

BOULDER BOULDER

Out drinking - what could happen to you?

- lose your friends
- get lifted by the police
- have sex and regret it in the morning
- fall asleep outside
- make mood swings worse
- get pregnant or get an STI
- sexual assault and rape
- fall out with friends
- fall in water
- stomach pumped
- get into fights
- knocked down by a car
- get hypothermia
- die

it was only a wee drink?

got the cargo and heading for hang-oot

meet up with mates for a few

the party's started - mix it up

had too much already

fell out with friends - having a bad time

left alone - it's cold who will find me? am I safe?

Units for different drinks drunk by young people locally:

Breezers/average
275ml bottles of
alcoops = 1.1 units

Budweiser
330ml bottle = 1.5 units

Mad Dog 20/20
75cl bottle = 9.75 units

Buckfast 75cl
bottle = 11.25 units

Strong cider
e.g. Diamond White
2ltr bottle = 15 units

Glens vodka 70cl
bottle = 26 units

Glens vodka 70cl
1ltr bottle = 37.5 units

Definition: A unit of alcohol is approximately the amount of alcohol an average healthy adult can break down in 1 hour.
Men should drink no more than 21 units of alcohol per week and no more than 4 units in any one day.
A woman should drink no more than 14 units of alcohol per week and no more than 3 units in any one day.