



Alcohol is a **DEPRESSANT**
It slows down the brain, affecting behaviour & thinking.

Decision-Making

Impairs judgment, lowers inhibitions, & can lead to poor decisions with big consequences.

Sex

Increases likelihood of unplanned & unprotected sexual activity. Increases risk of STI's, unplanned pregnancy, & unwanted sexual advances.

Violence

Increases risk of intentionally hurting others & experiencing violence, such as rough play, physical assault, sexual assault, & vandalism.

Pregnancy & FASD

Increases risk of harm to an unborn child. There is no 'safe' amount. Don't drink if you are pregnant, plan to become pregnant, or are breastfeeding.

Mental Health Problems

Increases risk of mental health problems & some mental illness like depression.

Suicide

Increases risk of suicidal thoughts, suicide attempts, & suicide.

Family & Friends

Increases risk of arguments, fights, break-ups, & ended friendships.

School or Work

Increases risk of performance & relationship problems at school & work.

Drinking & Driving

Increases risk of accidents & injury. If you drink, don't drive. Don't travel with a driver who has been drinking.

Injury

Increases risk of injury from falls, car crashes, poisoning, burns, etc.

Physical Health Problems

Increases risk for liver damage & chronic diseases such as stroke & cancer.

Alcohol Poisoning

Severe alcohol poisoning can cause death, often from "passing out", vomiting, & choking.

Addiction

Drinking too much, too often, & for the wrong reasons can lead to addiction.

Reduce your risk of harm or injury by following
Canada's Low-Risk Alcohol Drinking Guidelines.

Binge Drinking can be dangerous.
5 or more standard drinks in a row for males.
4 or more standard drinks in a row for females.
Many people don't think they have a problem.

Do you drink too much, too often, or for the wrong reasons?

What if I Have a Problem?

If you are concerned about yourself or someone else, contact your local Mental Health & Addictions office or family doctor

Kids Help Phone
1-800-668-6868
Health Line
811 or 1-888-709-2929
Mental Health Crisis Line
1-888-737-4668



Canada's **Low-Risk Alcohol Drinking Guidelines**

Drinking is a personal choice. If you choose to drink, these guidelines can help you decide when, where, why and how.

For these guidelines, "a drink" means:



Your limits

Reduce your long-term health risks by drinking no more than:



- 10 drinks a week for women, with no more than 2 drinks a day most days
- 15 drinks a week for men, with no more than 3 drinks a day most days

Plan non-drinking days every week to avoid developing a habit.

Special occasions

Reduce your risk of injury and harm by drinking no more than 3 drinks (for women) or 4 drinks (for men) on any single occasion.

Plan to drink in a safe environment. Stay within the weekly limits outlined above in **Your limits**.

When zero's the limit

Do not drink when you are:

- driving a vehicle or using machinery and tools
- taking medicine or other drugs that interact with alcohol
- doing any kind of dangerous physical activity
- living with mental or physical health problems
- living with alcohol dependence
- pregnant or planning to be pregnant
- responsible for the safety of others
- making important decisions

Pregnant? Zero is safest

If you are pregnant or planning to become pregnant, or about to be breastfed, the safest choice is to drink no alcohol at all.

Delay your drinking

Alcohol can harm the way the body and brain develop. Teens should speak with their parents about drinking. If they choose to drink, they should do so under parental guidance; never more than 1-2 drinks at a time, and never more than 1-2 times per week. They should plan ahead, follow local alcohol laws and consider the **Safer drinking tips** listed in this brochure.

Youth in their late teens to age 24 years should never exceed the daily and weekly limits outlined in **Your limits**.



Safer drinking tips

- Set limits for yourself and stick to them.
- Drink slowly. Have no more than 2 drinks in any 3 hours.
- For every drink of alcohol, have one non-alcoholic drink.
- Eat before and while you are drinking.
- Always consider your age, body weight and health problems that might suggest lower limits.
- While drinking may provide health benefits for certain groups of people, do not start to drink or increase your drinking for health benefits.

Low-risk drinking helps to promote a culture of moderation.
Low-risk drinking supports healthy lifestyles.

CCSA wishes to thank the partners who supported development of Canada's Low-Risk Alcohol Drinking Guidelines. For a complete list of the organizations supporting the guidelines, please visit www.ccsa.ca/Eng/topics/alcohol/drinking-guidelines/Pages/default.aspx

Reference:
Butt, P., Bennett, D., Gibman, L., Parada, C., & Stockwell, T. (2011). Alcohol and Health in Canada: A summary of evidence and guidance for low-risk drinking. Ottawa, ON: Canadian Centre on Substance Abuse.
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Developed on behalf of the National Alcohol Strategy Advisory Committee
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Visit our website to find out more!
www.ccsa.ca

Party Safer



Think Before You Drink!
If you choose to drink...Protect yourself!

Mixing Drugs & Alcohol is Risky
Alcohol with other drugs may be deadly.

Marijuana impairs attention span, ability to think clearly, make safe decisions & slows response time. Alcohol intensifies these effects.

Ecstasy impairs ability to think clearly & make safe decisions. 'E' & alcohol increases risk of dehydration & overheating. It can be fatal.

Prescription or Over the Counter medications can cause cramps, headaches & vomiting. With alcohol, it can slow or stop breathing. Consult a pharmacist before drinking alcohol with medication.

Stimulants (ex: caffeine, energy drinks) make you feel more awake. You may think you're sober when you're not. **Alcohol & Energy Drinks Don't Mix!**

Make the sober choice...enjoy non-alcoholic drinks for any occasion. Try Mocktails!

Stay Hydrated; Eat Before & While You Drink - For every drink of alcohol, have one non-alcoholic drink.

Keep Someone in the Loop - Let someone know where you are & be with friends you know & trust.

Know Your Surroundings - Make sure that you are alert in unknown places.

Know Your Limit - Set a limit for yourself & make sure you stick to it.

Be Prepared - If outside, carry a whistle & flashlight. Take your cell phone & program it with emergency numbers.

Don't Leave Your Drink Alone - ALWAYS keep it by you. If it's been out of your sight, toss it out!

Don't Take Drinks From Anyone You Don't Know.

Avoid Drinks From Open Containers (such as punch bowls).

If a Drink Looks or Smells Off, Don't Drink It.

Avoid Cranberry Drinks - it hides the taste & smell of some drugs.

Only Time Sobers You Up - Coffee, cold showers, energy drinks or food *don't* make you sober. You may still be impaired the next day.

Don't Drink & Drive - Have a plan for a safe ride home - take a cab, get a designated driver or stay the night.

If you are concerned about your use of alcohol or drugs or someone else's, contact your local Mental Health & Addictions office or family doctor.

Alcohol poisoning can kill - often from "passing out," vomiting & choking. If unconscious, lay on his or her side & watch closely. Warning signs are clammy skin, low body temperature, & slow breathing. **Seek emergency medical care immediately.**

If your drink (alcoholic or non-alcoholic) was spiked you might...
• Feel relaxed or really tired.
• Feel very drunk, out of control, suddenly outgoing or sensual.
• Pass out, not know where you are & have no memory of what happened.

If you suspect your drink may have been drugged you should...
• Tell someone you trust & seek medical attention immediately.

