



## THIRSTY FOR MORE?

Visit Youthline's URGE website at [www.urge.org.nz](http://www.urge.org.nz)

ALAC, the Alcohol Advisory Council, is here to advise on how New Zealanders can be safer around alcohol. There's lots of information on our website at [www.alac.org.nz](http://www.alac.org.nz)



### Where to go for help

If you have any questions about alcohol or drinking – or if you're worried about someone else's drinking – you can call the Alcohol Helpline on 0800 787 797. It's totally confidential and free to call from anywhere in New Zealand between 10am and 10pm.

AL301/Sep04

ALCOHOL ADVISORY COUNCIL OF NEW ZEALAND  
Kaunihera Whakatupato Waipiro o Aotearoa



## SERVING

SOBERING FACTS - WHAT ALCOHOL DOES

### Different bodies are affected differently

The smaller you are, the harder alcohol hits you. That's why alcohol often affects young people more quickly.

Women have less water in their bodies so get hit faster by alcohol. It's worse at period time or if they're on the pill.

Pregnant? Don't drink. It can harm the baby permanently.

### Liver

The only thing that can break the alcohol down into things your body can get rid of – water and CO2. Your liver can only process alcohol at one standard drink an hour. Hot drinks, cold showers, throwing up or exercising won't speed the process up.

### Kidneys

Alcohol puts your kidneys into overdrive. You urinate more often, drying out your body. That's why you get the 'dry horrors'.



## THE INSIDE STORY

### Why drink when you're not thirsty?

Alcohol is a sedative-depressant. Moderate amounts can relax you, make you feel more sociable – which is why many people choose to drink and enjoy drinking responsibly. But too much alcohol can drag you down and stop you thinking straight. You may throw up, lose control, and not be able to speak properly.



### How alcohol works on your body

1



#### Stomach

First stop, but only briefly. Stomachs aren't good at breaking down alcohol so most goes straight into the bloodstream.

2

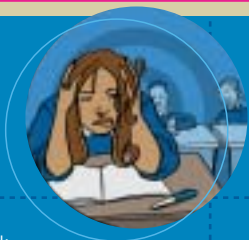
#### Bloodstream

Within minutes, the bloodstream sends alcohol around your body.

3

**Central nervous system and brain**  
Very quickly, alcohol gets to the central nervous system and the brain, slowing them down.

✗ You can get pushed into sex you don't want when you're out of it. Or, sex without a condom that can mean pregnancy or a sexually transmitted disease.



✗ Your performance at school or work can suffer.

✗ It can also cause alcohol poisoning, when key parts of your brain literally shut down. That can kill you.



✗ Drinking can make you stropky and violent.

✗ Heavy drinking long term can permanently damage organs like your stomach, liver or brain. You could get so used to alcohol you can't do without it. Your health suffers and drinking rules your life.



### How can you tell?

A standard drink measures the amount of alcohol – not the amount of liquid – in what you're drinking. Each standard drink has the same amount of pure alcohol in it – whether it's a standard glass of wine or a standard glass of spirits.

To make it easy for you to work out how much you're drinking, every bottle or can in New Zealand has a standard drinks label on it. This shows approximately how many standard drinks are in each bottle or can.

Look on the label to see how many standard drinks are in what you're drinking.



CONTAINS APPROXIMATELY 40 STANDARD DRINKS

CONTAINS APPROXIMATELY 1 STANDARD DRINK

CONTAINS APPROXIMATELY 7.1 STANDARD DRINKS

## Know the risks



- ✘ Too much alcohol can make you blackout and forget what happened the night before. It's not just embarrassing, it's dangerous.



- ✘ Drinking and hangovers kill your fitness.
- ✘ You might be encouraged to do stunts where you could get injured – or risky things like walking home at night, when you could get beaten up or raped.

- ✘ Breakups with your boy/girlfriend/family/friends? People can't be bothered with people who constantly drink too much.



**Different drinks...**  
Drinks have different amounts of pure alcohol in them. The more pure alcohol, the less it takes of that drink to make you feel out of control.

**Different drinkers...**  
Some people choose not to drink. Others drink in different ways. One pattern that is increasingly common in New Zealand is binge drinking – drinking a lot at one time.



**SO, WHAT? IT BE?**



- You can:**
- ✘ Drink in a private home or at a private function like a family BBQ, wedding or 21st.
- You can't:**
- ✘ Drink in a public place. You could be fined up to \$200. If you're found drunk you could be kept at the Police Station until you sober up.
  - ✘ Go into pubs and bars – fines of up to \$200 for you, \$2,000 for the server, \$10,000 for the bar.
  - ✘ Buy alcohol or get an adult to buy you alcohol – \$200 to \$2,000 fine for each of you.
  - ✘ Carry a fake ID or use someone else's – a fine of up to \$2,000 and the risk of being arrested because it's fraud.

**If you are under 18 without your parent or guardian, the law says:**





## KEEPING IT LAWFUL

### If you're under 18 and with your parent or legal guardian, the law says:

#### You can:

- × Go into supervised areas of bars and pubs. Most bars have them, but to be sure, you need to check the licence.
- × Drink in a public place, except where there is an alcohol ban.



### Who's a legal guardian?

A parent or legal guardian is not another family member like an aunt, uncle, older brother or sister, older boyfriend or girlfriend, sports coach or anyone else acting temporarily in the place of a parent.

### Over 18? Prove it

To go into pubs or bars you need to be able to show photographic proof of your age. That can be:

- × New Zealand or overseas passport.
- × Photographic New Zealand driver's licence.
- × The 18+ card distributed by HANZ (the Hospitality Association of New Zealand).

### The law on driving

The law says if you're under 20 you must not drive with more than 30 milligrams of alcohol per 100 millilitres of blood. It doesn't take much to reach this level. There's only one really smart option: if you drink, don't drive.