

STAYING SAFE

Alcohol free is the safest option

- Know what you are drinking! The amount of alcohol is different in different drinks, some are stronger than others
- If you are going to drink, make sure you eat something substantial beforehand. This will slow down the rate alcohol is absorbed into the body.
- SLOW DOWN. It takes time for your body to process the alcohol you consume. Drinking too much too soon may cause you to become really drunk really quickly.
- Drink water in between your alcoholic drinks. This will help you stay hydrated.

- If you start to feel drunk, switch to soft drinks as your body will still be processing alcohol.
- The only thing that will sober you up is TIME!
- Do not leave your drink unattended and never accept a drink off someone you don't know
- Don't drink alone 
- Be in a safe place i.e. not by a river or road
- Have an emergency plan
- Look after your friends and seek help if worried

WHAT TO DO IN AN EMERGENCY

If someone becomes unconscious make sure they are lying on their side so they do not choke if they are sick

Call 999

Stay with them and reassure them

Keep them warm and comfortable

Don't give them anything else to eat or drink.

Inform paramedics about the drugs they have taken.

DO NOT:

Give them anything to eat or drink

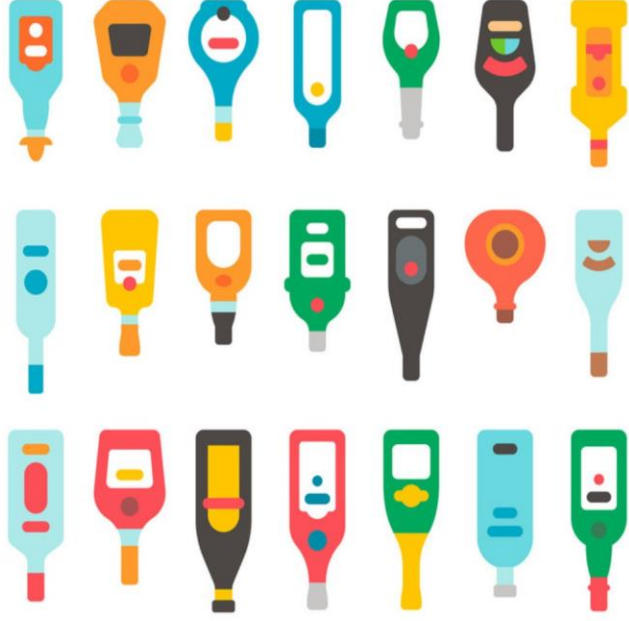
Try to make them sick

Film them on your phone

Leave them to sleep it off

WHERE TO GO FOR SUPPORT

- HSIS Youth workers in your school
- Response 0151 666 4123
- School Nurse
- Head of year/ pastoral leads
- talktofrank.com
- Kooth.com
- nhs.uk



ALCOHOL GUIDE TO



What actually is Alcohol?

Alcohol is a **depressant** drug. This means it slows down your: reactions, heart rate, changes the way you think, feel and behave. Because of this Alcohol makes you more likely to take risks and makes you more vulnerable.

What you need to know

Drinking too much alcohol can lead to overdose and even alcohol poisoning.

If you drink alcohol faster than your liver can process it, the amount of alcohol in your blood rises to a dangerous level.

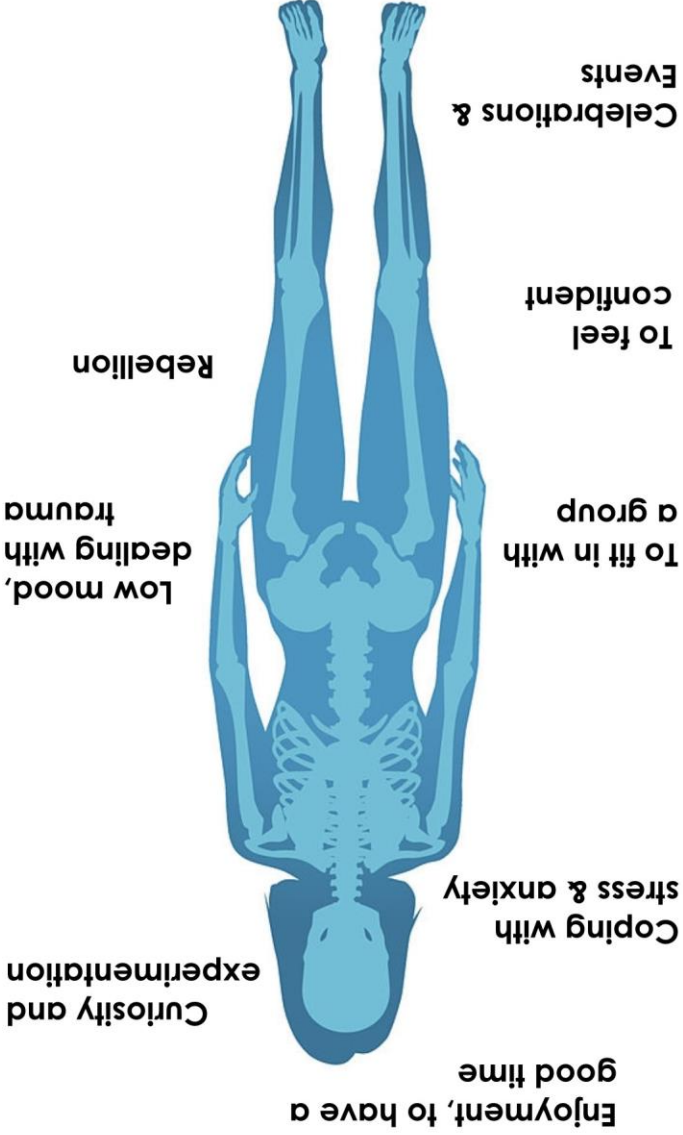
This leads to overdose.

You could lose consciousness or even die from alcohol poisoning.

Alcohol affects young people more than adults as your organs are not fully developed and it takes longer for your body to fully process alcohol and nothing can speed this process up.

It is extremely dangerous to mix alcohol with any other drug.

Why do people drink alcohol?



There are many reasons why someone might choose to drink alcohol. Alcohol and often just makes the situation worse