

# 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](mailto:U19SMS@eastsussex.gov.uk)

## what will happen?

We will explain our confidentiality policy to you over the phone 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.

# alcohol

# information for young people aged 11+

[www.connexions360.org.uk](http://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 think about before you try drinking alcohol

Drinking alcohol can put you in unsafe places with untrustworthy people. Make yourself aware of the risks before you touch alcohol. Talk to people you trust about alcohol.

Remember that not all young people drink alcohol. In fact, more and more young people are choosing not to drink at all.

## be prepared

If you're with friends who are drinking, you might feel pressured to join in. Be confident with people and say that you are not drinking. You don't have to explain yourself or lie, but it's just as well to have a few good reasons prepared:

- Say that you're feeling unwell and don't want to make it any worse.
- Say that your parents won't let you drink.
- Say that you don't like the taste of alcohol – many people, including many adults, are like this.