

 - **KNOW YOUR LIMITS** -

Alcohol is a Drug and like all drugs can be harmful and addictive.
 The effects of alcohol on your health depends on how much you drink —
 The more you drink the higher the health risks

- **NATIONAL GUIDELINES** - 

It is recommended that ...

- ◆ BOTH MEN AND WOMEN SHOULD NOT DRINK MORE THAN 14 UNITS A WEEK ON A REGULAR BASIS.
- ◆ DRINKING SHOULD BE SPREAD OUT OVER 3 OR MORE DAYS IF YOU REGULARLY DRINK AS MUCH AS 14 UNITS A WEEK.
- ◆ CUT DOWN - TRY TO HAVE SEVERAL ALCOHOL-FREE DAYS EACH WEEK.



 - **HELP & ADVICE** -



www.al-anon.org.uk



Adfam
 Families, drugs and alcohol
www.adfam.org.uk



aquarius
www.aquarius.org.uk

drinkaware.co.uk
 for the facts about alcohol

www.drinkaware.co.uk



www.notinmydrink.com



www.alcoholchange.org.uk

ALCOHOL AWARENESS
SAFE NIGHT OUT

HAVE A GREAT NIGHT OUT
KNOW YOUR LIMITS



STAY SAFE
DON'T SPOIL YOUR NIGHT

- ALCOHOL PRE-LOADING -

Alcohol Pre-loading is drinking alcohol at home, usually with friends, before going on a night out.

Pre-loading is done for different reasons, including ...

To Save Money
It's Cheaper to
Drink at Home!

Underage
Drinking

To Reduce
Anxiety Before
Going Out

To Get Drunk

- BINGE DRINKING -

People who Pre-load are more likely to **Binge Drink**.

Binge Drinking is drinking an excessive amount of alcohol in one go.

Binge Drinking can be dangerous, too much could put you in hospital.

Too much alcohol increases the risk of ...

Dangerous
Situations

Loss of Self
Control

Becoming
Violent

Accidents/
Injury

Unprotected
Sex

Alcohol affects your balance and co-ordination, meaning that accidents and falls are common. Overdosing on alcohol can stop you breathing, stop your heart or you could choke on your own vomit, all of which can be extremely serious.

Binge Drinking can also affect your mood and memory, which could lead to serious health problems later in life.

To Reduce Your Health Risks

- ♦ **LIMIT HOW MUCH YOU DRINK**
- ♦ **ALTERNATE WITH NON-ALCOHOLIC DRINKS**
- ♦ **DRINK WITH FOOD**
- ♦ **DRINK SLOWLY**



- ALCOHOL POISONING -

In extreme cases, **Binge Drinking** can cause **Alcohol Poisoning**. This is when there is so much alcohol in the blood, it stops the body from working properly.

Alcohol Poisoning can be fatal. Some signs of **Alcohol Poisoning** include:

Vomiting

Slow
Breathing

Feeling
Cold

Confusion

Seizures

Unconscious

If you are with someone and they are showing any signs of **Alcohol Poisoning**, you must stay with them ...

- ♦ **CALL AN AMBULANCE**
- ♦ **TRY TO KEEP THEM AWAKE**
- ♦ **TALK TO THEM**
- ♦ **KEEP THEM WARM**
- ♦ **ROLL THEM ONTO THEIR SIDE OR**
- ♦ **PUT THEM IN THE RECOVERY POSITION TO AVOID CHOKING IF THEY ARE SICK**



- DRINK SPIKING -

The most common drug used in spiking incidents is **alcohol**.

Putting **any** substance into a person's drink without their knowledge and consent is a **dangerous criminal act**.

Drugs that are used in **Drink Spiking** are usually colourless and odourless, so you may not realise that your drink has been spiked.

To avoid drink spiking ...

- ♦ **DON'T ACCEPT DRINKS FROM STRANGERS OR PEOPLE YOU DON'T TRUST**
- ♦ **ALWAYS KEEP YOUR DRINK WITH YOU AND COVER WITH YOUR HAND**
- ♦ **NEVER LEAVE YOUR DRINK UNATTENDED**
- ♦ **SEEK HELP IF SUDDENLY FEELING UNWELL AND STAY WITH FRIENDS**