A GUIDE FOR YOUNG PEOPLE

written by young people for young people
WHATEVER YOU CALL IT, ALCOHOL STILL HAS THE SAME EFFECT!

KNOW YOUR LIMIT - BE AWARE THAT NOT ALL DRINKS HAVE THE SAME ALCOHOL CONTENT (UNITS), SO IT'S NOT ONLY THE AMOUNT YOU DRINK THAT AFFECTS YOU BUT ALSO HOW MANY UNITS OF ALCOHOL YOUR DRINK HAS.

**SHOTS** 1 Shot is 1 Unit

**ALCOPOPS** Average of 1.6 Units

**VODKA & COKE** Large glass of vodka and coke is 2 Units

**WINE** Standard glass of wine is 2 to 3 Units

**BEER** Pint of beer, lager or cider is 2 to 2.5 Units

**PREMIUM BEER** Can of premium beer, lager or cider is 2.5 to 3 Units e.g Stella
Hangover...

That's just the start of it!!

Hangovers and being sick are the least of your worries. All the following could affect you:

- Passing out
- Drink Spiking
- Weight Gain
- Depression/Anxiety
- Alcohol Poisoning
- Liver Damage
- Brain Damage

You're an easy target when you're drunk.
You're more likely to do things you didn't plan to, exposing yourself to:

- Sexually Transmitted Infections (STIs)
- Under Age Sex
- Teenage Pregnancy
- Sexual Attacks
- Violent Assaults

Getting drunk doesn't just affect you. You can also hurt others through:

- Aggressive Behaviour
- Drink Driving
- Crime and Disorder eg vandalism, or getting into fights
THE NUMBERS GAME ...

THE AFTERMATH !!!

• 2,350 people were seriously injured and 590 people were killed in drink-drive related incidents in 2004. The peak age of the drivers was 18.

• Over 1,000 under 15s are admitted to hospital each year with alcohol poisoning.

• Almost half of violent crimes are alcohol related.

• 29% of 12-17 year olds involved in any form of anti-social behaviour (arguments, fights, vandalism, etc) had been drinking.

• 16% of school attendees who had committed a crime said that they had been under the influence of alcohol at the time the crime was committed.

SEX !!!

• Only 13% of 16-18 year olds use contraception while drunk, compared to 75% while sober.

• 40% of 13-14 year olds were drunk when they first had sex.

• Nearly 1/3 of pregnant 15-18 year olds had been drinking before sex.

• 1/3 of 15-18 year olds regretted having sex while they were drunk.
CONTINUOUS DRINKING

- Over 35,000 deaths per year in the UK are as a result of alcohol. Only 500 people a year die from taking illegal drugs.
- Researchers estimate that alcohol causes 2,000 cases of breast cancer in the UK every year.
- Around 1,000 annual alcohol-related deaths are suicides.
- Alcohol can damage your health in many ways.

THE EFFECTS WILL BE WORSE WHEN YOU ARE YOUNG AND YOUR BODY IS STILL DEVELOPING

THE LEGAL STUFF ...

It's important to remember it is illegal to drink alcohol in public if you’re under 18.

If the police find someone who is under 18 in possession of alcohol, they have the power to take it away.

It is only allowed if you’re 16 or over and having a meal in a restaurant.
PLAY IT SAFE...

HOWEVER, IF YOU STILL MAKE THE CHOICE TO DRINK...

TOP 10 TIPS

1. Make sure you eat before drinking
2. Don’t mix different alcoholic drinks
3. Don’t mix alcohol and drugs/medicine
4. Don’t leave your drink unattended
5. Don’t accept drinks from strangers
6. Only use licensed taxis
7. Keep hydrated by drinking water/soft drinks
8. Keep track of the amount of units you’re drinking
9. Don’t walk home alone
10. Stop when you’ve had too much
EMERGENCY ACTION...

IF SOMEONE YOU ARE WITH COLLAPSES DUE TO DRINK FOLLOW THE INSTRUCTIONS BELOW

1. Dial 999
2. Place them in recovery position
3. Check breathing
4. Keep them warm
5. Stay with them
6. Wait for ambulance

THE RECOVERY POSITION

Turn on to their side, lift chin and place top hand under cheek
Bend top leg so that casualty cannot roll forwards or backwards
Straighten bottom leg and bend bottom arm.