

ALCOHOL AWARENESS

Did You Know?

Alcohol is a depressant drug. That means it slows down how your brain and body work, which can affect your reactions, decision-making, coordination, and judgement, especially in social situations or when out and about

On average, it takes an adult about an hour to break down one unit of alcohol - but this can be different for everyone. For under 18's, there's no safe amount of alcohol to drink.

If you're over 18, it's safest to stick to no more than 14 units a week. And it's better to spread these out over a few days, not all at once.

What are the effects of alcohol?

When someone drinks, it causes the brain to release chemicals that can make them feel happy or relaxed. But alcohol also disrupts the natural balance of chemicals in the brain.

This can sometimes lead to feelings of sadness, fear, anxiety, or even anger.

Spiked



SPOT THE DIFFERENCE

Not spiked

SUMMER UNLOCKED



If someone drinks regularly over time, alcohol can cause serious long-term problems. It might stop them from enjoying things they used to like or cause difficulties in their relationships with friends and family.

Find out more or get FREE confidential support:
www.aquarius.org.uk



SPIKING IS A CRIME!

Spiking is when someone puts alcohol or drugs into another person's drink without their knowledge or permission. This can be dangerous and may leave someone feeling confused, vulnerable, unwell, or unsafe.

You can't always tell if a drink has been spiked, as many substances have no smell, colour, or taste. That's why it's important to stay vigilant when out and about.