

help and advice about drinking alcohol

If you want more information or advice, you can get in touch with the Under 19s Substance Misuse Service.

Phone: 01323 841470

Email: U19SMS@eastsussex.gov.uk

what will happen?

We will explain how we work so you always know where you stand.

We will arrange an appointment and work out how alcohol is affecting your life.

Finally we'll draw up a plan together on how to support you.

under 18 and drinking alcohol?

www.connexions360.org.uk



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know the facts

Doctors are clear about what's best for your health when it comes to alcohol:

- You shouldn't drink alcohol before 15 and ideally not until you're 18.
- If you do drink it should only be now and again and no more than once a week. It should be with the guidance of an adult.
- You should drink less than the recommended daily number of units for adults. This is less than 2 cans of lager for men or 2 alcopops for women.

alcohol and the law

- It's illegal for you to drink in a pub or a bar but 16 or 17 year olds can drink beer, wine or cider with adults during a meal out.
- It's illegal for you to attempt to buy alcohol, and for adults to buy it for you. Adults may give you some of their own alcohol to try at home.

tips to stay safe if you drink

- Eat before you drink alcohol and drink soft drinks in between alcoholic drinks.
- Never leave one of your friends alone and if someone has passed out call 999 at once.
- You should never feel pressured into having sex, but if you think you might have sex, carry and use a condom.
- Plan how you're going to get home and put money aside for a taxi.