

Spring Edition

April 2021

Risks of Excessive Alcohol Use:

Health officials have told us that there are many reasons why teenagers shouldn't drink alcohol and why even adults should drink in moderation.

Most people know about the risks to your liver but did you know it can also cause cancer to the mouth, throat, stomach, bowel and increases the risk of breast cancer in women.

Sometimes drinking alcohol can make people stop thinking about their problems but in reality they are likely to get worse, particularly your finances, relationships, ability to work or go to education.

Alcohol can also seriously impact on young people's brain development – meaning that they may struggle with their memory and ability to do certain things when they get older.

Street Safety

This newsletter has features about how to stay safe, particularly when out and about in the local community. After what feels the longest winter ever in another lockdown, the light evenings and warm weather may tempt people to go a bit "wild". We know that things like drinking alcohol in parks and open spaces can increase during Spring/Summer.



It doesn't take much for things to go wrong, whether that be drinking too much, using other drugs, being involved in an accident, doing something you may regret later. Follow our 5 golden rules to stay safe:



Avoiding alcohol -if you don't drink you will feel happier and healthier and less likely for something to go wrong when you are out with friends



Let someone know where you are and who you are with. If something happens to you are you sure that your friends will help you?



Avoid hanging around anywhere where there is no lighting or near water (canals, lakes etc), there is a greater risk of being hurt or injured in these places



Always know how you are going to get home, particularly if you are in a different place not near your home. If you have a mobile phone make sure it is charged before going out, know bus times or arrange a time for someone to pick you up



If you do decide you are going to drink alcohol, don't drink high volume drinks like vodka or other spirits, drink slowly and in small amounts. Remember that there are no safe drinking levels for young people. Even small amounts can have a serious effect



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Information for Parents:

We recently asked a number of parents if they would like to take part in a session to talk about tips and tools to talk to their kids about the risks of alcohol and other drugs.

Most of the parents who replied said they would like a meeting over Zoom or Teams. If you'd like to get involved in this please contact us for more information either by the phone number or email above

Try our alcohol quiz:

1. Which contains the most alcohol:	
a. Half a pint of low strength lager	<input type="checkbox"/>
b. One shot of vodka	<input type="checkbox"/>
c. They both contain the same amount	<input type="checkbox"/>
2. Alcohol can affect which emotions:	
a. Crying and being upset	<input type="checkbox"/>
b. Aggression and violence	<input type="checkbox"/>
c. Happy and carefree	<input type="checkbox"/>
d. All of the above	<input type="checkbox"/>
3. What else can alcohol affect:	
a. Your body	<input type="checkbox"/>
b. Your perceptions	<input type="checkbox"/>
c. Your judgement	<input type="checkbox"/>
d. Your personality	<input type="checkbox"/>
e. All of the above	<input type="checkbox"/>
4. What are safe drinking levels for adults in the UK?	
a. They can drink as much as they want	<input type="checkbox"/>
b. 5 bottles of wine or 20 cans (approx. 50 units)	<input type="checkbox"/>
c. 3x 70cl bottles of vodka (120 units)	<input type="checkbox"/>
d. (14 units) no more than 7 small glasses of wine or cans of lower strength beer	<input type="checkbox"/>
5. What are the safe drinking levels for young people in the UK?	
a. Same as adults	<input type="checkbox"/>
b. There are no safe drinking levels for under 18's	<input type="checkbox"/>
6. It is illegal for shops to sell alcohol to young people under 18?	
a. True	<input type="checkbox"/>
b. False	<input type="checkbox"/>
7. Young people are more likely to do the following things if they have been drinking alcohol:	
a. have unprotected or unwanted sex	<input type="checkbox"/>
b. get involved in a fight or be a victim of a crime	<input type="checkbox"/>
c. have an accident and injure themselves	<input type="checkbox"/>
d. do something that they wouldn't normally do	<input type="checkbox"/>
e. wet themselves or do something embarrassing	<input type="checkbox"/>
f. All of the above	<input type="checkbox"/>
8. Young people are influenced to drink alcohol for which of the following reasons:	
a. Friends	<input type="checkbox"/>
b. Parents or carers	<input type="checkbox"/>
c. Film, TV and social media	<input type="checkbox"/>
d. All of the above	<input type="checkbox"/>

Be Street Smart: Always be aware of where you are and who else is around. It's very easy for you to think that you are in control of what's going on, but alcohol can change your perceptions and lower your reactions to things.