

Things that young people can do that don't involve alcohol



Take up a sport

Cinema

Swimming

Bowling

Sleepovers

Watch a dvd

Spend time with family

Go shopping

Spend time with friends

Join a youth club

Go to an alcohol free disco



Alcohol Services and further information

www.drugs.ie
www.spunout.ie
www.drinkaware.ie
www.positivementalhealth.ie

Alateen:
(Fellowship for children of problem drinkers)
5 Capel St, Dublin 1, Tel: 01 8732699
Alcoholics Anonymous: 01 8527000

HSE Community Alcohol and Drug service
Rea Nua, St Vincent's Hospital,
Athlone Co. Westmeath
Tel: 09064 75301
Bishopsgate Street, Mullingar, Co. Westmeath

This leaflet was designed by the Athlone Area Comhairle na nÓg Group. Comhairle na nÓg are local youth councils which give young people the opportunity to be involved in the development of local services and policies. Comhairle na nÓg were set up under the National Children's Strategy (2000). In County Westmeath there are four Comhairles which are held in each of the electoral area – Mullingar, Athlone, Kilbeggan and Coole.

Comhairle Na nÓg in Co. Westmeath is run by Westmeath County Development Board in partnership with Midlands Regional Youth Service. For further information contact Westmeath County Development Board at 04493 3200 or Midlands Regional Youth Service at 09064 77075



ALCOHOL AWARENESS FOR LIFE



What happens when you are drunk?

Remember your youth... Don't drink

Facts about alcohol

- Switching drinks is more likely to make you ill
- People who use alcohol early in their lives are more likely to use illegal drugs
- 18—24 year olds are the heaviest drinkers in the population
- Long term drinking can damage relationships
- Buying drink will waste all your money
- Units of alcohol – how much is too much – per week – more than 14 units for a woman and more than 21 units for a man

Remember:

**Never take a lift from strangers &
ALWAYS get a taxi home**



The law & rules for underage drinking

Unless you are at least 18 years old it is illegal to buy, or attempt to buy alcohol in Ireland.

It is also illegal to obtain alcohol for anybody below the minimum age.

Alcohol can only be drunk by a young person under the age of 18 years in a private residence with the explicit consent of the young person's parent or guardian.

So if you are under 18 or if you are pestered by anybody who is (or seems to be) ... don't even think about it.

How to help someone who is really drunk

**Tell an adult
Make sure they stay awake
Ring an ambulance 112**



Advice for young people

- Don't drink on your own.
- Have something to eat before drinking.
- Don't leave your drink unattended as it may be spiked.
- Don't walk home alone.
- Get a taxi home.
- Don't drink & drive.
- Don't take a lift with someone who has been drinking.
- Have a taxi number & family number handy on your phone.
- Have phone credit.

What can happen when you get drunk...

You can get a hangover

Your judgement is affected

Your safety can be affected

You cannot tell right
from wrong

You can spend too
much money

You will behave in a
way which is not
usual to your behaviour

You can forget what
happened the night before

