



Alcohol



- ✚ Try turning up to the bar/party later to reduce your drinking time
- ✚ Drink water before you go out and during the night as it will reduce the effect of the alcohol on your body
- ✚ A meal before you go out and snacks between drinks can help slow down the absorption of alcohol, helping you stay in control.
- ✚ Mixing drinks: Try not to mix your drinks; you're only adding to the number of toxins that your body has to deal with.
- ✚ Binge drinking is dangerous; your body can only process one unit of alcohol per hour. If you can pace your drinks, you will feel a lot better the next day.
- ✚ Don't feel you have to drink every time a round is ordered.
- ✚ Never leave your drink unattended - this makes it easy for your drink to be spiked. Only drink out of bottles that are opened in your sight.
- ✚ If walking home it is best to be accompanied by friends. Alternatively use a taxi or if available public transport. Do not get in car with someone whose been drinking.
- ✚ Drinking to a sensible limit can make you the centre of attention and you'll have free recall of the events the following day.
- ✚ NEVER drink so much that you can't remember anything; remember you are very vulnerable if you are drunk