



Essential safety information

Never leave a drunk person on their own, especially if they appear sleepy.

If you can't wake them:

Get help or dial 999. Don't worry about getting into trouble. It's more important to get help.

Turn the person onto their side (recovery position) so that if they're sick, they won't choke. Keep them warm and stay with them until help arrives.



What are the sensible drinking guidelines?

Sensible Drinking Guidelines



2-3
units daily



3-4
units daily

Women shouldn't regularly drink more than 2-3 units a day and men 3-4. Aim to have at least 2 alcohol-free days a week.

Avoid alcohol if pregnant or trying to conceive.

Alcohol and Scotland's laws



Under 16

You're only allowed in a bar where a Children's Certificate is displayed. You cannot buy or drink alcohol.



16-17

You can buy beer, wine or cider if it's served with a meal in an area used only for eating meals. Otherwise, it's illegal for under 18s to buy or drink alcohol.



18+

You can buy alcohol but the licence holder has the right to refuse service to anyone.

It is an offence for an adult to buy alcohol for consumption by someone under the age of 18 (apart from the exception above for 16 and 17 year olds consuming a meal).

Many local authorities have bylaws which forbid the drinking of alcohol in public places. Police also have the authority to confiscate alcohol from those under the age of 18.

If you appear to be under the age of 15 you should expect to be asked to prove you are over the legal drinking age. The only acceptable forms of ID are a passport, EU photocard driving licence or a PASS approved ID.

What's a 'unit'?

A unit equals 10ml of pure alcohol. That's the amount an adult body can safely get rid of in an hour. Remember the number of units in a drink vary dependent on size and alcohol content (% ABV).

How many units in a drink?



Single measure spirit
1 unit ABV 40% 25ml



Alcopop
1.4 units ABV 5% 275ml



Standard glass of wine
2.1 units ABV 12% 175ml



Pint of lager
2.8 units ABV 5% 568ml



Bottle of cider
1.4 units ABV 5% 275ml

Drink – it adds up to more than you think

drinksmarter.org

Sensible Drinking Guidelines



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units daily



3-4
units daily

Aim to have at least 2 alcohol-free days a week.

Worried about your own or someone else's drinking?

Call **DRINKLINE** free on **0800 7 314 314** at any time or call the **lowdown** free on **0808 802 4444** (Mon-Fri 10am-6pm).

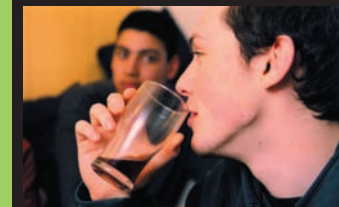
Further information

For more tips and information about alcohol, visit www.drinksmarter.org or www.getthelowdown.co.uk



Alcohol and Young People

The straight facts about alcohol.



We all need at least 2 days a week without alcohol.



A hangover is basically alcohol dehydrating the body. The only sure way to avoid a hangover is not to drink too much.

Alcohol

As a young person you might be naturally curious about alcohol, or you might experience peer pressure to start drinking before you're ready.



Life is all about making choices and it's important to learn about the risks, as well as the benefits, associated with drinking alcohol. If you choose to drink, here are some facts you should know.

How does alcohol affect young bodies?

Alcohol can relax us and makes us feel good, but do you really know what the harmful effects can be?

If we drink too young or, as adults, regularly exceed the sensible drinking guidelines, we risk all kinds of problems with our physical and mental health.

Drinking alcohol too young could affect the development of parts of our brain, particularly the areas that handle planning and judgement, which develop in the teenage years. Younger bodies are smaller so they get drunk quicker. Because young bodies aren't fully developed yet the liver can't cope with getting rid of the alcohol and gets damaged more easily as a result.

Not only that, people who drink too much can lose out through broken relationships and problems in education and at work.

Overall, drinking alcohol can stop young people reaching their full potential. That's the biggest reason why an alcohol-free childhood is the healthiest and best choice.



What can go wrong?

Alcohol affects our **judgement** and makes us **less sensitive** to other people's **feelings**. If you drink, it might make you do or say things you'll **regret later**.

This can result in **arguments and fights** with your mates. You might **get hurt** or even get a **criminal record**.

Alcohol affects our mood. Even small amounts can amplify our emotions. That's why drinking alcohol when we're **worried or feeling down** can make us feel **even worse**.

Drinking outside increases your chances of having an **accident** or falling asleep outdoors and **freezing to death** (hypothermia).

Large amounts taken quickly can cause **alcohol poisoning** (painful and dangerous).

Very drunk people **fall asleep** and can **choke to death** on their own vomit.

Being drunk can lead to **unplanned or unprotected sex**, which can mean getting **sexually transmitted infections** or an unplanned **pregnancy**.

Boys and girls...

Because of the physical differences in our bodies girls get drunk quicker and shouldn't try to keep up with boys. The same amount of alcohol **could cause girls more harm**.



Alcohol and driving

If you are caught drink driving, not only will you lose your licence, and get an automatic 12-month ban, you'll get a criminal record for up to 20 years and risk being fined up to £5,000. And now, even first-time offenders, are at risk of having their car taken away for good. If you drink, don't drive.

Sobering up

There is **no magic way to sober up** – black coffee and cold showers are just myths.

Your liver is the organ that gets rid of the alcohol in your bloodstream. It can only deal with a limited amount of alcohol per hour. There is **no known way** to speed this up.