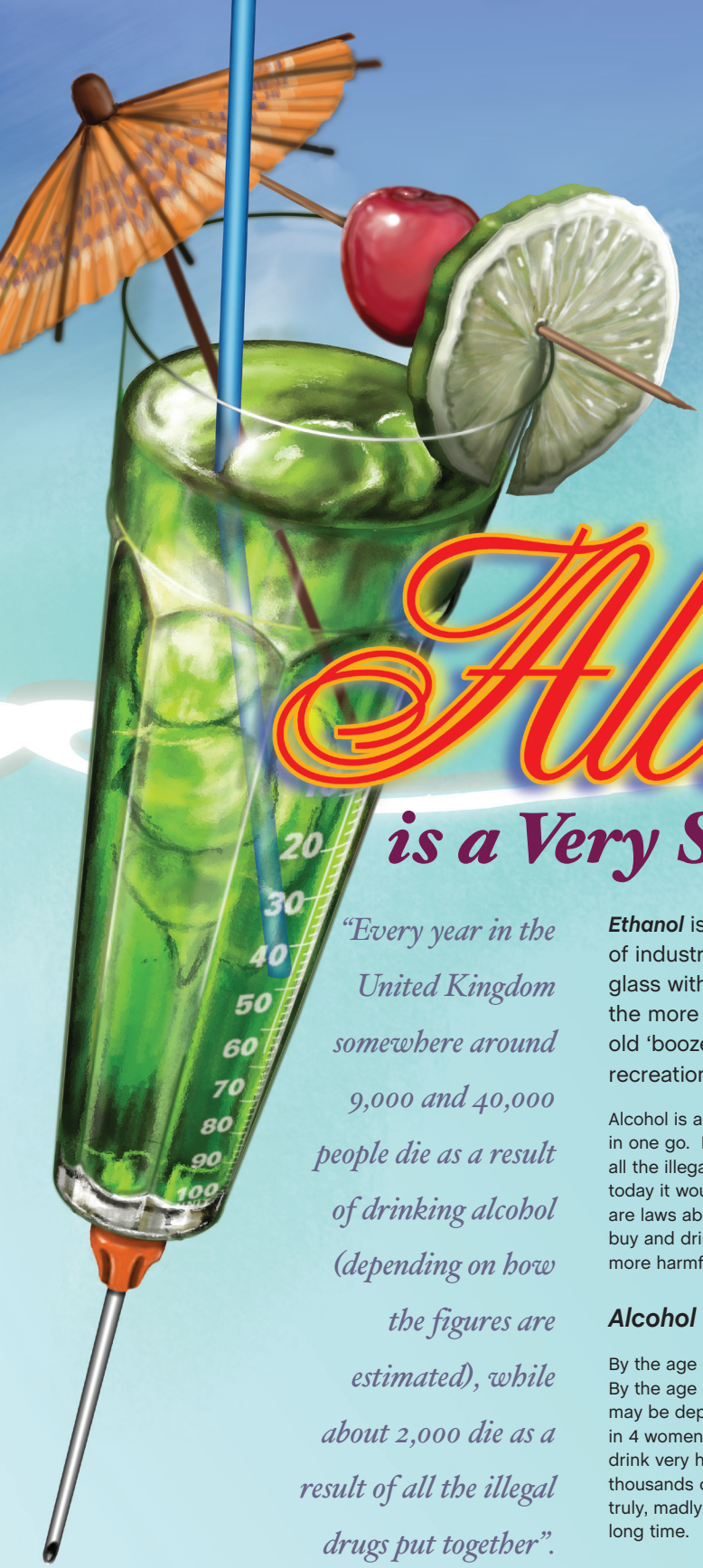

Lunnelly Publications Present
THE BIG BLUE BOOK OF
VODKA
BOOZE



This is a book about alcohol

and the very first thing to say about alcohol is this . . .



Alcohol is a Very Strong Drug

"Every year in the United Kingdom somewhere around 9,000 and 40,000 people die as a result of drinking alcohol (depending on how the figures are estimated), while about 2,000 die as a result of all the illegal drugs put together".

Ethanol is a clear, flammable liquid with a number of industrial uses. When it's stuck in a fancy glass with a cocktail stick, ethanol goes by the more familiar name of alcohol, or just plain old 'booze'. Alcohol has only one use – it's a recreational drug.

Alcohol is a drug that can be lethal if you take too much of it in one go. It's highly addictive, it kills far more people than all the illegal drugs put together and if it was discovered today it would almost certainly be outlawed. Although there are laws about when, where, how and at what age you can buy and drink it – alcohol is a 'legal high' – despite being more harmful than most of the other illegal drugs.

Alcohol is a 'legal high'.

By the age of 11, more than 1 in 8 of us have drunk alcohol. By the age of 15, 3 out of 4 of us have. Over a million of us may be dependent on alcohol (addicted): 1 in 3 men and 1 in 4 women drink heavily, while 1 in 7 men and 1 in 8 women drink very heavily; it causes violence and mayhem and sees thousands of us a year end up in early graves, BUT ... we truly, madly, deeply, love it and have done so for a very, very long time.

Alcohol is our favourite drug.



By the time Roman Emperor *Diocletian* established price controls across the empire in AD 301, British beer was valued at 4 *denarii* a *sextarius* (about a litre), twice as much as Egyptian beer.

There is a limit on how strong you can make *fermented alcohol.* When the alcohol content gets to about 18%, the *yeast* stops reproducing, which limits the maximum strength. To make really strong booze, alcohol is *distilled*, it goes through a device called a *still.*

A Short History of **Booze in Britain**

A GIFT FROM T

Beer was probably the most important invention in human history. OK, the wheel and the ability to make fire have come in handy, but it was the discovery of the process that turns plants into alcohol (called *fermenting*) – which *probably* persuaded our ancestors to settle down and grow crops to make beer. Beer not only had a pleasing effect, but for thousands of years it was seen as a food and provided an essential part of our daily diet.

The ancient Egyptians believed beer was a gift from the god **Osiris**, and were brewing it over 7,000 years ago. The first evidence of British beer comes from the '***Beaker Folk***'. These mysterious people came to Britain when Stonehenge was still being built and got their name from their distinctive clay pots (or beakers), which contained beer and mead (an alcoholic drink made with honey).

Roman traders first introduced us to wine, which became very popular with the wealthy, while us peasants got pretty good at brewing our own beer. The Romans liked British beer so much, that it was sold throughout the Empire and would cost you twice as much as Egyptian beer – In your face ancient Egyptian brewers!

Wine, which is made by *fermenting* grapes, is stronger than beer, but there's a limit to how strong you can make *fermented* alcohol. To make really strong booze, alcohol is *distilled* (it is put through a device called a *still).* Arab chemists invented a new kind of still in the 8th century and as this technology gradually caught on in Europe, it led to the production of distinctive local drinks, known as *spirits*. **Vodka** in Russia, **brandy** in France, **schnapps** in Germany, **whiskey** in Scotland and Ireland, and **gin** in England.



In 2005 new laws allowed us to buy drink 24 hours a day. Whoopee! ***Moral panic*** around 'binge drinking' soon followed.

Gin was the crack cocaine of its day. And its use by the masses caused widespread ***moral panic***.

A ***moral panic*** is when a group of people, or an activity, is blamed for all the problems in society.

Lloyd George, the Chancellor of the Exchequer, said in 1915: "*Drink is doing us more harm than all of the German submarines*".

THE GODS

After a tax increase on imported spirits in the 18th century the popularity of gin soared in England. By 1726 there were 1500 unlicensed stills making gin in London. Gin was the *crack cocaine* of its day and its use by the masses caused widespread *moral panic*. In 1751 the artist **William Hogarth** produced his famous etchings 'Gin Lane' showing the horrors of drinking gin and 'Beer Street' showing the wholesomeness of beer drinking. Beer was the only safe drink around at the time, because *fermentation* cleaned the impurities and bacteria that lived in the dirty drinking water.

By the early 20th century, a combination of anti-alcohol groups (known as the *'temperance movement')* and the need for sober factory workers and soldiers to send off to the trenches, led to countries such as Russia and Norway banning alcohol. In the USA, booze was banned from 1919 until 1933. Prohibition, as it became known, made gangsters like **Al Capone** rich from selling illegal booze, until public opinion finally forced an end to the ban. The British resisted a ban, but brought in restrictions on sales and opening times. Before 2005 when laws were relaxed again, most pubs still had to shut by 11pm and on Sunday afternoons.

The new laws allowed us to buy and drink alcohol 24 hours a day – Whoopee! Of course a moral panic around *'binge drinking'* soon followed. In 2010 rules were tightened up on *'happy hour'* and *'ladies drink free'* promotions, but there's no serious call to ban alcohol – as we do with nearly all other drugs and no sign what-so-ever that British drinkers are willing to give up their beloved booze.

They'd have to prize it from our cold dead hands!

How Booze W

Alcohol goes in one end and comes out the other, but what happens to it ***in-between?***

In one end...

When you pour booze into your mouth, it travels down your food pipe (1) into your stomach (2) and small intestine (3). There it's absorbed into your bloodstream. The blood with the alcohol in it is carried up to your heart (4) and then on to your brain (5) where the effects begin.

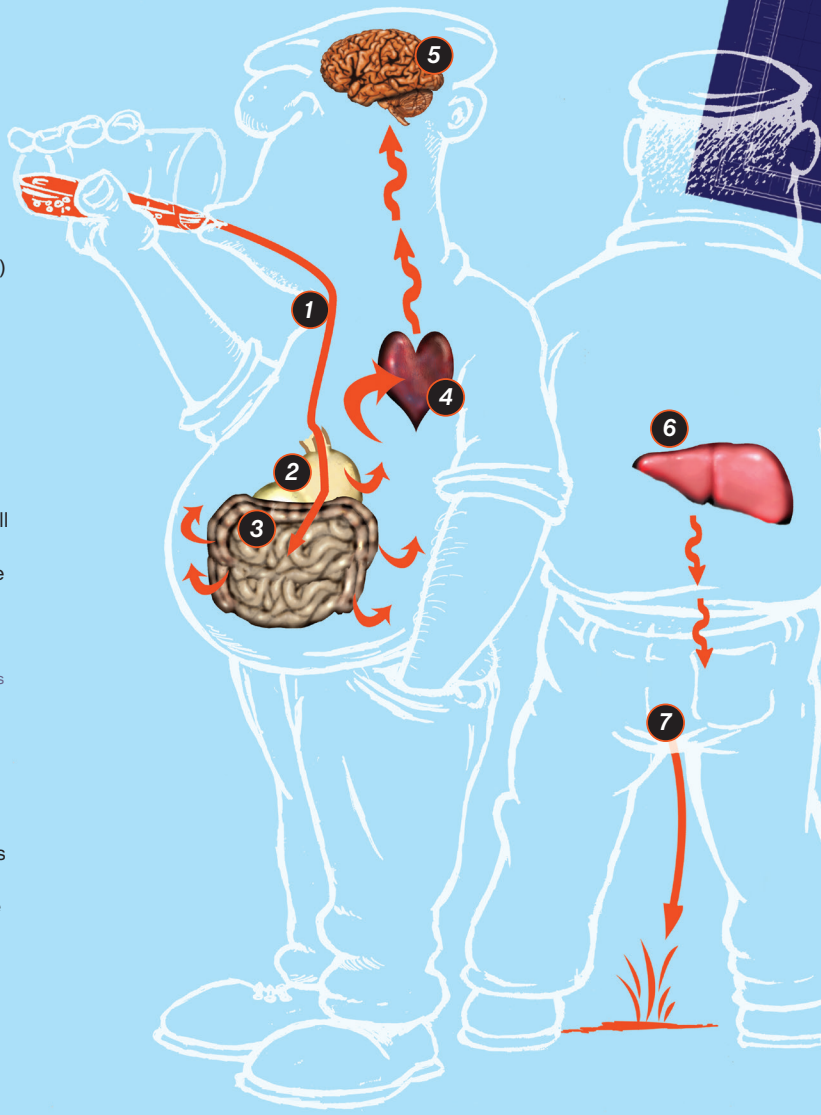
Alcohol in your brain

Some of the alcohol reaches your brain within seconds, but it takes 20 minutes or so to be fully absorbed and for you to get the full effect. The speed at which alcohol is absorbed depends on how much you drink, how strong it is, your size and your sex*. A full stomach slows the process down, so it takes longer for the alcohol to have an effect, while fizzy drinks can speed it up. Alcohol, like all drugs, works because it affects chemicals in the brain.

*Women have more fat tissue, which means that alcohol is absorbed faster.

...and out of the other

Alcohol provides some energy – a pint of lager contains around 200 calories, but it reduces the amount of energy you get from other food. A small amount of alcohol comes out in your sweat and breath, which is why you can smell booze on people when they've had a few. The other 90% is broken down by your liver (6) and comes out in your urine (7).



It takes about one hour for one unit of alcohol to make this journey and leave your body. If you drink more than one unit in an hour, your bloodstream absorbs alcohol faster than your liver can break it down so you have more and more alcohol in your bloodstream and the alcohol has a greater effect. This is known technically as ***getting pissed.***

orks



How Your Brain Works



THE BLOOD WITH THE ABSORBED ALCOHOL IN IT IS CARRIED UP TO YOUR HEART AND THEN ON TO YOUR BRAIN WHERE THE EFFECTS BEGIN.

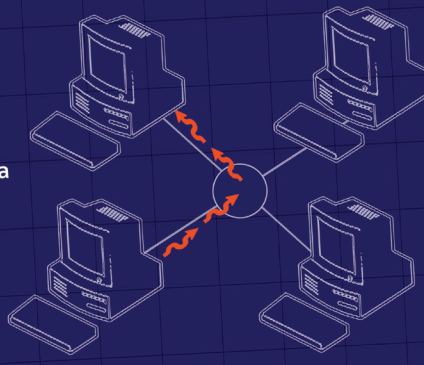
The internet is a network of millions of computers that communicate with each other by sending electrical messages down telephone wires.

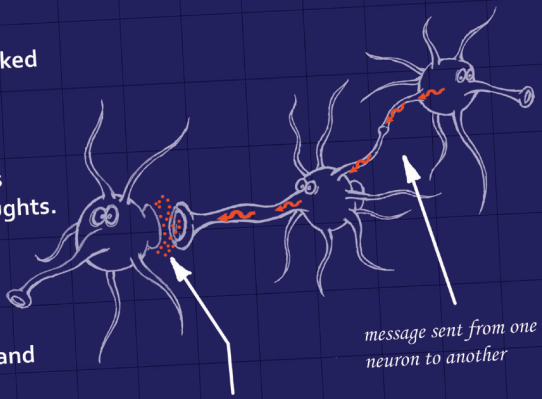
Your brain works in a similar way. It has a billion brain cells called *neurons*, which communicate by sending electrical messages from one to another.

In some places there are gaps between one neuron and another (called the *synapse*). To jump these gaps the electrical message is changed into a chemical, which is released by one neuron into the synapse and then picked up by another.

These chemicals are called *neurotransmitters* and different ones affect your mood, feelings, and thoughts. Drugs work by affecting your neurotransmitters.

Alcohol affects a number of neurotransmitters including *GABA* and *Glutamate*, which have a role in controlling all the other neurotransmitters





message sent from one neuron to another

where there is a gap between neurons the electric message is changed into a chemical called a neurotransmitter

How Much is

Drinking alcohol in moderation is not harmful to health. However, drinking too much, too often, for too long, is. So exactly how much is too much?

The Unit of Alcohol

The unit of alcohol

The strength of a drink is written on the label as a percentage (%) of the amount of alcohol by volume (ABV). To make things simpler the amount of alcohol in any drink is also calculated in ***units***.

1 Unit = 1/2 pint of beer

There's one unit of alcohol in about half a pint of ordinary strength beer, lager, or cider – that's 3.5% ABV. Most premium lagers like *Stella Artois* are 5% ABV, which means that half a pint of Stella is one and a half units. A can (440mls) of super strength lager can be up to 4 units.

1 Unit = 1/2 glass of wine

Most wines sold today are 12% ABV or more and pubs sell wine in 175ml or even 250ml glasses. So, in fact, a glass of wine could easily be between 1.5 and 3 units. A (75cl) bottle of wine has about 8 to 12 units.

1 Unit = small glass sherry

There's one unit of alcohol in about one small glass (50ml) of sherry or other *fortified wine* (20% ABV).

1 Unit = single spirit

There's one unit of alcohol in a single pub measure of spirits (gin, vodka, whiskey etc). But who drinks a pub measure of spirits at home? Your glass of vodka at home could have 5 units it. A (70cl) bottle of spirits has about 30 units.



The table below gives strength and unit information for some of the more popular cans and bottles of drink.

Drink	Size	Units
Bacardi Breezer	275ml bottle	1.4
Carlsberg Export	440ml can	2.2
Fosters	440ml can	1.8
Holsten Pils	440ml can	2.2
Strongbow	330ml bottle	2.0
Jacob's Creek	750ml bottle	9.8
Smirnoff Ice	275ml bottle	1.4
Stella Artois	440ml can	2.2
Tennants Super	440ml can	4
WKD	275ml bottle	1.4

Too Much?

There is no such thing as risk-free drinking for young people under 18. According to the Chief Medical Officer (the UK's head doctor) young people under 15 should not drink at all. Doctors class adults as either *Lower-risk, Increasing-risk* or *Higher-risk* drinkers based on the number of units they regularly drink.

Lower-risk, Increasing-risk and High-risk drinking

Lower-risk drinkers

Men who regularly drink no more than 3 to 4 units a day and women who regularly drink no more than 2 to 3 units a day have a low risk of causing themselves future harm.

Increasing-risk drinkers

Regularly drinking more than the above puts you at increased risk of physical or mental harm. Half of men and women who do drink alcohol are thought to drink at these levels.

High-risk drinkers

Regularly drinking over 50 units a week if you are a man or 35 a week if you're a woman puts you at increased risk of developing alcohol related health problems. This means that they are likely to suffer liver disease, permanent brain damage, serious mental health problems, heart failure, lung infections, impotence and various types of cancer.

Drinking in pregnancy

The Government advice to pregnant women used to be that the occasional drink was OK – now it's 'don't drink at all'. The health watchdog NICE isn't quite as strict and advises women not to drink at all in the first three months of pregnancy, and only one or two units a week after that. Drinking heavily during pregnancy can put your baby's development and health at risk – including causing the life-long foetal alcohol syndrome. If you do drink when pregnant – **know your units!**

Drinking and driving

Accidents due to alcohol (including drink-driving accidents) are the leading cause of death among 16 to 24 year-olds. The drink driving limit is set by the level of alcohol in your blood, not the number of units you have drunk. How big you are, how much you've eaten, and what sex you are can affect how quickly your body absorbs alcohol. One pint or one glass of wine can put you over the limit. You're risking your own and other people's life, a driving ban and a prison sentence. There has been talk recently about reducing the legal limit for drink driving.



We spend about £30 billion a year on booze in Britain. Most adults drink at least once a week. About 1 in 10 admit to drinking every day. But lots of people fib about how much they drink. Although the number of young people drinking has gone down slightly, young people who do drink - and older people - are drinking far more than they used to. That's why the number of people dying because of alcohol has doubled since the early 1990s. And the number of people going to hospital because of alcohol has doubled since 2002.*

* If you add up all the drink we admit we drink in the UK over a week, and then add up all the drink we actually buy in the UK over a week, the difference between the two is 430 million units of alcohol. That's the same as 44 million bottles of wine we pretend we don't drink, every week! That's about one bottle of wine a week for everyone over 16 in the UK.

After William Hogarth's "Gin Lane" 1751



Doner kebab literally means 'rotating roast' and is a dish made of industrial processed compressed meat cooked on a rotating spit and wrapped in pita bread.

Violence is most likely to occur in and around pubs and bars at closing time over Friday and Saturday night. Between 10pm and 2am 93% of people arrested have been drinking.

The chances of you being involved in violence increases sharply if you drink more than 8 to 10 units. Binge drinkers are over 4 times more likely to be involved in violent incidents tha n other drinkers.

Binge Drinking & Public

Drunkeness

A problem most foul and peculiar

"Drunkenness is nothing but voluntary madness".
Seneca - Roman philosopher

Drunkenness

Drinking alcohol is legal from the age of five. It is viewed as a sociably acceptable activity, at least for adults, whereas *drunkenness* is often seen as shameful and embarrassing. The number of units or drinks consumed is not a very accurate way of measuring drunkenness, as the effects also depend on your size, your sex and your previous experience of drinking (your body gets used to alcohol, which is known as *tolerance*).

There are hundreds of words to describe drunkenness – *hammered, pie-eyed, pished, plastered, leathered, legless, three sheets to the wind* etc – But there is no legal definition. Despite that, drunkenness can be a criminal offence. There are a number of different laws concerning public drunkenness. In practice it's not about the amount you have had to drink, it's about how you behave when you are drunk that will decide if you spend the night in a police cell.

Binge drinking

Binge drinking is just a new name for drunkenness. Binge drinking is classed as drinking more than 8 units for a man or 6 for a woman in one drinking session. Nearly half of young adults are classed as binge drinkers. Binge drinkers were more likely to commit an offence compared to other regular drinkers'. Nearly 1 in 3 young male binge drinkers say they have committed an offence in the last year while drunk. Those crimes cost the taxpayer up to £13 billion every year.

Now of course, one persons' idea of drunken debauchery is another's idea of a good night out – we can't be sensible all of the time, and as they say *'everything in moderation, including moderation'*. In between being sober and being dead there are ***'five stages of drunkenness'***.



the 5 Stages of Drunkenness

Stage 1 – Sober to merry

The average adult appears normal after drinking a small amount of alcohol, but even a small amount will slow down your reflexes and impair your co-ordination. Which is why doing anything that requires those abilities, like using a stapler – let alone driving a car – becomes far more dangerous after drinking.

Alcohol is a very social drug. In low doses it first acts as a *stimulant*, so you feel bright and alert. If you're with a group of friends the mood usually becomes light hearted and you start having a laugh. Research has shown that even people who don't drink any alcohol start to feel a little bit drunk if they're with a group who are drinking.

After that first drink you are more relaxed and less tense and you start to feel a bit merry. Booze can make for a better mood at a get together, but it doesn't make you happy when you feel sad, although that's never stopped us trying to 'drown our sorrows'.

Stage 2 – Merry to tipsy

Drink a bit more and alcohol starts to acts as a depressant, lowering your inhibitions and affecting your co-ordination. You start to feel more self-confident and daring, and have lots of 'fascinating' things to say. Luckily your attention span has shortened, so you don't waste time listening to anybody else.

One conversation merges with another, so you raise your voice, but so does everybody else. Suddenly everybody is shouting. It's not surprising that the mood can change and drunken conversations can often lead to heated arguments.

On the other hand, some people just start giggling like a village idiot wearing particularly ticklish underwear, singing out of tune, dancing like a dad at a wedding or simply make a complete baboon's bum out of themselves. **Happy days!**



Stage 3 – Tipsy to half cut

You are looking a bit flushed and sweaty. Luckily the alcohol is interfering with your judgment, so you convince yourself that not only do you have fascinating things to say, but you look pretty damn fabulous too. You feel extremely confident and full of yourself but your judgment and sense of right and wrong has left the building.

The giggling idiot now looks 'smokin' hot as he/she jumps up and down waving the ticklish underwear above their head. This is known as wearing **'beer goggles'** and is both one of the major attractions and one of the major risks of getting drunk.

Stage 4 – Half cut to drunk

Vomiting can occur at various stages of drinking. But it's more likely the more you drink. You may start to feel a bit sleepy. Your thoughts are confused. Your memory is jumbled. Your vision is blurry. Your movements have become uncoordinated. You're dizzy and you stagger when you try to walk.

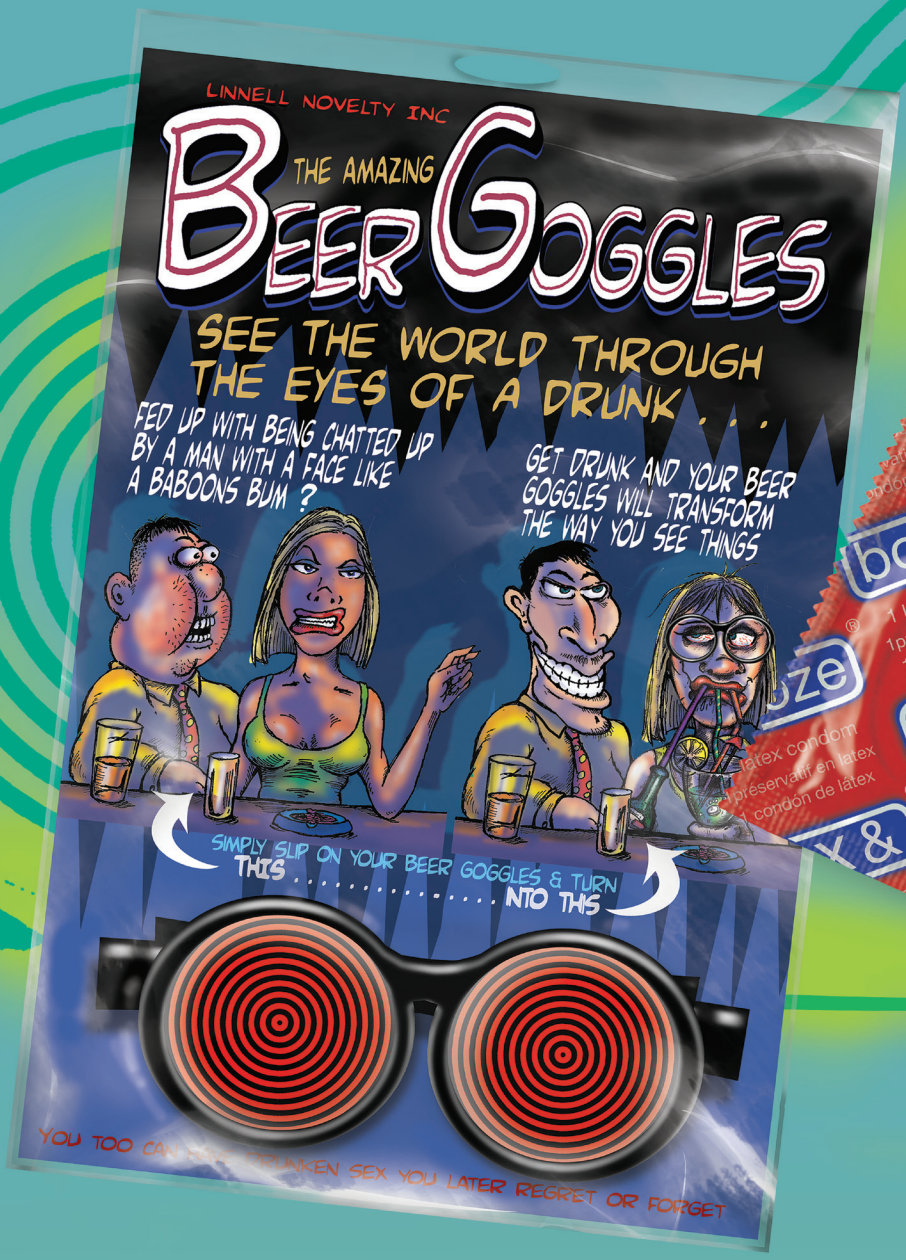
People who are drunk can get highly emotional, aggressive, withdrawn or overly affectionate, although their speech is slurred, so it's not always easy to understand what the . . . *fuzzkenelldedwonksizzshayzing.*

Although most people who do get drunk do not become involved in violence, alcohol makes any kind of trouble much more likely. There are just over a million incidents of alcohol related violence in Britain every year. Some people are just not cut out for drinking.

Stage 5 – The drunken stupor

Beyond plain old drunkenness is a state known as a *drunken stupor*. This is when people have drunk so much they can barely move at all. They can't stand or walk and fall in and out of consciousness. They may lose control of their bladder and wee all over themselves. **Classy!**

Vomiting is particularly dangerous when in this state because if you fall asleep on your back you can choke on your own vomit and die. Extreme drunkenness leaves you totally vulnerable and prone to accidents. In extreme cases it can also lead to a *coma* where your breathing and heart rate may slow down to the point that you die.





Among 16 to 24 year olds 1 in 5 say they had drunken sex they later regretted, while 1 in 10 say they couldn't even remember if they had sex the night before. Who said romance is dead!

If you are so drunk that you can't remember having sex, it's likely you forgot about **safer sex**. Which means you are risking *Sexually Transmitted Infections* (STI's, like *gonorrhea, chlamydia* or *genital warts*) and unwanted pregnancy. By the way, if you vomit, you may also be getting rid of the contraceptive pill. Apart from keeping your clothes on and staying sober, getting into the habit of carrying and using condoms is the best way of preventing pregnancy and protecting yourself from STI's.

Thankfully most people who go out drinking manage to get home safely. Most (although not all) without throwing up in the back of a taxi, piddling in the alley, picking up an STI or criminal record, or injuring themselves and having to queue up at A&E with all the rest of the drunks.

There are a couple more things important to know about getting drunk: 1) nobody knows why, but it brings about a ravishing hunger for special types of food that only drunks can eat (such as *kebabs* and *pork scratchings*) and 2) you will have a ***hangover*** in the morning.

The HANGOVER

The proper medical name for a hangover is ***veisalgia*** – which is a word made up from a Norwegian word ***(kveis)*** meaning *"uneasiness following debauchery"* **and the Greek word for** *"pain"* ***(algia).***



The main symptoms of a hangover are headache, extreme tiredness and dehydration, but can include diarrhoea, vomiting, anxiety and generally feeling weak, ill and sorry for yourself. However, books can't really explain what it feels like to wake up with a left-over kebab for a pillow in a pool of (hopefully) your own vomit, while your skull is being smashed apart by the Norse God *Thor's* thunder hammer and that's before the pain of remembering what you actually did the night before.

The symptoms of a hangover vary from person to person, but are more severe with inexperienced drinkers and if you've drunk on an empty stomach. As a rule – the more you drink, the worse your hangover will be. Red wines, bourbon (like *Jack Daniels),* brandy, whiskey and tequila are most likely to cause hangovers, while white wine and clear spirits like vodka and gin may cause less severe hangovers – if you're lucky.

Mixing alcohol with other drugs or even mixing different types of alcohol like beer, wine and spirits together can also make things worse. The only fool-proof way to avoid a hangover, of course, is not to drink booze, or at least not to drink too much in one go. But there are a couple of things that might help.

HANGOVER CURES

Eat a meal before drinking - a full stomach slows down the absorption of alcohol, making it less likely you will vomit.

Drink a glass of water - before you start boozing and then after every alcoholic drink. A main cause of hangovers in dehydration. As well as being less dehydrated drinking water gives your body more time to process the alcohol.

Drink more slowly- Ideally, one drink per hour, because the body takes at least an hour to process a single drink.

Take two aspirin - with a full glass of water before bed and two more in the morning.

Eat breakfast the following morning: eggs, bananas and fruit juice or a sports drink are supposed to be good for hangovers. Coffee, tea and fizzy drinks are not so helpful because they dehydrate you even more.

Vomiting - We don't recommend vomiting but it does get rid of the alcohol in the stomach. Meaning your body has less to deal with.



Alcohol is by far the most common recreational drug and by far the most common drug that is used at the same time as other drugs.

Tobacco – Both cigarettes and alcohol are harmful in their own right, taking the two together increases the risk of throat and mouth cancer. And of course you can also set fire to your house with a cigarette when you're drunk.

Cannabis – Drinking alcohol and smoking cannabis can get a bit messy. The mix of booze and weed makes puking more likely for newer users. This is even worse if you smoke cannabis *after* you have been drinking heavily.

Stimulant drugs, like cocaine, amphetamine (speed), ecstasy, mephedrone etc, keep you awake (more time for drinking!). They make you feel thirsty and you don't feel as drunk, even though you usually end up drinking far more than normal. This leads to all the usual alcohol related trouble and the mother of all hangovers the following morning.

Using alcohol and cocaine together can lead to violence. And it produces another chemical in the body called *coca ethylene*, which is more dangerous and damaging to the body than either alcohol or cocaine on their own.

Stimulant drugs make you hot and encourage you to dance for long periods. If you have a raised temperature and dance for a long time in a hot club, there is a risk of death from overheating (heatstroke). Cooling yourself down by going outside or splashing yourself with water is essential if you're overheating. Sipping water will cool you down but drinking alcohol will cause dehydration, making you hotter still.

Depressant drugs – Alcohol is classed as a depressant drug. Which means it slows down the workings of the brain and the automatic functions of the body, such as breathing and heart rate. It can be really dangerous to mix alcohol with another depressant drug. Depressants include *heroin* or other opiate drugs, tranquilizers and sleeping pills like *diazepam* or any other drug that makes you sleepy. A combination of alcohol and other depressant drugs can slow down the body's automatic functions to the point that you go into a coma and may die (an overdose) or drown in your own vomit if you pass out. I guess you get the picture – alcohol and other depressant drugs are a very dangerous mix.

Alcohol Problems

Over our lifetimes many of us may drift into problems with our drinking. This can be when we are young and have a hectic social life based around booze. Or it might be when something in life goes wrong, or life gets too stressful. Many of us manage to either cut down or stop drinking on our own. Others develop a more serious drinking problem and need help.



Problem drinking and dependency

Recent data indicates that nearly 1 in 6 of those aged 16 to 24 years are dependent upon alcohol. This often cause problems for the drinker and their family and friends. For some people alcohol completely takes over their life. This is sometimes called *alcoholism*.

Long-term heavy drinking can increase anxiety and cause depression. Equally people who are anxious or depressed sometimes drink to try and cope with it. Heavy drinking can also cause sleeping problems, mood-swings, and violence. It can even lead to memory loss, dementia (or impaired brain functioning) and suicide.

Really heavy drinkers can become *physically dependent* on alcohol. If they stop they can go into *withdrawal* and suffer symptoms like sweating, shaking and feeling sick. Some people become so dependent on alcohol that stopping drinking suddenly can kill them.

Parents, carers and alcohol

How parents drink has a big effect on their children – and on how their children drink. Interestingly, if your parents are heavy drinkers, or if your parents don't drink at all, you're more likely to end up a heavy drinker. Young people between 15 and 17 who have the occasional drink at home with parents or carers are less likely to run into problems with booze. If your parents or carers are moderate drinkers, you're more likely to be a sensible drinker.



Getting help – If you feel you need help, because of problems with your own drinking, or somebody else's, there are plenty of people you can ask for help. Talk to a teacher, or a youth worker, your family doctor, or the local alcohol service.

Looking After Your Mates

It's a good idea to talk through with your mates what you will do if it all gets a bit messy when you are out boozing. Make a pact to look after each other. Look after them in the way you would want them to look after you.

- If your friends are getting out of order through drink, try and take them home or at least steer them away from trouble.
- Never let them get into a car with a drunk driver or drive drunk themselves.
- Don't abandon them if they are very drunk and go off with strangers. If you can't persuade them not to go, or can't go with them, make sure you know where they are going. Ask them to ring you, and ring them to make sure they are alright.
- If they hurt themselves while drunk go along to A&E, and wait with all the other drunks to be treated. If it's serious call an ambulance.
- If somebody is being sick, give them a bit of space. Try not to laugh or take pictures to post on Facebook. It might be you next week. Let them drink water but don't give any more booze or force them to drink coffee or salt water (it'll make things worse).
- If they fall asleep or pass out keep an eye on them. Make sure they don't fall asleep on their backs – they could choke on their own vomit and die. Put them in the *recovery position.*
- If you can't wake them no matter what you do – put them into the recovery position and ring for an ambulance.





1. Put the right hand by the head (as if they were waving).



2. Put the left arm across the chest, so that the back of the hand rests against the cheek.



3. Hold the hand in place and lift up the left knee.



4. Turn them on their side by pushing down on the knee.

This product contains: PLEASURE & PAIN

ALCOHOL
Our favourite drug



Message in a Bottle

If you haven't done so already, nearly all of you will drink alcohol during your life. If you haven't been drunk yet, nearly all of you will be. You'll enjoy it and you'll regret it. You'll enjoy the way it helps you relax, socialize, act daft and have a laugh. You'll regret some of the things you say and do when you're drunk and how you feel the following morning.

Alcohol can be harmless or even good for you in small doses. If you drink enough in one go it can kill you. If you drink and drive you may kill other people. If you drink too much too often it can be extremely harmful to your mind and body, shorten your life or lead to dependency. Alcohol can get you into all kinds of trouble and is a major cause of accidents, arguments, fights, STI's, unwanted pregnancies and *pavement pizzas*.

Young people are more vulnerable to the effects of alcohol. The younger you start drinking the more likely it is that it will cause problems later in your life.

Alcohol can make us feel happy or sad, sometimes both at the same time. No two people react in the same way to the effects of alcohol. It can bring out the best in us and it can bring out the worst in us. Some of us are just not cut out for drinking.

You will probably use alcohol for as long as you live. Treat alcohol with respect. Learn how to use it to get the maximum amount of pleasure while causing the minimum amount of pain - for yourself, those you care about and the rest of us living in this boozy woozy world.

Alcohol is a very dangerous drug – and we love it to bits.

Cheers! Bottoms Up!
Here's Mud in Your Eye!
Iechyd da! ***Slàinte mhath!***
And your very Good Health!

For help, advice & information

NACOA

National Association for Children of Alcoholics. Information, advice and support to children of alcoholics, or anyone else concerned for a friend or relative's drinking.

Tel: 0800 358 3456 www.nacoa.org.uk

Drinkline

Confidential telephone help, info and advice on all aspects of alcohol use and abuse. Calls are free.

Tel: 0800 9178282 (9am – 11pm, Monday to Friday)

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[>] aims
To present the facts about alcohol in a realistic and down-to-earth way. To identify safe limits to drinking. To identify the risks of unsafe sex when intoxicated, clearly identify alcohol as a strong drug and to show heavy drinking as an unattractive and anti-social.

[>] audience
Young people aged 13+

[v] content
Scenes of drinking/vomiting.
The occasional mild swear word.

[£] funding
Self-financed.

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