

Hints & Tips

If you are aware that your young person is going out and is likely to be using alcohol, then you could give them the following information to try and keep them safe.

Drinking on the street is asking for trouble as anything could happen including the police taking young people home. Using alcohol to excess can lead people to lose their balance and become unsteady on their feet.

This could result in accidents occurring. Using alcohol to excess, as with any substance, can make you do things you wouldn't normally do, slow down your reactions and leave you generally vulnerable.

Over 1000 young people aged 15 and under are admitted to hospital each year with alcohol poisoning, possibly resulting in them having their stomach pumped which is pretty unpleasant.

Are You Under 15?

Whilst it is recommended that adult males drink no more than 4 units per day and females 2 units a day, there are no safe limits for young people as their bodies are not fully developed. Binge drinking is classed as drinking more than 4-6 units in any session.

But binge drinking can just be drinking too much for you in any one time. The government recommends that children under the age of 15 should never be given alcohol.

call lac : 0121 5693740

Where to get help?

If you're concerned by a Looked after Person's substance use, or feel that you would like more information:

Call: 0121 5693740

Mob: 07766 247625

e-mail: dqa1000@hotmail.com

www.trustdecca.co.uk

we are
here to
help...



yourguide to

Alcohol

Nicknames: Booze, Grog, Bevy

Types: Cider
Lager
Bitter
Wine
Alcopops
Spirits



What's it Like?

Alcoholic drinks contain ethyl alcohol or ethanol as it is more commonly known. It is swallowed, although there are reports that people have tried to inject and snort it which can cause damage to the body. Alcohol is a physically addictive drug and specialist advice should be sought if people become addicted.

It is illegal to sell alcohol to anyone under the age of 18 years. Some shops won't sell alcohol to anyone under the age of 21.

Top Facts

Alcohol is a depressant and slows down the central nervous system, however, often using alcohol can make you:

- Feel light headed
- Laugh a lot
- Have double vision
- Fall asleep
- Pass out

Some Important Stuff !

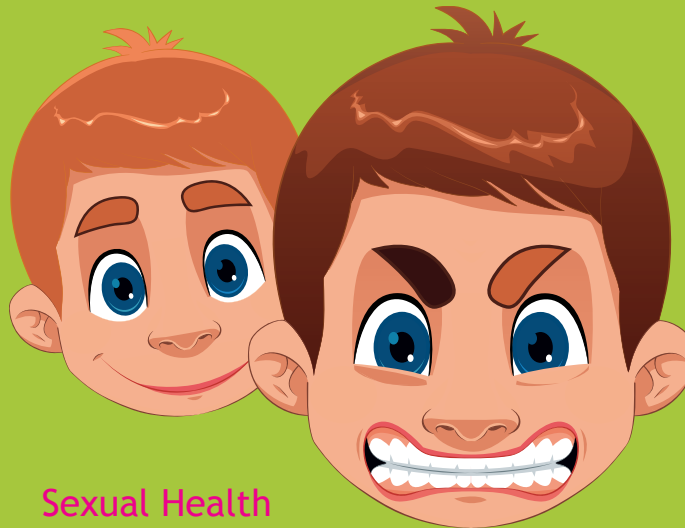
Lots of people go out and drink. Many of them will never experience any serious problems, however, some people experience serious difficulties. Some of these are listed below:

Hangover

A feeling like death! Can result in you feeling sick or actually being sick, although it does pass. People often say that they will never drink again, although they often do.

Violence

If you have been drinking, it can make you more vulnerable. After a drink, people's mood can change very quickly, from happy to violent. You can never tell what will happen to a person until they've had a drink, when it could be too late.



Sexual Health

People can become over friendly after a few drinks, and can end up having unprotected sex. This can lead to people catching STI's such as gonorrhoea, Chlamydia and HIV, or unplanned pregnancies.

How do I support someone who is using alcohol?

If you are concerned by your young persons use of alcohol, encourage them to keep a record of what they are drinking as it may be the wake up call they need to look at their drinking.

Also get them to record how much they are spending per week on alcohol and encourage them to use that money for something else that they may benefit from.



If they continue to drink, encourage them to alternate between alcoholic drinks and soft drinks/water so that they don't become dehydrated.

It is also important that they don't drink on an empty stomach as this quickens the effect of the alcohol. If you continue to be concerned about your young persons use of alcohol then you can refer them to the LAC Substance Worker, contact details are on the back of this leaflet.