

# Safer Drinking Policy Statement

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### Tips for Safer Drinking:

- Eat before you go out, or early in the evening, to reduce the effects of your drinking
- Drink water regularly during the evening and before you go to bed
- Take a break if you think the drink is hitting you too quickly
- Pace yourself with soft drinks - a tonic looks the same with or without vodka
- Don't try to keep up with friends who drink more than you - that's their choice
- Don't mix alcohol with drugs of any kind, but especially ecstasy or cocaine: it can be deadly
- If you're on medication, ask your doctor if it's safe to drink
- After a session of heavy drinking take a break for 48 hours to let your body recover
- At the start of an evening, plan how you'll get home - take phone numbers for taxis and keep enough money to pay for the journey home or agree who will drive and not drink
- Don't accept drinks from strangers
- Don't leave your drink unattended
- Don't get into an unlicensed cab or a stranger's car
- Don't get into a car with a driver who you know has been drinking or taking drugs
- Don't leave your friends to go off with someone you don't know
- Avoid walking home on your own or through dark or unsafe areas if you've been drinking
- Avoid aggressive drinkers - just walk away if someone seems to be getting too rowdy
- Carry a condom - if you have sex, make sure it's safe
- Four or five single vodkas in one evening might make you feel happy and uninhibited - but it will also push you over your daily limit and could harm your health if you drink regularly at these levels.
- If you are driving with the legal limit for alcohol in your blood, you are more than twice as likely to have an accident than if you had not been drinking. The risk is up to five times greater if you're a less experienced driver.