



HOW MUCH CAN UNDER 18's DRINK??

UNDER 15'S - AVOID ALCOHOL

It is advised that the healthiest and best option is to be alcohol-free, with young people not drinking before the age of 15.

YOUNG ADULTS - 15-17 YEARS

If you choose to drink you should drink no more than 2 – 3 units once a week.

ADULTS SHOULD DRINK NO MORE THAN 14 UNITS A WEEK

WHY IS THIS?

Young people's bodies and in particular your brain aren't fully developed like an adult's, so alcohol can affect your development and health more seriously.



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f Not For Human Consumption



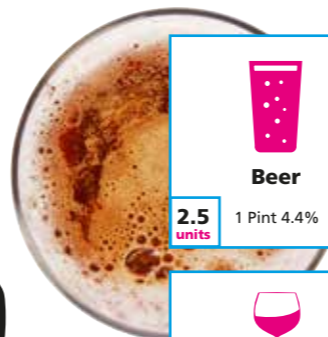
ARE YOU THINKING ABOUT HOW MUCH YOU DRINK?

QUESTIONS	SCORING SYSTEM					YOUR SCORE
	0	1	2	3	4	
How often do you have a drink containing alcohol?	Never	Monthly or less	2-4 times per month	2-3 times per week	4+ times per week	
How many units of alcohol do you drink on a typical day when you are drinking?	1-2	3-4	5-6	7-9	10+	
How often have you had 6 or more units if female, or 8 or more if male, on a single occasion in the last year?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	

SCORING: 0-3 = Lower Risk, 4-7 = Increasing Risk, 8-12 = Higher Risk

SCORE

HOW MUCH IS TOO MUCH?



Beer
2.5 units
1 Pint 4.4%

Alcopop
1.4 units
275ml 5%

Glass of Wine
2 units
175ml 12%

Bottle of Wine
9 units
750ml 12%

Shot
1 unit
25ml 40%

Shot
1.4 units
35ml 40%

Cider
3 units
1 Pint 5.2%

Bottle of Cider
7.5 units
1 litre 7.5%

Bottle of Vodka
20 units
500ml 40%

Bottle of Vodka
40 units
1 litre 40%

BEWARE: Home measures are usually larger than pub measures

SCORING

If you scored 4 or above you are drinking at increasing or higher risk. If you are drinking at this level you may.....

- Hurt yourself
- Feel grumpy, angry and more argumentative
- Have unsafe sex and/or sex you later regret
- Be involved in sexual assault
- Catch an STI (sexual transmitted infection)
- Gain excess weight (alcohol has lots of calories & sugar in it)
- Lose things, such as money, mobile phone, or memory
- Make mistakes and act in a way you normally wouldn't
- Put photographs on Facebook you later regret
- Write things on Facebook you don't remember until the next day when it's too late and all your Facebook friends have seen it including your family
- Suffer dangerous side effects if you're mixing alcohol with drugs
- Feel rubbish the next day



UNDER 18's POCKET GUIDE TO ALCOHOL



If you scored the alcohol questions as a higher risk drinker you may want to cut down. Get support from Forward Leeds. To contact us ring: 0113 8872477





REASONS NOT TO DRINK:

- Lose weight and feel fitter
- Have more energy
- Save money!
- Not embarrass yourself
- Avoid accidents and injuries
- Less likely to get into fights
- You won't be putting stuff on Facebook you regret
- Won't have the 'beer goggle' effect (getting with someone you wouldn't normally fancy)
- Less likely to have unsafe sex
- Have better skin and appearance
- Sleep better
- You can still have a good time without drinking!



IMPORTANTLY!

- Never leave someone who is very drunk on their own.... Make sure they are lying on their side (recovery position) so they do not choke if they're sick.
- Get help! – call an ambulance by dialing 999. Don't worry about getting caught drinking – you could save a life.
- Never get into a car if the driver has been drinking alcohol.
- Plan how you will get home before you go out.



IF YOU DO DRINK THERE ARE A FEW THINGS YOU COULD DO TO REDUCE THE RISKS....

- Have time away from using alcohol
- Make sure you eat properly before you start drinking
- Drink water and soft drinks regularly between drinks
- Start drinking later and try not to start drinking until you go out
- Only take a limited amount of money with you (but make sure you have enough to get home)
- Know when you've had enough, the guidance is there to help you have a good time without ruining your night
- Drink, socialise and go home with people that you trust
- Carry a condom just in case
- Don't accept drinks from strangers or leave your drink unattended
- Avoid drinking games or gulping your drink

GET SUPPORT AND ADVICE FROM Forward Leeds

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Or you could also get help and support from:

- Your local GP
- Someone you trust at school/college
- www.nhs.uk (drink tracker app for the iphone)
- www.drinkaware.co.uk (join my drinkaware for personalised support, tips, drinks diaries & change plans)
- www.talktofrank.com (young people's stories, help & support)

REMEMBER WHO MIGHT BE WATCHING

Do you really want pictures or videos of yourself in a drunken state on the likes of Facebook or Youtube?

Although it might seem funny at the time; it's not just you that might be able to see it, your future employer, the dodgy guy down the road or even your Granny might be able to view what you did last night...



YOUNG ADULT GUIDELINES
(should you choose to drink)

2 – 3 UNITS NO MORE THAN ONCE A WEEK
UNDER 15's NO ALCOHOL

