

Drink spiking

Drink spiking is a real risk. When a drink has been spiked it means that alcohol or another drug has been added to the drink without knowledge or approval. The consequences of drink spiking is that you are at risk of sexual assault (date rape), robbery or violence.

The most common drug used for date rape is **alcoholic spirits**. Tranquilisers and sedatives are also commonly used. These can be particularly dangerous because they cause major breathing problems which need immediate medical attention.

It is important to never go out alone, always make sure you and your friends keep an eye on each other, and never leave your drink unattended.

If you suspect your drink has been spiked, seek help immediately by phoning 000

Long term effects

Excessive alcohol use over a long period of time can lead to physical and psychological dependency on alcohol. A long term drinker, will become used to functioning under the influence of alcohol, and this can become a real problem when trying to cut down. Excessive alcohol use will cause damage to major organs of the body including the brain, liver and the kidneys. Other implications may be problems in the home, with friends, finances, school or work and relationships. Drinking is also linked to depression.

DIRECTIONS ACT offers a wide range of programs for people who use drugs and their families, and the wider community:

- Party Safe
- Resources
- Support Groups
- Primary Health Care
- Counselling Services
- Arcadia House Detox and Transition Program
- Community Education
- Althea Wellness Centre
- Treatment Support Service
- Needle and Syringe Program
- Community Health Promotion
- Inside Out Throughcare Program.

How can we help?

DIRECTIONS ACT also host a number of support groups to assist people and their families, who have concerns with alcohol use.

- SMART Recovery
- COMPASS Family Support
- Alcoholics Anonymous and Al-Anon

DIRECTIONS ACT

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Disclaimer: This resource is not to be distributed in schools from years K to 10

DIRECTIONS ACT

ALCOHOL

Fact Sheet



What you should know about alcohol

Alcohol

Alcohol is a major cause of drug related deaths in Australia, second only to tobacco. Each year in Australia for people aged 15 years and older, approximately 3,400 people die and 80,000 are hospitalised due to alcohol consumption.

The effects of alcohol

The effects of alcohol will vary for each individual. The following factors can influence the person's level of intoxication:

- how much alcohol is consumed
- how quickly alcohol is consumed
- the person's mood
- age, sex and body weight
- how regularly alcohol is consumed
- other drugs that have been consumed
- food and water intake before and during alcohol consumption.

Drinking small amounts can result in the person feeling more confident and relaxed. In larger amounts, people may experience problems with:

- coordination
- confusion
- slurred speech
- blurred vision
- dizziness
- nausea
- vomiting
- passing out.

Risk taking behaviours

Alcohol can intensify negative emotions and is often linked to high risk behaviours.

After consuming alcohol, people's inhibitions are lowered and they are more likely to put themselves or others in dangerous or regrettable situations. This can include:

- drink driving
- unsafe sex
- risk of physical and sexual assault
- poor decision making.

Violence is not appropriate in any situation. If alcohol contributes to a person becoming violent, they should think about changing their drinking habits.

Safer drinking

Alcohol is a toxic substance. When drinking alcohol it's a good idea to:

- be responsible and drink safely
- eat a decent meal before drinking
- drink water between alcoholic drinks
- Follow the recommended consumption guidelines.

The guidelines for safe drinking is 1 standard drink per day for women and 2 standard drinks per day for men. A standard drink contains 10gms of pure alcohol, examples are:

- 375ml of light beer (stubby or can)
- 285ml of full strength beer (middy)
- 100ml red or white wine (small glass) *
- 30ml spirits.

* A large glass of wine may hold 2 or more standard drinks.

**It is important to never drink alone,
and if you drink, DON'T drive**

Binge drinking

Binge drinking is a serious issue. People are more likely to put themselves or others in dangerous situations, such as an assault, injury, drowning and car crash. In addition binge drinking may result in embarrassing behaviour which people regret later.

It is important not to mix alcohol and other drugs because of negative interactions. It is difficult to gauge how much has been consumed. In particular people using alcohol and other drugs are at more risk of overdose or underestimating their level of intoxication.

If you are going to drink it is wise to plan how you are going to get home. Make sure you have enough money to get a taxi or bus, or organise someone in the group to be designated driver.

**For more information call 6122 8000
or visit our website
www.directionsact.com**

