



# ALCOHOL

## WHAT IS ALCOHOL?

Alcohol is a depressant drug. The amount of alcohol in a drink is measured in units. Different drinks have different number of units.

## EFFECTS

The effect alcohol has depends on the amount and strength of the drink, how quick quickly it is drunk, whether there is food in your stomach and how you are feeling. The effects last several hours depending how much is consumed.

A small amount of alcohol can produce feelings of relaxation and confidence.

## RISKS

Too much alcohol on a single occasion can lead to alcohol poisoning, coma or even death.

Young people who drink frequently or drink heavily are more likely to be involved in fights and get hurt, commit violent offences and get into trouble with the police.

## THE LAW

It can be an offence to be drunk in a public place – for example if you're causing a disturbance, or unable to look after yourself.

## TOP TIPS

**Drink lower strength drinks. Avoid high strength ciders and lagers and especially spirits such as vodka. It is very easy to drink more than you had planned to do.**