

Sobering up

There is **no magic way to sober up** – black coffee and cold showers are just myths.

Your liver is the organ that gets rid of the alcohol in your bloodstream. It can only deal with a limited amount of alcohol per hour. There is **no known way** to speed this up.



Essential safety information

Never leave a drunk person on their own, especially if they appear sleepy.

If you can't wake them:

Get help or dial 999. Don't worry about getting into trouble. It's more important to get help.

Turn the person onto their side (recovery position) so that if they're sick, they won't choke. Keep them warm and stay with them until help arrives.



Alcohol and Scotland's laws

Under 14: you're only allowed in a bar where a Children's Certificate is displayed. You cannot buy or drink alcohol.

14-16: you may be allowed on licensed premises but can't buy or drink any alcohol.

16-18: you can buy beer, wine or cider if it's served with a meal in an area used only for eating meals. Otherwise, it's illegal for under 18s to buy or drink alcohol.

18+: you can buy alcohol but the licence holder has the right to refuse service to anyone.

It is an offence for an adult to buy alcohol for consumption by someone under the age of 18.

Many local authorities have bylaws which forbid the drinking of alcohol in public places. Police also have the authority to confiscate alcohol from those under the age of 18.

How much is too much?

Adults are advised to drink the following sensible limits:

Men:

No more than 3-4 units a day and no more than 21 units in one week.

Women:

No more than 2-3 units a day and no more than 14 units a week.


Everyone needs at least 2 days a week without alcohol.

These guidelines are for adults. There is no known "safe amount" for under 18s.

Hang on! What's a unit?

A unit equals 10ml of pure alcohol. That's how much an adult body can get rid of in an hour.

How many units in a drink?

 330ml bottle standard lager/beer:	1.7 units
 Can of standard lager:	2.1 units
 275ml bottle alcopop:	1.5 units
 1 litre bottle of vodka:	37.5 units
 1 litre bottle of cider:	5 units

People are expected to take responsibility for their drinking. If you choose to drink, think about the consequences.

Worried about your drinking?

Call **DRINKLINE** free on **0800 7 314 314** at any time.

For more tips and information about alcohol, visit www.infoscotland.com/alcohol



What's in a drink?

The straight facts about alcohol.



We all need at least 2 days a week without alcohol.



A hangover is basically alcohol dehydrating the body. The only sure way to avoid a hangover is not to drink too much.

Alcohol

Alcohol is so widely used that we sometimes forget the harm it can cause. Life is all about making choices.

If you choose to drink, here are some facts you should know.



How does alcohol affect us?

Alcohol can relax us and make us feel good. But do you really know what the harmful effects can be?

If we drink **too young** or, as adults, more than the **sensible limits**, we risk all kinds of **problems** with our physical and mental health.

Not only that, people who drink too much can lose out through **broken relationships** and problems in **education** and **at work**.



A range of effects...

1 OR 2 DRINKS...

...Loss of inhibition, slower reaction times

3 OR 4 DRINKS...

...giggly and excited, possible overconfidence, judgement worsened, slower reactions

MORE DRINKS...

...slurred speech, dizziness, loss of self control, staggering

LOTS OF DRINKS...

...loss of memory, sleepiness, coma, death

Younger drinkers

You know the legal drinking age is 18 but why is this? Younger bodies are smaller so they get drunk quicker. Because young bodies aren't fully developed yet, the liver can't cope with getting rid of the alcohol and gets damaged more easily as a result.

Experience counts...sort of

Older drinkers know how much they *think* they can handle because they've been drinking longer and are used to the effects. This means they can *appear* not to be affected as much as younger people.

However, if they drink more than is sensible they'll suffer just the same as anyone else.



What can go wrong?

Alcohol affects our **judgement** and makes us **less sensitive** to other people's **feelings**. If you drink, it might make you do or say things you'll **regret later**.

This can result in **arguments & fights** with your mates. You might **get hurt** or even get a **criminal record**.

Alcohol affects our mood. Even small amounts can amplify our emotions. That's why drinking alcohol when we're **worried or feeling down** can make us feel **even worse**.

Drinking outside increases your chances of having an **accident** or falling asleep outdoors and **freezing to death** (hypothermia).

Large amounts taken quickly can cause **alcohol poisoning** (painful and dangerous).

Very drunk people **fall asleep** and can **choke to death** on their own vomit.

Being drunk can lead to **unplanned or unprotected sex**, which can mean getting **sexually transmitted infections** or an unplanned **pregnancy**.

Boys and girls...

Because of the physical differences in our bodies girls get drunk quicker and shouldn't try to keep up with boys. The same amount of alcohol **could cause girls more harm**.



Alcohol and driving

Drink drivers are **disqualified for at least a year** and run the risk of a **£5000 fine and six months in prison**.

An endorsement for a drink driving offence remains on a driving licence for **11 years**, and stays on your criminal record for **20 years**.

If you drink, don't drive.