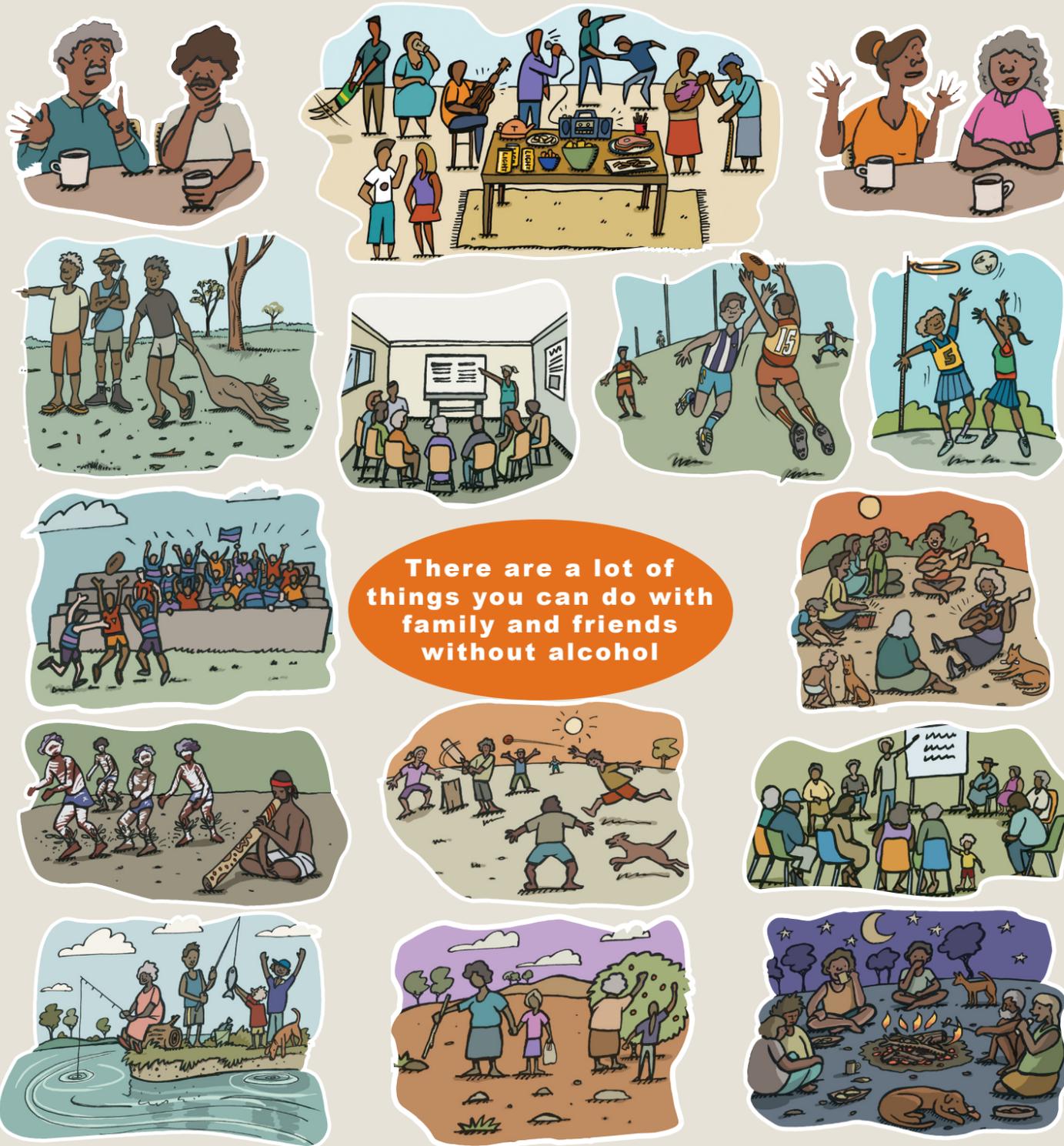


If you do choose to drink alcohol there are some things you can do to reduce harm

- Eat before drinking – a proper meal not just snack food
- Avoid salty foods – you will drink more
- Drink plenty of water to avoid dehydration
- Start with a non-alcoholic drink and make every other drink a non-alcoholic drink
- Drink slowly, pace yourself, space your drinks and put your glass or can down between sips
- Drink light beers or shandies, half measures of spirits and mix wine with soda and ice
- Count your drinks, use a standard glass and don't let people top up your glass
- Decide your limit and refuse drinks when you have reached your limit – it's your choice
- Make sure someone who is not drinking is looking after the kids
- Stay busy doing other things like dancing, singing, yarning and playing pool
- Drink in a safe place and have a plan to get home safely
- Do not drive and do not get in the car with someone who has been drinking



There are a lot of things you can do with family and friends without alcohol

For more information and help

Local Contact

Alcohol and Drug Information Service (ADIS)

ADIS can provide information about culturally secure alcohol and drug services in your area. They can also provide other information, counselling and advice for people concerned about their own or another's alcohol and drug use. This is a 24 hour, state wide, confidential telephone service.

ADIS: (08) 9442 5000
Toll free: 1800 198 024

Parent Drug Information Service (PDIS)

PDIS provide confidential telephone support, counselling, information, and referral services for parents.

Telephone: (08) 9442 5050
Toll free: 1800 653 203

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Strong Spirit Strong Mind

Aboriginal Ways of Reducing Harm
From Alcohol and Other Drugs
Reducing Risk

New alcohol drinking guidelines

HP10389 MARCH 2010



Drinks contain different amounts of alcohol. The standard drinks symbol shows approximately how much alcohol each type of drink contains. Different brands can contain different amounts so it is always a good idea to check the label.

<p>1.5</p>  <p>Full Strength Beer 375ml 4.9% Alc/Vol</p>	<p>1</p>  <p>Mid Strength Beer 375ml 3.5% Alc/Vol</p>	<p>0.8</p>  <p>Light Beer 375ml 2.7% Alc/Vol</p>	<p>1</p>  <p>Middy Full Strength Beer 285ml 4.9% Alc/Vol</p>	<p>0.7</p>  <p>Middy Mid Strength Beer 285ml 3.5% Alc/Vol</p>	<p>0.5</p>  <p>Middy Light Beer 285ml 2.7% Alc/Vol</p>	<p>1.5</p>  <p>Pre-mix Spirits 375ml 5% Alc/Vol</p>	<p>1.5</p>  <p>Alcoholic Soda 340ml 5.5% Alc/Vol</p>
<p>1</p>  <p>Spirit Nip 30ml 40% Alc/Vol</p>	<p>22</p>  <p>Bottle of Spirits 700ml 40% Alc/Vol</p>	<p>0.9</p>  <p>Port/Sherry Glass 60ml 18% Alc/Vol</p>	<p>1.5</p>  <p>Sparkling Wine/ Champagne 170ml 11.5% Alc/Vol</p>	<p>1</p>  <p>Wine 100ml 12% Alc/Vol</p>	<p>1.8</p>  <p>Wine - Full Glass 180ml 12% Alc/Vol</p>	<p>7</p>  <p>Bottle of Wine 750ml 12% Alc/Vol</p>	<p>38</p>  <p>Cask Wine 4 Litre 12% Alc/Vol</p>

What is alcohol?

- Alcohol is a depressant. It slows down your brain and this affects the way you think, feel and behave.
- Alcohol is a very strong drug and can be toxic.
- Beer, wine, spirits or hard liquor, liqueurs, ports, sherries and homebrew all contain different amounts of alcohol.
- The more alcohol a drink contains the stronger it will be.
- Large quantities of alcohol are poisonous but small amounts will not harm most healthy adults.

How alcohol works

When you drink alcohol it gets into your bloodstream, it circulates around your body and some goes to your brain.

Alcohol slows down your brain and affects the way it carries messages. It also affects how your brain talks to other parts of your body. At first you might feel relaxed and happy.

At the same time your liver is working really hard to break down the alcohol and clear any toxins out of your body. A healthy liver can break down about one standard drink per hour. If you are drinking faster than your body can get rid of the alcohol you will get increasingly drunk, and the alcohol may begin to cause some damage.

That is why it is really important to take it easy and not drink more than the recommended amounts.

What is a Standard Drink?

If you drink it is important to keep track of how much alcohol you are drinking. Standard drinks can help you to work this out, because a standard drink measures the amount of pure alcohol in a drink, not the amount of liquid.

One standard drink contains about 10grams of pure alcohol.



Each of these drinks is a standard drink, they all contain about 10grams of pure alcohol.



30ml nip spirits = 100ml wine = 375ml mid strength beer = **One standard drink**

All cans and bottles that contain alcohol should have a label which tells you approximately how many standard drinks they contain.

Following the new guidelines can help you reduce the risk of harm from drinking alcohol

Some risks from drinking alcohol are alcohol-related injuries such as road trauma, violence, falls, burns and other accidents. To reduce these risks, if you are a healthy man or woman you should not have more than 4 standard drinks on any single occasion.

Some of the health risks from drinking alcohol build up over your lifetime. This means the more you drink the greater the risk. To reduce your risk of alcohol-related disease or injury over your lifetime you should not drink more than 2 standard drinks on any day.



These guidelines do not apply to young people. Under the age of 18 drinking alcohol is not safe. Do not drink alcohol if you are pregnant or planning a baby because alcohol can cause permanent harm to your unborn child. If you are taking medications, or have physical or mental health conditions you should check with your doctor whether it is safe for you to drink alcohol.

You should not drink alcohol alone, when planning to drive, operate machinery, or do things like hunting, fishing, boating, and going bush. Alcohol will affect your judgement and your performance, and you may put yourself and other people at risk.