## WHAT IS A **STANDARD DRINK?**



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

# **ALCOHOL AND** THE LAW

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.

Alcohol is a legal drug. ......

# **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.

# THE 4L'S – IMPACT OF ALCOHOL

### **LIVER**



eg hurt yourself when drunk



eg get into fights with friends

### LIVELIHOOD / LIFESTYLE



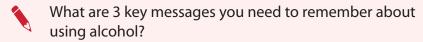
eg spend all your money on alcohol

### LAW/LEGAL



eg lose your driver's licence

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





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).