

# ALCOHOL >>

## HOW IT'S USED

ALCOHOL IS A LIQUID - SOME PEOPLE DRINK RESPONSIBLY BUT DRINKING TOO MUCH CAN LEAD TO PROBLEMS

LABELS ON ALCOHOL ARE REQUIRED BY LAW & DISPLAY THE STRENGTH OF THE DRINK - ALCOHOL BY VOLUME (ABV). LABELS CAN ALSO SHOW HOW MANY UNITS ARE IN THE DRINK

UNITS ARE A WAY OF EXPRESSING THE ACTUAL AMOUNT OF PURE ALCOHOL IN A DRINK ALLOWING YOU TO COMPARE HOW STRONG ONE TYPE OF ALCOHOLIC DRINK IS TO ANOTHER

A ROUGH GUIDE IS...

75CL BOTTLE OF WINE = 10 UNITS  
500 ML CAN OF 4% LAGER = 2 UNITS  
1 LITRE BOTTLE OF 40% SPIRITS = 40 UNITS

YOU CAN CALCULATE THE UNITS IN A DRINK BY MULTIPLYING ITS ABV BY THE VOLUME OF THE DRINK (IN MLS) & THEN DIVIDING BY 1000



## TYPES

ALCOHOL COMES IN A WIDE RANGE OF DRINKS WITH DIFFERENT ALCOHOLIC STRENGTHS, COLOURS & TASTES. THE SCIENTIFIC NAME FOR THE ALCOHOL IN THESE DRINKS IS ETHANOL OR ETHYL ALCOHOL.

**BEER >>** POPULAR DRINK MADE FROM BARLEY & HOPS. IT CAN BE LAGER OR ALE DEPENDING ON THE YEAST USED IN THE FERMENTATION PROCESS. LAGER IS USUALLY AROUND 4% ABV

**CIDER >>** MADE FROM FERMENTED APPLES & CAN BE FLAVOURED WITH VARIOUS FRUITS & SUGAR. USUALLY AROUND 4-8% ABV

**WINE >>** MADE BY FERMENTING GRAPES & CAN BE WHITE, RED, ROSE OR SPARKLING (LIKE CHAMPAGNE). WINE IS USUALLY STRONGER THAN BEER AT BETWEEN 9-18% ABV

**SPIRITS >>** MADE BY DISTILLING A VARIETY OF FERMENTED SUBSTANCES SUCH AS POTATOES (VODKA) OR JUNIPER BERRIES (GIN). USUALLY CONTAIN A MUCH HIGHER CONCENTRATION OF ALCOHOL THAN OTHER TYPES AROUND 20-40% ABV. NORMALLY DRUNK IN SMALLER MEASURES, SHOTS OR WITH A MIXER SUCH AS COKE, LEMONADE OR TONIC

**ALCOPOPS >>** FLAVOURED ALCOHOL DRINKS. MAY NOT SEEM TO BE STRONG DRINKS BUT CAN CONTAIN MORE ALCOHOL THAN TYPICAL BOTTLES OF BEER OR CIDER - USUALLY 3-7% ABV

## HOW YOU'LL FEEL

WHATEVER MOOD (GOOD OR BAD) YOU'RE IN WHEN YOU START DRINKING WILL BE EXAGGERATED

MOST PEOPLE FIND ALCOHOL MAKES THEM FEEL MORE SOCIABLE, RELAXED & CONFIDENT

DRINKING SO MUCH YOU GET DRUNK CAN LEAD TO:

- >> SLURRED SPEECH
- >> SLOWER REACTIONS
- >> BLURRED VISION
- >> A HEIGHTENED SEX DRIVE
- >> FEELING ANGRY OR UPSET
- >> POOR JUDGEMENT & DECISION MAKING LEADING YOU TO TAKE RISKS YOU WOULDN'T NORMALLY



WAY TOO MUCH ALCOHOL IN A SINGLE SESSION COULD PUT YOU IN A COMA OR EVEN KILL YOU



TOO MUCH & YOU'LL HAVE A HANGOVER THE NEXT DAY & MAY NOT REMEMBER WHAT YOU GOT UP TO



JUST ENOUGH CAN MAKE YOU FEEL SOCIABLE



# ALCOHOL >> KNOW THE RISKS...

ALCOHOL CONTRIBUTES TO ALL KINDS  
OF PROBLEMS IN BRITAIN INCLUDING:

- > VIOLENT CRIME
- > MISSING WORK OR SCHOOL
- > DOMESTIC VIOLENCE
- > DRINK DRIVING DEATHS



## SOCIAL IMPACT

ALCOHOL IMPACTS THE PART OF THE BRAIN USED FOR REMEMBERING - REGULAR USE HAS BEEN LINKED TO POOR EXAM RESULTS, REDUCED CONCENTRATION & PROBLEMS WITH ATTENTION. THOSE WHO USE ALCOHOL ARE MORE LIKELY TO BE EXCLUDED FROM SCHOOL

ALCOHOL IS A DEPRESSANT WHICH CAN LEAVE YOU FEELING LETHARGIC & UNMOTIVATED - HANGOVERS MAKES IT HARDER TO GET UP FOR WORK, COLLEGE OR SCHOOL OR TO JOIN IN ACTIVITIES YOU ENJOY

BEING DRUNK IMPAIRS YOUR COORDINATION - INCREASING THE RISKS OF ACCIDENTS & INJURY THE MORE YOU DRINK THE MORE YOU WILL BE AFFECTED

ALCOHOL AFFECTS YOUR JUDGEMENT WHICH CAN LEAD YOU TO MAKE DECISIONS YOU WOULDN'T WHEN YOU'RE SOBER & LEAVE YOU VULNERABLE TO EXPLOITATION (PEOPLE USING YOU)

ALCOHOL RAISES TESTOSTERONE LEVELS IN MALES & FEMALES - INCREASING SEX DRIVE & AGGRESSION

HOSPITALS HAVE SEEN A SHARP INCREASE IN VISITS TO A & E FOR ALCOHOL RELATED INJURIES. POLICE ALSO SPEND A LOT OF TIME DEALING WITH PEOPLE WHO HAVE HAD FIGHTS AFTER DRINKING TOO MUCH

PEOPLE AROUND YOU MIGHT WORRY ABOUT YOUR DRINKING - THIS MIGHT LEAD TO ARGUMENTS WITH FAMILY OR FALLING OUT WITH FRIENDS, WHICH COULD LEAVE YOU FEELING ISOLATED

## IMPACT ON YOUR BODY

ALCOHOL & THE COMPOUNDS IT IS BROKEN DOWN INTO BY YOUR LIVER ARE POISONOUS - THEY EVENTUALLY LEAVE YOUR SYSTEM BUT HAVE A LASTING & DAMAGING EFFECT

REGULARLY DRINKING MORE THAN 14 UNITS PER WEEK OR BINGE DRINKING CAN DAMAGE EVERY SYSTEM IN YOUR BODY

### SHORT-TERM RISKS:

- >> INJURIES & SCARS FROM FALLS, ACCIDENTS OR ASSAULTS
- >> HEAD INJURIES CAN SOMETIMES BE FATAL
- >> ALCOHOL POISONING
- >> VOMITING, DIARRHEA & BLACKOUTS

### LONG-TERM RISKS:

- >> INCREASED RISKS OF DISEASES SUCH AS HIGH BLOOD PRESSURE, STROKE, HEART OR LIVER DISEASE, CANCERS OF THE THROAT, MOUTH, BREAST & LIVER, OBESITY & DIABETES
- >> DAMAGE TO YOUR BRAIN & NERVOUS SYSTEM WHICH CAN TAKE YEARS TO DEVELOP & CAN LEAD TO A WIDE RANGE OF SERIOUS HEALTH PROBLEMS THAT YOU MAY NOT REALISE ARE DUE TO ALCOHOL
- >> IMPOTENCE & SEXUAL DYSFUNCTION
- >> MALNUTRITION AS ALCOHOL CAN STOP VITAMINS BEING ABSORBED

## IMPACT ON YOUR MIND

DRINKING ABOVE THE LOW RISK GUIDELINES ON A REGULAR BASIS CAN CAUSE ILLNESSES SUCH AS DEPRESSION

### GETTING DRUNK CAN LEAD TO:

- >> PROBLEMS CONCENTRATING
- >> DIFFICULTIES PROCESSING INFORMATION & SPEECH
- >> BEHAVIOUR CHANGES & LACK OF CLARITY TO MAKE GOOD DECISIONS
- >> INABILITY TO FORM NEW MEMORIES OR EVEN BLACKOUTS WHERE YOU CANNOT REMEMBER WHAT YOU DID

DEPENDENCE CAN LEAD TO ANXIETY, DEPRESSION & BRAIN DAMAGE. DURING THIS TIME SUDDEN WITHDRAWAL CAN CAUSE SERIOUS COMPLICATIONS & HALLUCINATIONS

STUDIES SHOW HEAVY DRINKING WHILST YOUR BRAIN IS STILL DEVELOPING INTERFERES WITH NEUROTRANSMITTERS NECESSARY FOR GOOD MENTAL HEALTH

## THE LAW

IF YOU'RE UNDER 18 IT'S AGAINST THE LAW:

- >> TO BUY OR TRY TO BUY ALCOHOL
- >> FOR AN ADULT TO BUY OR TRY TO BUY YOU ALCOHOL
- >> TO BE SOLD ALCOHOL
- >> TO DRINK ALCOHOL IN LICENSED PREMISES (PUB OR RESTAURANT)

IF THE POLICE SUSPECT SOMEONE UNDER 18 HAS ALCOHOL IN A PUBLIC PLACE THEY HAVE THE POWER TO CONFISCATE IT

IF YOU CAUGHT WITH ALCOHOL THREE TIMES YOU COULD FACE A SOCIAL CONTRACT, FINE OR ARREST

A LOT OF SHOPS OPERATE A SCHEME CALLED CHALLENGE 21 WHERE IF YOU LOOK UNDER 21 (OR 25 IN SOME PLACES) & DON'T HAVE PROOF OF YOUR AGE THEY WILL REFUSE TO SELL YOU ALCOHOL.

IT'S ILLEGAL TO DRIVE WITH MORE THAN 80MG PER 100 ML OF BLOOD IN YOUR SYSTEM. PEOPLE ABSORB ALCOHOL AT DIFFERENT RATES & IT'S DIFFICULT TO JUDGE HOW MANY DRINKS WOULD PUT YOU OVER THIS LEGAL LIMIT. ANY AMOUNT OF ALCOHOL SLOWS DOWN REACTION TIMES SO IT'S SAFEST NOT TO DRINK AT ALL BEFORE DRIVING

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# ALCOHOL >>



ALCOHOL IS A **PHYSICALLY ADDICTIVE** SUBSTANCE - MEANING THAT YOUR BODY CAN DEVELOP A **DEPENDENCE** FOR IT. ALCOHOL **DEPENDENCE** CAN CREEP UP ON YOU IF YOU DRINK A LOT REGULARLY & DRINK CAN BECOME OVERLY IMPORTANT TO YOUR LIFE

**TOLERANCE** TO ALCOHOL GRADUALLY INCREASES THE MORE YOU DRINK & THE MORE OFTEN YOU DRINK - MEANING YOU NEED MORE ALCOHOL TO GET THE SAME EFFECT. YOU MAY SEEM TO BE GETTING BETTER AT HOLDING YOUR DRINK WHEN THAT'S REALLY A SIGN OF A **DEVELOPING PROBLEM**

PEOPLE WHO ARE DEPENDENT ON ALCOHOL MAY HAVE **WITHDRAWAL SYMPTOMS** IF THEY STOP DRINKING INCLUDING SWEATING, SHAKING, NAUSEA & HIGH LEVELS OF ANXIETY. SOME PEOPLE CAN DEVELOP HALLUCINATIONS OR FITS, OR OCCASIONALLY **LIFE-THREATENING DELIRIOUS STATES**

IT CAN BE VERY **DANGEROUS** TO STOP DRINKING SUDDENLY. ANYONE WHO EXPERIENCES SEVERE SYMPTOMS WHEN THEY STOP DRINKING SHOULD **SEEK MEDICAL ATTENTION** IMMEDIATELY. IT IS SAFER TO DRINK SOME ALCOHOL TO CONTROL THE WITHDRAWAL THAN TO SUFFER THE SYMPTOMS WITHOUT MEDICAL SUPPORT

DRINKING HEAVILY OVER SEVERAL YEARS CAN RESULT IN ALCOHOL-RELATED **LIVER DISEASE**. BECAUSE THE LIVER HAS NO NERVES PEOPLE ARE OFTEN UNAWARE THAT THEY ARE DEVELOPING LIVER DISEASE UNTIL IT'S QUITE ADVANCED. A FIRST OUTWARD SIGN MIGHT BE **JAUNDICE** - WHEN THE SKIN OR WHITES OF THE EYES TURN YELLOW

THERE IS NO COMPLETELY SAFE LEVEL OF DRINKING BUT STICKING WITHIN THE GUIDELINES CAN LOWER THE RISK OF HARMING YOUR HEALTH

MEN & WOMEN ARE ADVISED NOT TO REGULARLY DRINK MORE THAN 14 UNITS A WEEK

ALL DRINKING SHOULD BE SPREAD OVER THREE OR MORE DAYS RATHER THAN 'SAVING UP' FOR ONE OR TWO DAYS

THE UK CHIEF MEDICAL OFFICER ADVISES THE HEALTHIEST OPTION IS AN ALCOHOL-FREE CHILDHOOD - IF YOUNG PEOPLE DRINK ALCOHOL IT SHOULD NOT BE UNTIL AT LEAST THE AGE OF 15 - EVEN THEN IT CAN BE HAZARDOUS TO HEALTH

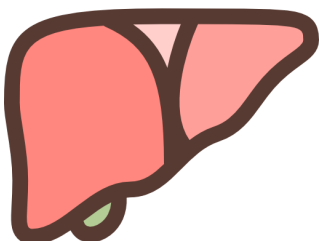
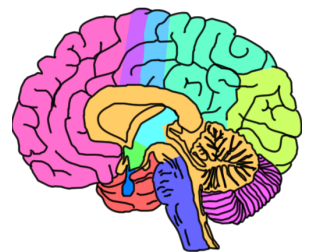
IF YOUNG PEOPLE AGED 15 TO 17 YEARS CONSUME ALCOHOL IT SHOULD BE:

- >> WITH THE GUIDANCE OF A PARENT OR CARER IN A SUPERVISED ENVIRONMENT
- >> INFREQUENTLY - NOT MORE THAN ONE DAY A WEEK
- >> SHOULD NEVER EXCEED RECOMMENDED ADULT DAILY LIMITS

**BINGE DRINKING IS  
CLASSED AS DRINKING  
OVER  
6 UNITS IN ONE SESSION  
FOR GIRLS &  
8 UNITS FOR GUYS**

ALCOHOL IS A **CENTRAL NERVOUS SYSTEM DEPRESSANT** - MEANING IT MAKES SOME PARTS OF THE BRAIN SLOW DOWN. THIS HAPPENS DUE TO AN INCREASE OF THE NEUROTRANSMITTER GABA WHICH DAMPENS DOWN YOUR RESPONSES

DRINKING ALCOHOL TRIGGERS THE RELEASE OF DOPAMINE - A NEUROTRANSMITTER THAT'S ASSOCIATED WITH PLEASURE & SATISFACTION



WHEN YOU DRINK IT ENTERS YOUR STOMACH, THEN THE **BLOODSTREAM** & MAKES ITS WAY AROUND THE BODY. THIS PROCESS STARTS WITHIN MINUTES OF YOUR FIRST SIP & THE ALCOHOL IN YOUR **BLOOD PEAKS** AROUND 45-90 MINUTES LATER

YOUR BODY SEES ALCOHOL AS A **POISON** - IT CAN'T STORE IT SO THE **LIVER** WORKS HARD TO BREAK IT DOWN & GET RID OF IT. IF YOU DRINK MORE THAN YOUR LIVER CAN PROCESS YOU START TO GET **DRUNK** & YOUR **BLOOD-ALCOHOL LEVEL RISES**. THE LIVER USES AN ENZYME TO CHANGE ALCOHOL INTO A TOXIC SUBSTANCE THAT THE BODY CAN BREAK DOWN, THE PRODUCTION OF THIS SUBSTANCE IS WHAT CAN MAKE YOU FEEL **HUNGOVER**

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IS IT ADDICTIVE?

OFFICIAL GUIDELINES

HOW IT WORKS

# ALCOHOL >>



## HARM REDUCTION

**CUT DOWN >>** HAVE SEVERAL DRINK-FREE DAYS EACH WEEK OR HAVE SOMETHING ALCOHOL FREE EVERY OTHER DRINK

**USE MIXERS >>** ADDING SOFT DRINKS SUCH AS COKE, LEMONADE OR TONIC INCREASES THE OVERALL VOLUME OF THE DRINK, WHICH MEANS IT TAKES LONGER TO DRINK, THIS CAN HELP YOU HAVE LESS DRINKS PER SESSION

**BE AWARE OF HOW MUCH YOU'RE DRINKING >>** ADDING THE MIXER TO THE ALCOHOLIC DRINK, RATHER THAN ADDING THE ALCOHOL TO THE MIXER, MAKES IT EASIER TO GAUGE THE AMOUNT OF ALCOHOL IN YOUR GLASS. DRINKING SPIRITS OR WINE STRAIGHT FROM THE BOTTLE MAKES IT MUCH MORE DIFFICULT TO GAUGE HOW MANY UNITS YOU ARE DRINKING.

**EAT & STAY HYDRATED >>** ALCOHOL ENTERS YOUR BLOODSTREAM MUCH MORE SLOWLY IF YOU HAVE A FULL STOMACH & BEING WELL HYDRATED HELPS YOU DRINK MORE SLOWLY. BLACKOUTS ARE CAUSED BY A RAPID PEAKING OF BLOOD ALCOHOL CONCENTRATION - EATING & DRINKING WATER CAN HELP PREVENT THIS RAPID PEAK

**DON'T MIX WITH OTHER DEPRESSANTS >>** YOU TAKE ON NEW RISKS ANY TIME YOU MIX SUBSTANCES. IT'S PARTICULARLY DANGEROUS TO MIX ALCOHOL WITH DEPRESSANTS SUCH AS BENZODIAZEPINES - XANAX & VALIUM COMBINED WITH ALCOHOL CAN LEAD TO OVERDOSE OR EVEN DEATH

**DON'T MIX WITH COCAINE >>** THIS IS A PARTICULARLY DANGEROUS MIX THAT PRODUCES A TOXIC CHEMICAL CALLED COCAETHYLENE, WHICH CAN CAUSE HEART PROBLEMS, STROKE & LIVER DAMAGE. COCAETHYLENE STAYS IN THE BODY MUCH LONGER THAN COCAINE OR ALCOHOL ALONE, AND THIS INCREASES THE DAMAGE DONE TO THE HEART AND LIVER

## TIPS TO QUIT

**MOTIVATE YOURSELF >>** LOOK AT THE GOOD & BAD THINGS ABOUT DRINKING ALCOHOL & MAKE A LIST. REMIND YOURSELF OF THE REASONS WHY YOU WANT TO CUT DOWN

**HAVE A PLAN >>** DO YOU WANT TO CUT DOWN OR STOP COMPLETELY? FOCUS ON YOUR GOAL & HOW YOU CAN ACHIEVE IT & REWARD YOURSELF EACH WEEK - MAYBE BUY SOME NEW CLOTHES WITH THE MONEY YOU SAVE BY NOT BUYING ALCOHOL

**SMALL MANAGEABLE STEPS >>** CAN YOU DELAY HAVING ALCOHOL OR ALTERNATE ALCOHOLIC DRINKS WITH SOFT DRINKS

**KEEP A RECORD >>** AS WELL AS KEEPING TRACK OF YOUR PROGRESS A DIARY CAN HELP IDENTIFY AREAS OF HEAVY USE WHICH MIGHT HELP YOU THINK ABOUT WHAT TRIGGERS YOU TO USE. THERE ARE APPS YOU CAN DOWNLOAD TO TRACK HOW MANY UNITS YOU CONSUME

**AVOID RISKY SITUATIONS >>** IF GOING TO CERTAIN PLACES OR HANGING OUT WITH CERTAIN MATES MAKES IT MORE LIKELY YOU WILL DRINK TRY AVOIDING IT FOR A WHILE. IF YOU DRINK BECAUSE YOU FEEL STRESSED, SAD OR ANGRY LOOK FOR HEALTHIER WAYS TO DEAL WITH THOSE EMOTIONS

**COPING WITH CRAVINGS >>** CRAVINGS DON'T LAST VERY LONG, IF YOU CAN GET THROUGH THEM THE URGE TO USE WILL PASS. DISTRACT YOURSELF WITH ACTIVITIES YOU ENJOY OR TRY SOMETHING NEW - PUT OFF ACTING ON YOUR CRAVING, IT WILL GET EASIER EVERY TIME

**HAVE A BACK-UP PLAN >>** BE PROUD OF ANY CHANGE YOU MAKE & DON'T BEAT YOURSELF UP IF THERE ARE BACKWARDS STEPS NOW & AGAIN. WORK OUT WHAT WENT WRONG & LEARN FROM IT. IT'S NOT EASY BUT YOU CAN DO IT!

**DON'T DO IT ALONE >>** SPEAK TO FRIENDS & FAMILY ABOUT YOUR PLAN - MAYBE YOUR MATES WANT TO REDUCE TOO & YOU CAN ENCOURAGE EACH OTHER. WE ARE WITH YOU ARE HAPPY TO WORK WITH YOU TO HELP WITH ANY OF THE ABOVE - GET IN TOUCH



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