

SUBSTANCE MISUSE EDUCATION AND PREVENTION

ALCOHOL

also known as: BOOZE, TOT, NIP, BEVY, TIPPLE



Protecting and Reassuring



Amddiffyn a Thawelu Meddwl

WHAT IS IT?

Alcohol is found in drinks like beer, lager, alco-pops, cider, wine and spirits and is measured as a percentage (%) of the drink. The higher the %, the stronger the drink.

WHAT THE LAW SAYS:

Generally, it is illegal to sell alcohol to under 18's. It is also illegal for under 18's to purchase alcohol. Police may have powers to remove alcohol from under 18's drinking in public places. If you are over 18, you can buy alcohol from licensed premises during certain hours.

It is illegal to drink and drive, and can be punished with a fine and/or removal of driving license and/or imprisonment.

THE EFFECTS:

- Alcohol is a depressant drug that slows down your body reactions and the working of the brain.
- The effects of alcohol depend on the strength of the alcohol and how much you drink.
- The effect will also depend on your mood and the situation.
- Small amounts can make you feel more confident and relaxed.
- Your speech may be slurred and your co-ordination affected.

THE RISKS:

- Because alcohol slows the body down, too much can lead to loss of consciousness. People may choke on their vomit.
- You may become too confident and do things you wouldn't normally do.
- When your coordination is affected, you are more likely to fall or be involved in an accident.
- Overdose can lead to alcohol poisoning, which can be fatal.
- Alcohol can make you more emotional. If you are feeling down, alcohol tends to make you feel worse.

PLAY IT SAFE:

- Drink in moderation; use smaller amounts and don't binge drink.
- Avoid mixing alcohol with other drugs.
- Don't drink and drive. It's very dangerous and illegal.
- Drink in a safe place. If you're out, try to stick with mates who you trust.
- Avoid drinking if you're feeling down. It will probably make you feel worse.
- Try to stick to recommended guidelines to avoid serious health problems. These are currently:
 - 2-3 units for adult females, a maximum of 14 units per week.
 - 3-4 units for adult males, a maximum of 21 units per week.

Drugs, including alcohol, can severely damage your physical and mental health. They can get you into trouble with the law and even kill you. But if you do decide to use alcohol, reduce the risks by finding out as much as you can about the effects, risks, etc, and then decide if it is really worth it.

If you do decide to use alcohol, keep these points in mind:

- The smaller you are the less alcohol you need to get the same effect, but where you are and the mood you are in will also affect the way you'll react.
- Mixing drugs and alcohol can be fatal.
- Never drive if you have had alcohol or drugs.
- Always carry a condom; never risk unprotected sex.





FIRST AID

If your mate collapses, call 999

Get help to put them into the recovery position

Tell the medics what they have taken

IT COULD SAVE THEIR LIFE

(N.B. Police do not automatically attend all cases of overdose which are reported to the ambulance service)

**PAN FYDD YN LLAI
PWYSIG NA 999**



101

**WHEN IT'S LESS
URGENT THAN 999**