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**What you need
to know about
Alcohol.**



#had a proper skinful?

The Dangers of Booze

Just because alcohol is legal, that doesn't mean it's any less powerful than other drugs. It's a depressant, which means it slows down your body's responses in all kinds of ways. Just enough can make you feel sociable; too much and you'll have a hangover the next day, and may not even remember what you got up to.

Stay Safe

- Try to cut back and not use every day. Don't overdo it.
- It is recommended not to exceed 14 units per week for men and women. This is the equivalent of 6 pints of medium strength beer or 6 standard glasses of wine.
- Units should be spread evenly throughout the week and not 'saved up' for one drinking session.
- Drink low % alcoholic drinks or alternate alcoholic drinks with soft drinks.
- Try smaller measures and don't try and keep up with your mates.
- Eat before drinking.
- Drink with people you trust in safe surroundings.
- Use anti-spiking tops on your bottles so that people can not spike them.
- Know your limits and stop drinking when you feel dizzy or feel out of control.
- Don't drink and drive or get into a car when you know the driver has been drinking.
- Have a safety plan for getting home.
- Carry and use condoms.



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**Brighton & Hove
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