

Units are a way of measuring alcohol. The guidelines which the government recommends are:

14 units a week for adult men and women

This should be spread out over a week and not drunk in one go (binge drinking)

There should be at least 2 alcohol-free days a week to let the body repair itself

Alcoholic drinks contain different numbers of units depending on how strong they are:

<p>Cider</p>  <p>1 pint (568ml) 4.5% ABV 2.6 units</p>	<p>Alcopop</p>  <p>1 bottle (275ml) 4% ABV 1.1 units</p>	<p>Vodka</p>  <p>1 single (25ml) 40% ABV 1 unit</p>	<p>Lager</p>  <p>1 bottle (330ml) 5% ABV 1.6 units</p>	<p>Wine</p>  <p>1 large glass (250ml) 12% ABV 3 units</p>
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Alcohol can damage parts of our bodies which we can't see, such as the heart, liver and stomach, and it isn't just older people who are at risk of developing problems from drinking alcohol! Young people's bodies are still growing until their mid-twenties, so they are particularly vulnerable to some of the effects of alcohol.

Keeping safe

- Eat a meal before drinking
- Drink slowly
- Alternate any alcoholic drinks with water

HOW MUCH IS TOO MUCH ALCOHOL?

Drinking a lot of alcohol over a short space of time is called binge drinking, and it can be really dangerous.

Our bodies can only process a small amount of alcohol at a time, so if you drink a large amount in one go, organs such as your liver and kidneys have to work hard to remove it from your system.

Some of the risks of binge drinking are:



Arguments and violence

Binge drinking affects our mood which can lead to arguments with other people. It also makes us more likely to do or say things we wouldn't normally, so we could find ourselves in violent or dangerous situations.

Coordination

Drinking a lot of alcohol can affect balance increasing the risk of having an accident. Alcohol affects how you feel pain, so you may not realise that you have been seriously injured.

Risky situations

If you have drunk a lot of alcohol you may not be completely aware of your surroundings. You then become at risk of physical or sexual assault.

Keeping safe

If you choose to drink before going out (known as preloading or pre-drinking), pace yourself and know your limits.

