

ALL ABOUT ALCOHOL

WHAT IS A STANDARD DRINK?



One standard drink = any drink that contains 10 grams of alcohol.

THE 4L'S – IMPACT OF ALCOHOL

LIVER



eg hurt yourself when drunk

LOVER



eg get into fights with friends

LIVELIHOOD / LIFESTYLE



eg spend all your money on alcohol

LAW/LEGAL



eg lose your driver's licence

Alcohol doesn't just give you a hangover. It can affect other parts of your life.

What are 3 key messages you need to remember about using alcohol?

- 1
- 2
- 3

UNDER 18 Not drinking is the safest option for anyone under the age of 18 years.

If you or someone you know is having trouble with alcohol, talk to a teacher at school, a family member you trust, or call the **Alcohol and Drug Support Line 9442 5000 or 1800 198 024 (country callers).**



ALCOHOL AND THE LAW



Alcohol is a legal drug.

If you are under 18, you can't buy it, be sold it or drink it in public.

If you are on L and P plates, it's illegal to drink and drive. You must have NO alcohol in your body.

It's illegal for someone to give you alcohol in their home if you are under 18 unless your parent has given permission.

HOW TO HELP A FRIEND WHO HAS HAD TOO MUCH TO DRINK



Stay with them – don't leave them alone.

Check they are awake and breathing. Put them on their side.

Give them small sips of water if they have been sick.

Call an ambulance on 000 if things get worse – even if your friend is OK when they get there, you won't get into trouble and the police will not be called.