

DON'T BECOME A
STATISTIC.
SAY NO TO
ALCOHOL!

By George

DRINKING STATISTICS

Each year over 5500 people die as a result of irresponsible alcohol use.

Over 68% of under 18s drink alcohol.

89% of adults don't give under -18s alcohol.

3 in 4 people over 14 drank alcohol between 2022 & 2023.

28% of 16-17 yr olds have permission to drink from parents.

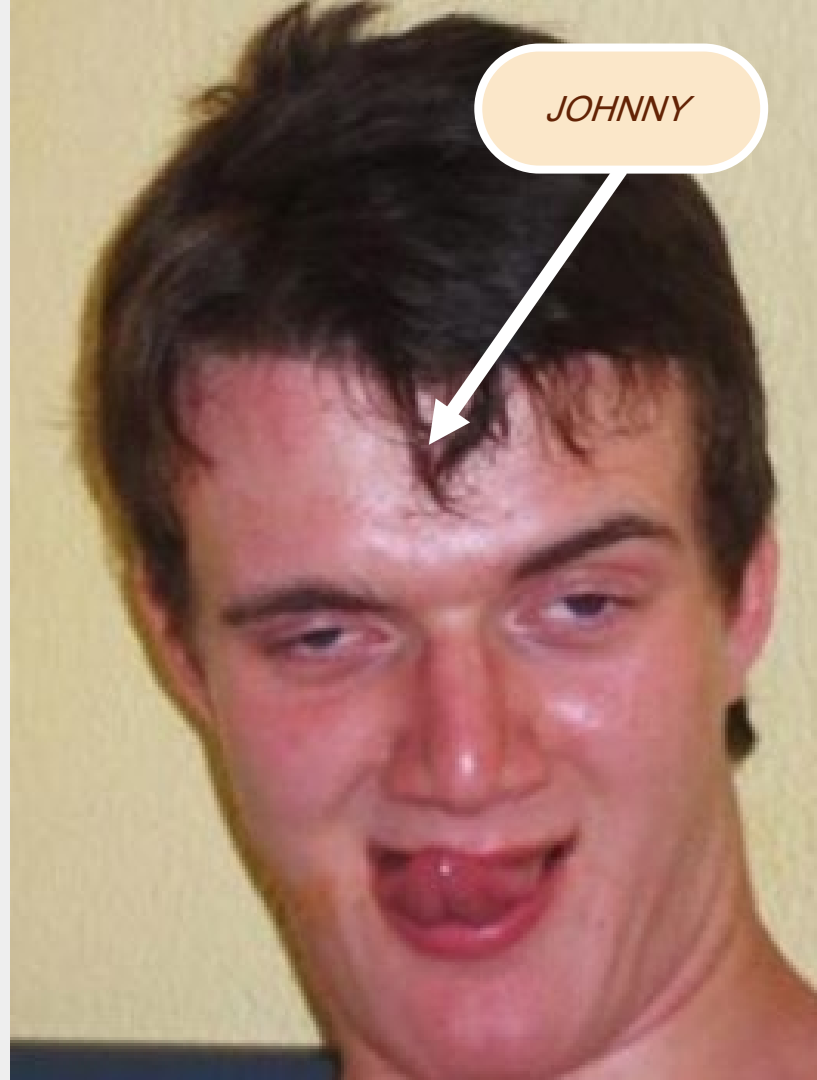
One fifth of 16 - 17 yr olds are allowed to take alcohol to parties.



CASE STUDY

This is Johnny. He may of had a little bit too much to drink. Johnny is feeling nauseous, he is dizzy, and, to top it all off, he wants to vomit.

Even worse: tomorrow morning Johnny is going to feel absolutely terrible. He'll have a head-splitting headache, and his mouth will be as dry as the Sahara desert.



SHORT TERM EFFECTS

The symptoms that Johnny is displaying are all short term effects of excessive alcohol consumption.

The main short-term effects are:

- Loss of coordination
- Vomiting and unconsciousness
- Aggression
- Loss of inhibitions
- Dizziness
- Staggering and slow reactions

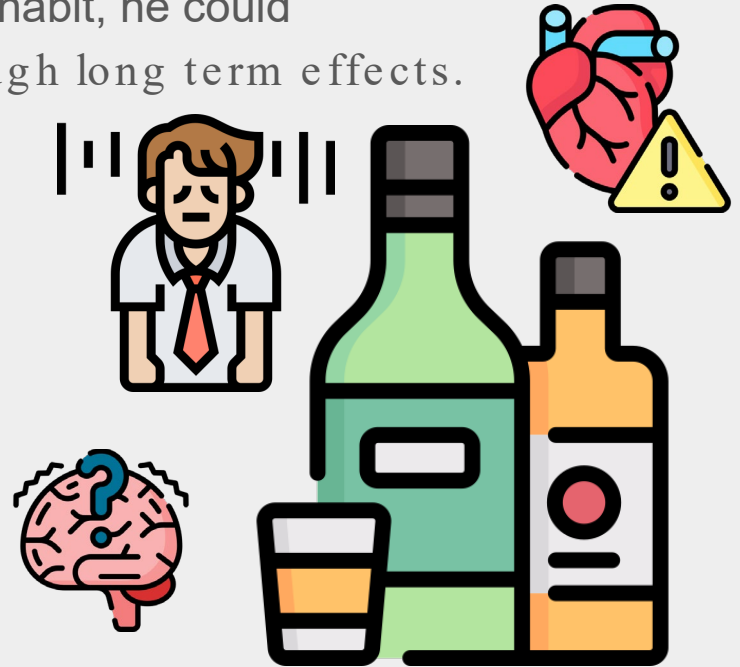


LONG TERM EFFECTS

If Johnny continues on with his drinking habit, he could cause himself a lot of suffering through long term effects.

He could cause:

- Heart and Blood Disorders
- Liver damage
- Brain damage
- Depression
- Loss of memory
- Cancer



CONSEQUENCES OF DRINKING

If Johnny keeps irresponsibly consuming large amounts of alcohol he could cause severe consequences.

These include:

- Losing his drivers licence
- Large fines
- Social rejection
- Financial hardship
- Bullying
- Car crashes



PREVENTION STRATEGIES

To reduce harm to himself and to others when and after drinking, Johnny could:

- Eat whilst drinking to help slow down drink rate and the absorption of alcohol
- Drink non-alcoholic drinks as well as alcoholic
- Drink water to quench his thirst before drinking
- Say no!

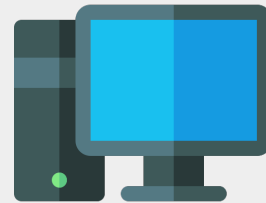


WHERE TO GET HELP

If you need help with quitting drinking, or stopping binge drinking, there are organisations available to help.

[Drinkwise](#) has dozens of free resources which are available for everyone.

[Reachout](#) is a free counselling resource for all sorts of health related issues.





THANKS FOR
LISTENING!

Images: Freepik, Flaticon