**How Much Can Under 18's Drink??**

**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.

**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 per week.

**Adults Should Drink No More Than 14 Units A Week**

**How Much Is Too Much?**

<table>
<thead>
<tr>
<th>Drink Type</th>
<th>Units</th>
<th>Amount</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bottle of Vodka</td>
<td>20</td>
<td>500ml</td>
<td>40%</td>
</tr>
<tr>
<td>Bottle of Vodka</td>
<td>40</td>
<td>500ml</td>
<td>40%</td>
</tr>
<tr>
<td>Shot</td>
<td>1</td>
<td>25ml</td>
<td>40%</td>
</tr>
<tr>
<td>Shot</td>
<td>1.4</td>
<td>35ml</td>
<td>40%</td>
</tr>
<tr>
<td>Cider</td>
<td>3</td>
<td>1 Pint</td>
<td>5.2%</td>
</tr>
<tr>
<td>Bottle of Cider</td>
<td>7.5</td>
<td>1 litre</td>
<td>7.5%</td>
</tr>
<tr>
<td>Bottle of Alcopop</td>
<td>2.5</td>
<td>750ml</td>
<td>5%</td>
</tr>
<tr>
<td>Glass of Wine</td>
<td>2.5</td>
<td>175ml</td>
<td>12%</td>
</tr>
<tr>
<td>Bottle of Wine</td>
<td>9</td>
<td>750ml</td>
<td>12%</td>
</tr>
<tr>
<td>Shot</td>
<td>1</td>
<td>25ml</td>
<td>40%</td>
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**Beware**: Home measures are usually larger than pub measures.

**How Much Do You Drink?**

**Questions**

<table>
<thead>
<tr>
<th>How often do you have a drink containing alcohol?</th>
<th>Never</th>
<th>Monthly</th>
<th>Weekly</th>
<th>Twice a week</th>
<th>Daily or almost daily</th>
</tr>
</thead>
<tbody>
<tr>
<td>Score: 1 2 3 4 5 6 7 8 9 10</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>How many units of alcohol do you drink on a typical day when you are drinking?</th>
<th>Never</th>
<th>Less than monthly</th>
<th>Monthly</th>
<th>Weekly</th>
<th>Daily or almost daily</th>
</tr>
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<table>
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<tr>
<th>How many units of alcohol have you had on 5 or more occasions if female, or 8 or more if male, on a single occasion in the last year?</th>
<th>Never</th>
<th>Less than monthly</th>
<th>Monthly</th>
<th>Weekly</th>
<th>Daily or almost daily</th>
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**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

**Scoring System**

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

**Scoring**

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

**Questions**

- How often do you have a drink containing alcohol?
- How many units of alcohol do you drink on a typical day when you are drinking?
- How many units of alcohol have you had on 5 or more occasions if female, or 8 or more if male, on a single occasion in the last year?

**Score**

- 0-3 = Lower Risk
- 4-7 = Increasing Risk
- 8-12 = Higher Risk
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 goggles’ 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!
- Lose weight and feel fitter
- Have more energy
- Save money!
- Not embarrass yourself

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

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.

GET SUPPORT AND ADVICE FROM Forward Leeds
T: 0113 8872477
E: info@forwardleeds.co.uk
www.forwardleeds.co.uk
Not For Human Consumption

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...

IMPORTANTLY!

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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)