

# drinking



LOOK OUT FOR

## If you are worried:

- When people drink too much their judgement can be affected so they may do something risky or even dangerous.
- They may start to feel depressed or ill and end up being sick.
- Their speech may slur, their vision may blur and they may get dehydrated.
- They may get a hangover (usually this means a headache, feeling ill and tired).
- If someone often drinks too much they may become dependent on alcohol and this can seriously affect their health.



WHAT NEXT

## If you are worried:

- Talk to someone you trust like your parents, your carer, a teacher or a Youth Connexions Personal Adviser.
- Think about why you are drinking. Is it because you've got problems?
- Are your friends drinking a lot too? It can be hard not to follow the crowd and do things differently from your friends, but people can respect you more for it.

## If someone you know is drinking too much?:

- Suggest they try to get some help by talking to an adult they trust.



CONTACTS

- Connexions Direct  
080 800 13 2 19  
[www.connexions-direct.com](http://www.connexions-direct.com)
- [www.truthaboutbooze.com](http://www.truthaboutbooze.com)
- FRANK 0800 77 66 00  
[www.talktofrank.com](http://www.talktofrank.com)
- <http://units.nhs.uk>
- [www.channelmogo.org](http://www.channelmogo.org) go to 'Need some advice' and the 'Alcohol section'

***"I have seen people on TV getting drunk and doing stupid things - that showed me the damage alcohol can do."***

Some people say they drink alcohol because it makes them feel happy and more confident or because it helps them forget their worries. It is better to deal with problems rather than blotting them out with alcohol.

If you only drink occasionally it doesn't take much alcohol to get drunk, especially while your body and brain are still developing. Some people may drink in potentially dangerous situations and put themselves at risk of being robbed or attacked. Too much alcohol can make people say and do things they might regret later, like committing a crime or having unprotected sex. It can also make some people feel out of control and even scared.

Alcohol can give you a hangover and make you feel sick, tired, dehydrated and depressed. Other side effects of drinking too much are unhealthy skin, cravings and putting on weight.

Just because your friends drink doesn't mean you have to, so don't feel under pressure to do anything you don't want to do.

Talk to someone you trust if you have any concerns about alcohol. Remember there is no known safe level of drinking for under 18s.

Remember, it's against the law for anyone under 18 years to be sold alcohol in a pub, off-licence or supermarket.

