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

Call the Alcohol and Drug Information Service (02) 9361 8000 OF 1800 422 599

POCKETGIJDE

2000

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.SOM2ZONE.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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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.





- Have something to eat. • Leave the car behind.
- Leave the car bening • If someone does plan to
- 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.

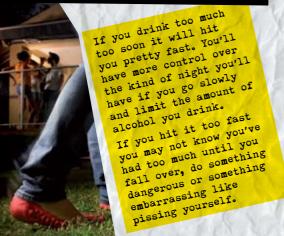
After

- Never drive if you've been drinking.
- Don't try to sober up a drunk person by feeding them bread.
 Never accept a ride
- Never accept who has 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.



How 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)

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 dob. 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