

CONTACT DETAILS

Eileen Calder
Gender Issues Network Officer
2nd Floor
166 Buchanan Street
Glasgow
G1 2LW

Tel: 0141 572 6597

Fax: 0141 333 1606

Email: eileen.calder@alcohol-focus-scotland.org.uk

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promoting responsibility,
reducing harm, changing culture

gina@alcohol-focus-scotland.org.uk

DIFFERENT LEVELS OF ALCOHOL AFFECT FEELINGS AND BEHAVIOUR...

Units	How You Feel	How You Behave
2	Begin to feel relaxed	Increased chance of accidents
4	Cheerful	Poorer decisions and judgements
6	Feelings of warmth	Loss of inhibitions
8	Talkative, excited	Speech slurred
10	Silly, confused	May be aggressive
12	Drunk, groggy	Memory losses

USEFUL INFORMATION AND CONTACT DETAILS

www.alcohol-focus-scotland.org.uk

promoting sensible drinking

www.drinkaware.co.uk

respect alcohol, respect yourself

www.alcoholconcern.org.uk

reducing alcohol misuse

www.infoscotland.com/alcohol

enjoy your drink but know how it could be affecting you

www.suzylamplugh.org/content.asp?PageID=1086

personal safety tips

www.safetytext.co.uk/howtost.shtml

learn to use safety text



gina
gender issues network on alcohol

BEFORE YOU GO OUT...

- Think Before you Drink.
- Alcohol is full of calories but has no real nutritional value. Have something to eat.
- Keep your “night out” money, separate from your “getting home” money.
- Plan how you are getting home.
- Put ICE (In Case of Emergency) numbers on your phone.
- Have a taxi number stored on your phone. Book a taxi for coming home.
- Decide how much you want to drink – and stick to it.
- Avoid drinking alcohol if pregnant or trying to get pregnant.
- Friends look out for one another.
- Recommended limit Women = 3 units, Men 4 units max per day.

HAVE A GREAT NIGHT OUT...

- Enjoy your night out – don't put yourself at risk by drinking too much.
- Try some low-alcohol or non-alcoholic drinks for a change.
- Avoid rounds – it may encourage you to drink more than you want to.
- Alcohol affects women quicker and the effects last longer than for men. Don't try to keep up with the boys.
- Never leave drinks unattended.
- Know the strength of your drinks – Don't over do it and spoil your night out.
- 1 unit of alcohol takes about 1 hour for the liver to break down.
- Take a soft drink or flavoured water between alcoholic drinks.
- Drink can interfere with hormones and the effectiveness of the contraceptive pill.
- Too much alcohol can affect your judgement and interfere with common sense. Stay safe if you are drinking.
- Look out for friends and make sure they are looking out for you.

STAY SAFE - GET HOME SAFE

- Don't succumb to the beer goggles effect – you might think you've met your dream date until the alcohol effects wear off.
- If you plan to do more than kiss under the mistletoe use a condom.
- If you have a heavy or binge drinking session remember to let your body recover by having a few drink free days.
- Drink lots of water before going to bed to stop your body/skin dehydrating.

	units
Alcopop 700ml 5%	3.5
Alcopop 275ml 5%	1.4
Wine standard glass 175ml 13%	2.3
Wine large glass 250ml 13%	3.3
Bottle of wine 13%	9.8
Vodka / Gin / Rum Tequila shot 50ml 38%	1.9
Whiskey / Bourbon / Brandy shot 50ml 40%	2.0
Bottle of Whiskey / Bourbon / Brandy 40%	28.0
Lager pint 3.5%	2.0
Lager strong 5%	2.8
Cider pint 5%	2.8
Cider pint strong 9%	5.1