

**Do you have
a problem
or need to talk
to someone?**

Call the Alcohol and Drug
Information Service

**(02) 9361 8000
or 1800 422 599**

Toll free, 24 hours. Your call will
be completely private. If you need an
interpreter call 13 14 50.

For information and support about
alcohol, drugs, sex, mental health issues,
relationships and more - go to:

www.somazone.com.au

Take the risky drinking test to find out
what you are doing to yourself.

www.whatRUdoing2URself.com

What are you doing to yourself when you
binge drink?

NSW HEALTH

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**YOUR
POCKET
GUIDE**

to a

**good
night
out**

DRINKING

You don't have to drink to have a good night out.

One or two drinks can make you feel relaxed and confident. But if you drink too much it could be a different story. You could end up slumped on the floor, fighting, vomiting, miserable or just plain boring.

Know your limits and you'll have a much better time.

Many young people choose not to drink. They know you don't have to drink to have a good night out, even though it may seem like that's what everyone does.

If you are under 18 it is illegal to drink or buy alcohol in pubs or clubs or take it away. If you get caught, you could face a fine of up to \$2,200.



If you drink alcohol

TIPS FOR HAVING A GOOD TIME

Before

- Have something to eat.
- Leave the car behind.
- If someone does plan to take the car, nominate a non-drinker to drive.
- Have enough money for a cab fare home – just in case you're left stranded.
- Set a limit on how many drinks you'll have.

During

- Drink water or soft drinks between alcoholic drinks.
- Avoid straight spirits, shots and cocktails.
- Avoid rounds or shouts.
- Avoid mixing your drinks.
- Eat something (but avoid salty snacks).
- Watch your drink – drink spiking includes double shots and happens mostly in homes or at parties by someone you know.
- Look after your mates, and always tell them where you are going and who with.
- Never leave a drunk mate on their own.

After


- Never drive if you've been drinking.
- Don't try to sober up a drunk person by feeding them bread.
- Never accept a ride from someone who has been drinking – catch a cab or stay with friends instead.
- Drink plenty of water.
- Hang out with people who will look after you if you get into trouble.

If you are under 18 and drink alcohol in a public place without your parent or guardian you are breaking the law.



How do you know if you've had too much?

How much is too much varies from person to person.



If you drink too much too soon it will hit you pretty fast. You'll have more control over the kind of night you'll have if you go slowly and limit the amount of alcohol you drink.

If you hit it too fast you may not know you've had too much until you fall over, do something dangerous or something embarrassing like pissing yourself.

How
come
you

FEEL

SMASHED

but your mates look fine?

How quickly someone gets out of it depends on a number of things – a person's size, gender, weight, fitness level and what they've eaten.

Alcohol doesn't suit some people at all. They often end up in fights, in tears, sick or just really depressed.

If you have had a bad experience with a certain type of drink, it is likely to happen again. Avoid that drink next time.

WHEN IS TOO MUCH DANGEROUS

**If you see any one of the following
seek medical help immediately:**

- a person is unconscious and pinching, poking or shouting at them won't wake them up
- their skin is cold, clammy, pale or bluish/purplish (this means they are not getting enough oxygen)
- they are vomiting, but not waking up
- they are breathing very slowly (if there's more than 10 seconds between each breath it's life threatening)

First Aid

HOW CAN
YOU HELP



Never leave
a drunk
mate alone

**Call 000 immediately
(112 for mobiles) and
stay with them until
the ambos arrive.**

**Ambos are there to help,
not do. They could save
your friend's life.**

While you're waiting, roll
the person onto their side
and open their mouth to
clear away any fluid or
vomit. If the person is not
breathing and you know CPR
begin immediately.

Drinking too much can
lead to unplanned and
unprotected sex, sexual
or physical assault
and injuries.

*"I've never really liked getting
pissed so I just don't drink any more.
When I see the mess my girlfriends
get into I wonder why I ever did".*

Leanne 17