

# 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.

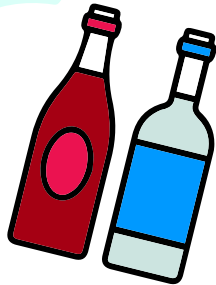
An average adult takes about one hour to breakdown one unit of alcohol. This can vary from person to person.

**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.