

RESPONSIBLE DRINKING

What Can Happen If I Drink Too Much?

Intoxication is a state when a person's physical or mental ability is impaired.

When you have had too much to drink, you will show the effects of alcohol on your body.

You might get sick and throw up. This is not a good feeling, especially when you are in a public place. It's not a comfortable feeling to be sitting on the floor of a public washroom paying homage to the porcelain bowl (assuming you make it to the toilet).

This can be an embarrassing situation that everyone else is more likely than you to remember the next day.

You may start to lose control of your inhibitions, exercise poor judgment and risk insulting or fighting with others.

Don't take the chance of being banned from pubs for the year or losing the respect of your friends.

If you have overindulged and have been lucky enough to escape other harm, consider the inevitable hangover you'll have to deal with the next morning.

Individual reactions to alcohol will vary.

It's important to realize the effect that alcohol is

having not only on your behavior, but also on your body.

Signs that should tell yourself and others that you are becoming intoxicated include bloodshot eyes, when your speech is slurred or your voice changes inappropriately for the present situation.

The deterioration of your fine motor control skills may cause you to have trouble picking up change, removing identification or money from your wallet or fumble with your cigarettes.

The more you drink the less alert you are, which causes you to take too long to respond to questions or react to events.

Dispelling the Myths About Drinking

Coffee will not sober you up.

The only way to sober up is for your body to eliminate the alcohol in your system.

Your liver breaks down alcohol at a rate of more than one drink per hour, depending on your size, gender and amount of alcohol consumed.

Coffee is a stimulant and will make you feel more awake, but it will not increase the rate at which your liver functions.

A drink won't make you feel better.

A drink will make you feel relaxed and you may lose some of your inhibitions

because alcohol initially stimulates your central nervous system.

But alcohol is a depressant.

In large quantities it can cause memory loss, impaired muscle co-ordination and loss of balance.

Consuming even larger quantities of alcohol can result in alcohol poisoning.

It is dangerous to drive even after just one drink.

Alcohol gets to the part of the brain that affects behavior.

It also weakens your memory, co-ordination, and perception as it interferes with your brain's ability to control muscles.

Drinking can be dangerous because the effects of alcohol can cause you to use bad judgment and take risks.

Your eyes also have a hard time adjusting to the dark, can you really drive a car when you can't see straight?

Experienced drinkers don't know how to "hold" their booze better.

Have you ever wondered why you feel a buzz after two drinks, but others don't seem affected at all?

Experienced drinkers have built up a

tolerance to the effects of alcohol on their bodies.

As a result, they can drink more without showing signs of intoxication.

Their bodies have adapted to the presence of alcohol in their system and have become less sensitive to it.

As a result, they tend to drink even greater amounts in order to feel the effects of alcohol.

Alcohol is not a sexual stimulant.

While alcohol may stimulate interest in sex, it interferes with the ability to perform.

Drinking and sex don't mix.

Remember that some of the other effects of alcohol are loss of inhibitions, risk taking and using bad judgment.

Don't make a decision when you've been drinking that you wouldn't make sober.

Different But Equal

The size of a drink is not necessarily an indicator of its alcohol content.

What is important is the amount of ethanol or ethyl alcohol that is contained in the drink.

Although drinks vary in size, they all contain

approximately the same amount of alcohol.

The relative alcohol content in beer, wine, and spirits is compared in the standard serving size.

Comparable amounts of alcohol can be found in one 341mL bottle of regular bottled beer, one 142mL glass of 12% wine, and one 43mL serving of pure alcohol spirits.

Understanding the "standard drink" is important because it allows you to monitor how much you've had.

Remember the effects of the alcohol will be the same whether the "standard drink" is consumed as beer, wine, or spirits.

Keep in mind that there are some drinks that contain more alcohol than others, for example, 'hard' lemonade, and strong beers have significantly more alcohol by volume, and lite beers have less.

Know your limits and be aware of how different drinks will affect you in different ways!

Responsible Drinking Tips

- Eat before you start drinking.
- Pace your drinking by setting a time limit on how much you drink (example: 1 drink an hour); plan the number of drinks you'll have, or

alternate an alcoholic drink with a non-alcoholic drink.

- Choose lower-strength drinks or use more mix and less alcohol in your drink.
- Plan ahead of time for safe transportation home. Use a taxi or have a designated driver.
- Respect another's choice not to drink.
- If someone in your group decides not to drink, support them by buying their non-alcoholic beverages for them.