

Alcohol

Some nicknames for alcohol are:
booze, bevy, tippie, poison, juice, liquor.

Units - What is a unit? For more information go to www.drinkaware.co.uk



Lager (4-5%)

1 can (330ml) - **1.7 units**
Stella, Budweiser, Kronenbourg

1 pint (568ml) - **2.8 units**



Wine (11%)

1 standard glass (175ml) - **2 units**



Spirits (40%)

1 shot/single measure (25ml) - **1 unit**
Gin, Vodka, Smirnoff, Bacardi



Alcopops (5%)

1 bottle (275ml) - **1.4 units**
WKD, Bacardi Breezer, Reef



Cider (4-8%)

Regular cider - 1 pint (568ml) - **2.8 units**
Strongbow, Magners

Strong cider - 1 pint (568ml) - **4.2 units**
White Lightning, Diamond White

Where to get help?

If you or a friend needs help
or for more information:
Log on: www.ourguideto.co.uk
Text: 07781 472 746
Tel: 0121 569 2201
Email: dqa1000@hotmail.com



Drug Education, Counselling and Confidential Advice

The DECCA Team

DECCA (Drug Education, Counselling and
Confidential Advice) are Sandwell's Young
People's (18 & under) drug service.

What is Alcohol?

Alcoholic drinks
contain ethyl alcohol
or ethanol as it is more
commonly known.

Alcohol affects
everyone that drinks
it differently. It can
also affect the same
person differently each
time they drink it. You
never really know
what will happen until
the alcohol has been
drunk.

THE LAW

It is illegal to sell alcohol to anyone under the age of 18 whether it be a shop, pub or club. Most places selling alcohol run a challenge 21 or 25 scheme, meaning that if someone doesn't look the specific age they will be asked to show ID.

It is illegal for an adult to buy or attempt to buy alcohol for under 18's. This is called proxy purchasing and a fine up to £5,000 can be received.

Drinking in public places can result in being stopped, fined and arrested by the police, even if you are under 18.

Unit Guidelines

- **Adult men and women** are advised not to regularly drink more than 14 units a week.
- **Drinking** should be spread over three days or more if you drink as much as 14 units a week.
- **Under 15's** are advised to have **NO ALCOHOL AT ALL** as their bodies are still growing and developing.

REMEMBER

- It is advised to have at least 2 alcohol free days a week in order to give the body, especially the liver, a break.
- A person should not save up their weekly allowance of units for one day as this is classed as binge drinking and can be very harmful.
- It takes the body about an hour to get rid of 1 unit of alcohol and there is no way of speeding this process up. Drinking coffee, juice or water or even eating or sleeping will not sober a person up. **THERE IS NO MAGICAL WAY OF SOBERING UP - ONLY TIME WORKS!**

IT'S THE LAW!



Long Term - Effects

If you drink too much too often it can have some fairly nasty consequences. It can lead to damage to the brain, heart, mouth, throat, stomach, kidneys, liver and blood. People in their 20's have developed problems like these from drinking too much.



Healthy Liver



Cirrhosis

Big Guide to.. Alcohol

Short Term - Effects

As well as affecting you in the long term, alcohol also has short term effects as well:

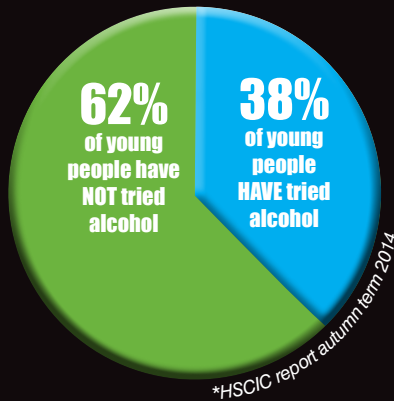
- Headache
- Sick
- Dizziness
- Lowers inhibitions
- Poor decision making skills
- Memory Loss
- Slower reactions
- Hangover
- Poor co-ordination
- Lack of or increased appetite
- Blurred and double vision
- And much more...

Alcohol Everyone drinks? Right?



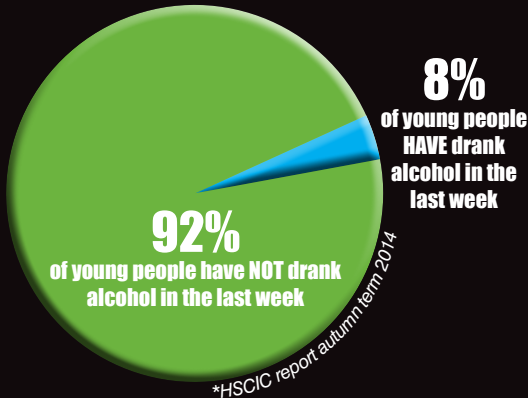
In 2011 360 people aged 11-15 died from alcohol poisoning.

*Alcohol Education Trust



In 2013/14 53% of violent incidents involving adults were alcohol related.

*ons.gov.uk



In 2012 there were 8,367 alcohol-related deaths in the UK.

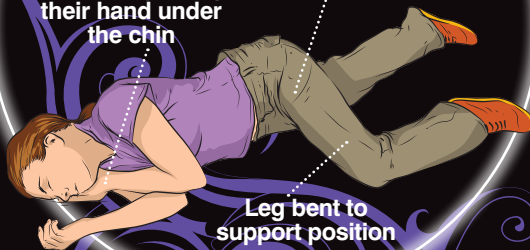
*ons.gov.uk

THE RECOVERY POSITION

Open their airways by tilting the head back and placing their hand under the chin

Place the person on their side with their arm bent - to prevent them rolling over

Leg bent to support position



Still going to drink? Then don't forget...

1. Tell someone where you are going, and don't go anywhere alone or with someone you don't trust 100%.
2. Know your limits (see units section) and stick to them.
3. Keep your eyes on your drink, some people might try and put drugs or more alcohol in.
4. Make sure you eat properly before you go out.
5. Make sure you get home safely. The best way of doing this is to pre-book a licensed taxi before you go out.
6. If someone is ill, don't be scared to call an ambulance, you won't get 'done' for doing the right thing.
7. Only go out with people you trust, as alcohol makes you very vulnerable.
8. Drinking alcohol can make you act in ways you normally wouldn't which could lead you into risky situations e.g. fights and arguing.
9. Stuff done whilst drunk might be regretted the next day.
1/3 of 15-19 year old females and 1/4 of 15-19 year old males regretted having sex when they had been drinking.
(*Alcohol Concern 2011)
10. If you get very drunk you are putting yourself at risk - Fact!

