

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
 Cider (4-8%) Regular cider, 1 pint (568ml) - 2.8 Units Strongbow, Magners, Bulmers Strong cider, 1 pint (568ml) - 4.2 Units White Lightning, Diamond White	 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

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
 Email: dqa1000@hotmail.com



The DECCA Team
 DECCA (Drug Education, Counselling and Confidential Advice) are Sandwell's young people's 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 drink more than 14 units regularly
- 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 a 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, 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!

Challenge 21: If you are lucky enough to look under 21 you will be asked to prove you are over 18 when you buy alcohol.

UNDER 25?: Please be prepared to show proof of age when buying alcohol.

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.



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
- Lower inhibitions
- Poor decision making
- Memory loss
- Slower reactions
- Hangover
- Poor co-ordination
- Lack of or increased appetite
- Blurred and double vision

And much more...

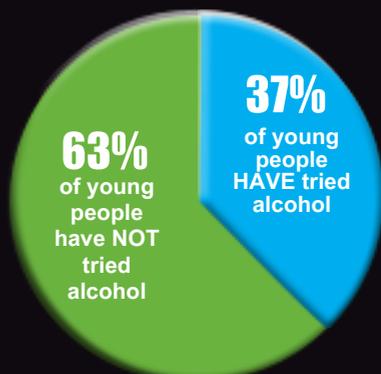
Alcohol

Everyone Drinks? Right?



In 2022, 525 people died from alcohol poisoning.

*The Talk About Trust

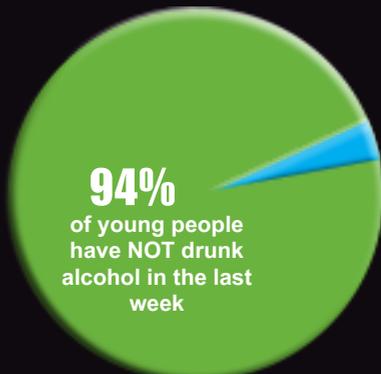


*NHS England- Smoking, Drinking and Drug Use Among Young People in England(2023)



In 2022/23, 38% of victims involved in violent crimes believed the offender to be under the influence of alcohol.

*ons.gov.uk

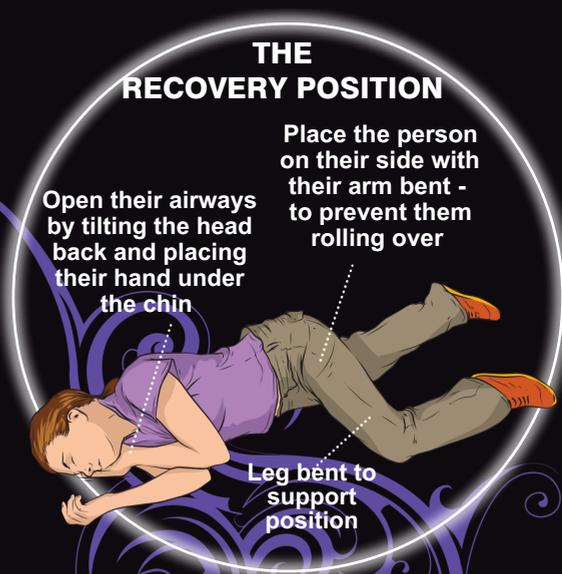


In 2023 there were 10,473 deaths from alcohol specific causes registered in UK.

*ons.gov.uk



Drug Education, Counselling and Confidential Advice



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.
10. If you get very drunk you are putting yourself at risk - Fact!



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