why women may become intoxicated faster than men?**
- A. Body composition and metabolic differences.
 - B. Drinking more frequently.
 - C. Gender does not affect BAC.
 - D. Women have larger livers.
- 7. What is the alcohol percentage of UDL (Pre-Mixed)?**
- A. 37.5%
 - B. 4%
 - C. 40%
 - D. 5%
- 8. Which service is a confidential Australian resource for AOD support for young people?**
- A. Headspace
 - B. Lifeline
 - C. Kids Helpline
 - D. Police
- 9. What is a key harm minimisation strategy?**
- A. Pacing the drinking and planning safe transport
 - B. Forcing them to drink more to 'get it out of their system'
 - C. Encouraging them to mix drinks to dilute alcohol
 - D. Ignoring the issue
- 10. Which beverage has a standard drink size of 275 mL?**
- A. Vodka
 - B. UDL
 - C. Scotch Whiskey
 - D. Vodka Cruiser

Answers

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

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Explanations

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1. Which statement describes two long-term health risks of regular adolescent alcohol use?

- A. Immediate weight gain and increased vitamin absorption.
- B. Enhanced immune function.
- C. Improved concentration and memory.
- D. Impaired brain development affecting memory/learning and a higher risk of addiction and mental health problems.**

Regular alcohol use during adolescence can disrupt brain development and increase the risk of mental health problems and addiction later on. Adolescence is a key time when the brain is still maturing, especially areas involved in memory, learning, and impulse control. Alcohol can interfere with how neural connections are formed and wired, which can lead to lasting difficulties with memory and learning. At the same time, starting to drink regularly in adolescence raises the chance of developing alcohol use problems in adulthood and can contribute to mood and anxiety disorders, making long term mental health issues more likely. This statement accurately describes two long-term harms: impaired brain development affecting memory and learning, and a higher risk of addiction and mental health problems. Other options describe effects that aren't about long-term harms, or describe unlikely benefits, which don't reflect the real risks associated with sustained adolescent drinking.

2. How can AOD use affect academic performance?

- A. Has no effect on academics.
- B. Impair concentration, memory and sleep; reduces attendance and grades.**
- C. Improves concentration, memory and sleep.
- D. Causes hyperfocus and longer study sessions.

Alcohol and other drugs (AOD) use can harm academic performance because it disrupts the brain functions that support learning. When people are under the influence or dealing with withdrawal, concentration and attention drop, making it harder to follow lectures, participate in class, and take accurate notes. Memory is affected too—new information may not be encoded properly, and recall during tests becomes tougher. Sleep is often disturbed by AOD use, and poor sleep hurts daytime alertness, problem solving, and memory consolidation, all of which undermine study quality and exam performance. Regular use can also lead to more missed classes, hangovers, or irregular routines, which compacts the opportunities to learn and keep up, ultimately showing up as lower grades. While some might think certain substances can boost focus or extend study time, these effects are unreliable and usually come with downsides like worse sleep, anxiety, or crashes that further hurt academics.

3. Which of the following is a main category of drugs?

- A. Depressants**
- B. Carbohydrates
- C. Vitamins
- D. Proteins

Drugs are grouped by how they affect the body, especially the brain and nervous system. Depressants slow brain activity, making people feel drowsier, impairing coordination and decision-making. This is a standard main category used in health education because it covers substances that calm or slow the body's functions, including alcohol. The other options describe nutrients rather than drugs: carbohydrates provide energy, vitamins support health, and proteins build tissues. Since the question asks for a main category of drugs, depressants is the best choice.

4. Which substance is listed as a stimulant in the material?

- A. Cocaine
- B. Water
- C. Caffeine
- D. Vitamin C

Stimulants are substances that speed up the body's nervous system, increasing alertness, energy, and heart rate. Cocaine is classified as a stimulant because it blocks the dopamine transporter, causing more dopamine to stay in the brain's synapses. That buildup heightens arousal and activity in brain circuits related to mood and energy, which is why it's listed as a stimulant in the material. Water doesn't affect brain activity in this way—it's simply needed for hydration. Vitamin C is a nutrient with antioxidant roles and isn't a stimulant. Caffeine is another example of a stimulant, but the material in question specifically lists cocaine as the stimulant, making it the correct choice.

5. 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.

6. Which factor helps explain why women may become intoxicated faster than men?

- A. Body composition and metabolic differences.
- B. Drinking more frequently.
- C. Gender does not affect BAC.
- D. Women have larger livers.

Biological differences between women and men affect how alcohol is absorbed, distributed, and processed in the body. Women generally have a higher body fat percentage and lower total body water than men, so the same amount of alcohol stays in a smaller volume of water. This leads to a higher blood alcohol concentration more quickly. There's also less alcohol dehydrogenase activity in the stomach for many women, meaning less alcohol is metabolized before it enters the bloodstream. Put together, these body composition and metabolic differences explain why women may feel intoxicated faster than men after the same amount of alcohol. The other ideas don't fit as well: drinking more often can influence tolerance over time but doesn't explain the immediate rate of intoxication, gender does affect BAC, and liver size isn't larger in women and isn't the reason for the faster intoxication.

7. What is the alcohol percentage of UDL (Pre-Mixed)?

- A. 37.5%
- B. 4%**
- C. 40%
- D. 5%

Alcohol percentage (ABV) shows how much ethanol is in a drink. Ready-to-drink premixes like UDL are designed to be lighter, so they're typically around 4% ABV. That matches why UDL Pre-Mixed is labeled at 4%—it's common for RTDs and keeps the drink easy to enjoy. The much higher figures (around 37.5% or 40%) are the ABV of spirits, not premixes, and a 5% ABV is possible for some RTDs but not the standard for this product. So the 4% option is the best fit.

8. Which service is a confidential Australian resource for AOD support for young people?

- A. Headspace**
- B. Lifeline
- C. Kids Helpline
- D. Police

Headspace is a nationwide service designed for young people and includes confidential support for issues around alcohol and other drugs, along with mental health, physical health, and work/study. It can be accessed at headspace centers, by phone, or online chat, and confidentiality is maintained with safety exceptions only if someone is at risk. This makes it the most suited option for young people seeking AOD support in Australia. Lifeline is a crisis line for immediate distress, Kids Helpline offers confidential support for youth but isn't specifically focused on AOD, and police are not a general AOD support service.

9. What is a key harm minimisation strategy?

- A. Pacing the drinking and planning safe transport**
- B. Forcing them to drink more to 'get it out of their system'
- C. Encouraging them to mix drinks to dilute alcohol
- D. Ignoring the issue

Pacing drinking and planning safe transport is a practical harm minimisation approach. It focuses on reducing risk while the person is using alcohol by slowing how fast they drink and making sure there's a safe way to get home or travel, which lowers the chances of dangerous situations like driving under the influence, accidents, or getting into unsafe trouble. This shows how harm minimisation works: you implement real, achievable steps that lower harm even if drinking continues. The idea of forcing someone to drink more is unsafe and dangerous; it increases intoxication and medical risk instead of reducing harm. Encouraging mixing drinks to dilute alcohol isn't a reliable safety method and can mislead about impairment. Ignoring the issue doesn't reduce risk either and leaves the person vulnerable.

10. Which beverage has a standard drink size of 275 mL?

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

The idea being tested is how a standard drink is defined and how serving sizes relate to that fixed amount of alcohol. A standard drink is about 10 grams of pure alcohol, so you work it out by considering both how much liquid you have and how strong it is (the ABV). Ready-to-drink premixed beverages are often sold in 275 mL cans with a modest ABV, which is designed so one can equals roughly one standard drink. That makes a 275 mL serving a convenient, common reference point for teaching and planning intake. Vodka Cruiser fits this idea precisely because it's a premixed drink commonly sold in 275 mL cans, with an ABV that places about one standard drink in each can. In contrast, straight spirits like vodka or scotch are much stronger per milliliter, so their standard drink is achieved with only a small shot (far less than a 275 mL can). UDL varies by product and isn't typically presented as a 275 mL standard serving the way Vodka Cruiser is.

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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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