



# PARTY

# THE FACTS: ALCOHOL

Sometimes called: drink, booze, different brand names

## The Effects:

- Feeling relaxed
- Slurred speech
- Not being able to walk straight
- Double vision
- Feeling 'out of it'
- Memory loss
- Hangover
- Throwing up
- Thirst
- Putting on weight

## The Risks:

- Increased blood pressure (could lead to a heart attack)
- Road accidents (don't drink and drive)
- Violence (getting into fights)
- Unwanted or unsafe sex
- Alcohol blood poisoning
- Binge drinking can stress out your liver
- Mixing with other drugs can lead to death
- Drinking too much can lead to death

## The Law:


It's illegal to sell alcohol to under 18s and it's also illegal for under 18s to buy alcohol.


You can get a criminal record for drunkenness which can make it more difficult to get a job.


For information, support, advice or someone to talk to about alcohol, call the numbers below.

**Safe drinking limits:** The current daily guidelines for sensible drinking are: **men - 3.4 units** or less. **women - 2.3 units** or less  
If you choose to drink when pregnant you should drink no more than 1-2 units once or twice a week

## 1 unit of alcohol =

 half a pint of lager/beer/cider (3.5% ABV)

 one 25ml pub measure of spirit (40% ABV)

 one small glass of wine (9% ABV)



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