

Alcohol

Alcohol is a depressant drug. This means it impairs and slows down the brain and body. It might mean that someone's decision-making or their response times are slower.

An average adult takes about one hour to breakdown one unit of alcohol. This can vary from person to person.

There are no "safe" drinking levels for under 18's. For over 18's it is safest not to regularly drink more than 14 units spread across a number of days over the course of a week.

What are the effects of Alcohol?

When someone drinks it triggers the **release of other chemicals** in their brain that can make them feel more content, but it also disrupts the delicate balance of chemicals in the brain. This might make someone become **very upset, scared, anxious** or even **aggressive**.

If someone keeps using alcohol regularly it can have serious long-term effects and get in the way of activities they used to enjoy, or put strains on their relationships with friends and family.



Aquarius Young People

SPOT YOUR MATE

MAKE SUMMER GREAT

Summer Safety

-  **Keep hydrated** – make sure you all have some water or non-alcoholic drinks. Make sure that non-alcoholic drinks are drunk before, during and after someone has been drinking. Make sure they try to avoid the sunlight during the 10.00 to 14.00 when it's hottest.
-  **Buddy system** – stick together and stick to the plan with your buddy. If one of you wants to leave, leave together.
-  **Have a back up plan** – to make sure you can both get home safely. Make sure someone else knows where you are and who you are with and contact them if your initial plan isn't working.
-  **Emergency** – In an emergency, or if someone is being very sick or is unresponsive, **call 999**. If you don't know where you are use **What3Words** to help the crew find you.