

# Know your units

<b>Beer, Lager &amp; Cider</b>	<b>Bottle (330ml)</b>	<b>Can (440ml)</b>	<b>Pint (568ml)</b>	<b>Litre</b>
<b>2%</b>	0.7 units	0.9 units	1.1 units	2 units
<b>4%</b>	1.3 units	1.8 units	2.3 units	4 units
<b>5%</b>	1.7 units	2.2 units	2.8 units	5 units
<b>6%</b>	2 units	2.6 units	3.4 units	6 units
<b>9%</b>	3 units	4 units	5.1 units	9 units

**Alcopops at 5%**  
**1 Bottle  
(257ml)**  
 1.4 units

<b>Spirits 38-40%</b> Gin, rum, vodka & whisky	<b>Small measure (25ml)</b>	<b>Large measure (35ml)</b>	<b>Small double measure (50ml)</b>	<b>Large double measure (70ml)</b>
	1 unit	1.4 units	1.9 -2 units	2.7-2.8 units

<b>Wine &amp; Champagne</b> red, white, rose or sparkling	<b>Small glass (125ml)</b>	<b>Standard glass (175ml)</b>	<b>Large glass (250ml)</b>	<b>Bottle (750ml)</b>
<b>10%</b>	1.25 units	1.75 units	2.5 units	7.5 units
<b>11%</b>	1.4 units	1.9 units	2.8 units	8.3 units
<b>12%</b>	1.5 units	2.1 units	3 units	9 units
<b>13%</b>	1.6 units	2.3 units	3.3 units	9.8 units
<b>14%</b>	1.75 units	2.5 units	3.5 units	10.5 units

**Fortified Wine 17.5-20%**  
 Sherry & Port  
**Standard  
measure  
(50ml)**  
 0.9-1 unit

**Shots 38-40%**  
 Tequila & Sambuca  
**Small  
measure  
(25ml)**  
 1 unit  
**Large  
measure  
(35ml)**  
 1.3 units



# MOCKTAILS



MOCKTAILS are non-alcoholic cocktails that are great to drink at any party.



Avoid the worry of being affected by alcohol and stick to soft drinks, non-alcoholic wine or mocktails!

## CARDINAL PUNCH

- 4 Parts ginger ale
- 4 parts cranberry juice (or mango juice)
- 1 part lemon juice
- 2 parts orange juice

Add juices and ginger ale over ice in a tall glass. Stir with a swizzle stick and decorate with slices of orange and/or lemon.



## FIZZER

- 1 part orange juice
- 3 parts non-alcoholic sparkling wine
- slice of orange

Pour orange juice and non-alcoholic sparkling white wine into a large wine glass containing ice. Decorate with a slice of orange.



## SPLASHER

- Sparkling mineral water
- 2 slices of lemon
- 2 slices of lime
- Extra slices of lemon/lime

Squeeze juice from 2 slices of lemon and lime over ice in a tall glass. Fill glass with mineral water. Decorate with extra slices.



## HOLIDAY STOCKING

- 3 parts ginger ale
- 2 parts cranberry juice (or orange or mango)
- 1 part pineapple juice
- lemon wedges

Add ginger ale, cranberry juice and pineapple juice over ice in a tall glass. Stir with a swizzle stick and squeeze in juice of one lemon wedge. Garnish with lemon wedge.



## SUNDANCE

- 1 part white grape juice
- 1 part ginger ale
- chopped cherries

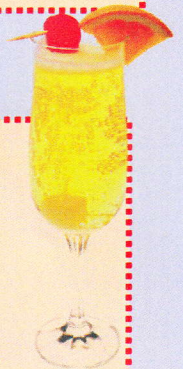
Mix ingredients with ice in a cocktail shaker. Strain into a cocktail glass. Decorate with a cherry.



## QUENCHER

- 1 part orange juice
- 1 part bitter lemon
- dash of lime
- orange, lemon and lime slices

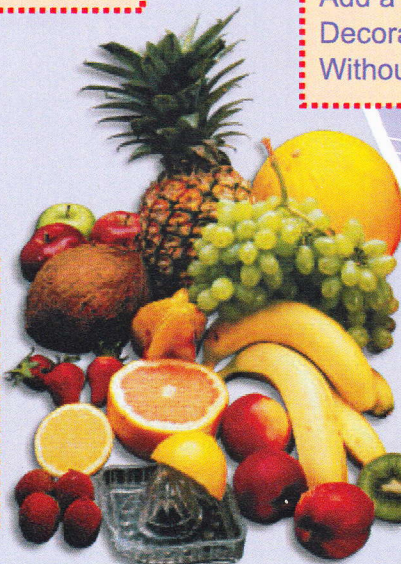
Half fill glass with chilled orange juice. Add a dash of lime. Fill up with bitter lemon. Decorate with orange/lemon/lime slices. Without the lime this is known as St Clements.



## ROCK LIME

- 1 part lime juice cordial
- 9 parts bitter lemon

Add lime cordial to ice in a glass. Fill up with bitter lemon. Decorate with lemon/lime slices.



## BITTER ORCHARD

- 2 parts apple juice
- 1 part grapefruit juice

Fill glass one third full of grapefruit juice. Top up with apple juice. Serve with ice and a slice of red apple.





1. Alcohol is a drug.
2. On average it takes one hour for your liver to process one unit of alcohol.
3. Girls who drink as much as boys are more likely to suffer from liver and brain damage.
4. Alcohol dehydrates the body.

### **WHAT DOES DEHYDRATE MEAN?**

1. Alcohol is like salt in sea water, your body would use up more water to get rid of the salt than was in the glass to begin with.
2. When you drink alcohol your body will probably use up a pint and ½ of water to get rid of the alcohol.
3. It helps to drink water between alcoholic drinks and to drink water before going to bed.
5. Eating before and between drinks helps reduce the effects of alcohol, but it will still damage your liver.
6. One unit of alcohol is equivalent to one glass of wine ½ pint of beer/lager/cider.
7. Alcohol is addictive.
8. Drinking alcohol can be a cause of road deaths.
9. Alcohol is high in calories and can make you fat.
10. Alcohol has the ability to ruin your life.

Information condensed and adapted from TACADE resources Annabel Chalk 2008

## **ROAD ACCIDENTS RELATING TO ALCOHOL**

**Common Sense !**

**Don't Drink and Drive**

1 Drink can change your judgement

**EMERGENCY  
SERVICES**

**NEVER** feel embarrassed or scared to  
make that 999 call. The emergency  
services are there to help you, **1 call could  
SAVE a LIFE**

Annabel Chalk 2008

**Young People in the UK**

- 1. Most children and young people in the UK experience alcohol before they reach their teens as a normal part of family life.**
- 2. 90% of adults drink at home at least once a week.**
- 3. Age of 11, most of young people will have tried some alcohol. Research has shown that drinking alcohol begins at 8-12 years.**
- 4. Young peoples drinking patterns are changing with trends towards drinking more alcohol on fewer special occasions. BINGE DRINKING produces intoxication- poisoning of the body and mind.**
- 5. Wales and England have the highest rates of drunkenness in Europe alongside Denmark and Greenland.**
  - a. 50% of Welsh 15 year olds report being drunk at least twice compared to 55% of English, 52% Scottish.**
  - b. The European average is 35%**

**BINGE DRINKING IS COMMON AMONG YOUNG  
PEOPLE IN THE UK AND HAS INCREASED  
AMONG FEMALES**

Condensed and adapted information from TACADE resources  
Annabel Chalk 2008

# **DANGERS OF**



# **BINGE DRINKING**

**Drinking too much alcohol can cause someone to become unconscious.**

## **IF THIS HAPPENS..**

**Dial 999** and ask for an ambulance. **NEVER** be afraid or embarrassed to contact Emergency services.

## **WHAT CAN I DO BEFORE THE AMBULANCE COMES?**

### **5 TIPS TO REMEMBER**

- 1. DON'T PANIC!**
- 2. Turn casualty onto their side.**
- 3. Lift chin forward in open airway position, adjust hand under cheek.**
- 4. Monitor their breathing**
- 5. After 30 minutes, if injuries allow, turn the casualty over to the other side.**

Information condensed and adapted from TACADE resources Annabel Chalk 2008.

**How will I know if I have an Alcohol problem?**

**Here are 10 ways to check**

**WHEN I.....**

**2. When my friends and family are always getting on my nerves and I'm always arguing with them.**

**3. Can't remember what happened last night.**

**4. Think I had sex, but I can't remember with who and if I used a condom.**

**5. Want to drink on my own.**

**6. Make excuses that I'm only drinking because I'm stressed.**

**7. Need a drink to have fun.**

**8. Borrow money to buy drink and then realise I can't pay it back.**

**9. Need more than 2 drinks to make me feel good.**

**10. Think about drinking alcohol all the time**

Condensed and adapted information from TACADE resources Annabel Chalk 2008

## **What is ALCOHOL?**

**Here are some facts:**

**1. The scientific name for Alcohol is Ethanol**

**2. It can make you feel, happy, confident and sociable.**

**3. Alcohol is also a depressant.**

## **WHAT DOES DEPRESSANT MEAN?**

It means that alcohol can slow down your brain and can make you feel low and sad.

4. **BINGE DRINKING** lessens a persons control and may lead to a person taking risks without thinking about the negative results it can have on their life:

**Aggressive behaviour.**

**Blood poisoning.**

**Sexual Transmitted Infections.**

**Unwanted Pregnancy.**

**Weight Gain.**

**Liver Damage.**

**Death.**

Information condensed and adapted from TACADE resources Annabel Chalk 2008

# **YOU ARE A PEER EDUCATOR**

## **What do I have to do?**

This is your opportunity to develop your role of

**RESPONSIBILITY**

To develop your role within the school community as a

**COMMUNICATOR**

To become a

**ROLE MODEL**

**You will need to be:**



**ENTHUSIASTIC**

**CO-OPERATIVE**

**LISTEN TO OTHERS**

**WORK POSITIVELY AS A TEAM MEMBER  
AVOID NEGATIVITY**

**BE CONFIDENT**

**ENJOY THE ROLE OF BEING A PEER EDUCATOR**

**THINK HOW YOU ARE ABLE TO HELP OTHERS BY COMMUNICATING  
YOUR KNOWLEDGE.**

**Enjoy the Experience! - Annabel Chalk**

THINK BEFORE YOU DRINK/MEDDWL CYN MEDDWI  
THEATRE IN EDUCATION  
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