

## SECTION 7

### RESOURCES SUITABLE FOR OLDER STUDENTS (16+)

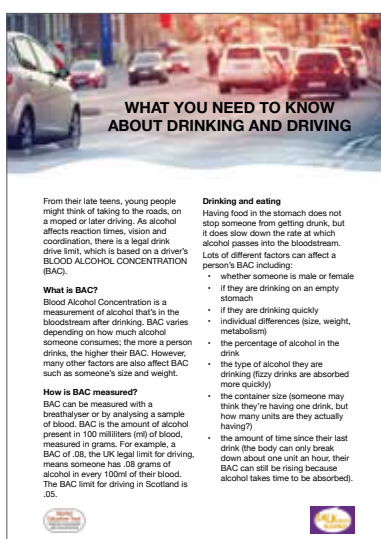
As teenagers get older, they lead more independent lives and may learn to drive. It becomes increasingly important that they are aware of the long term consequences of breaking the law and know how to enjoy themselves responsibly at parties and in pubs and clubs while staying safe as they approach the age of 18.

In this edition we have included resources covering cannabis and poly use for the first time as we are asked for this information consistently.

All pdfs are available as downloads from the 16 + teacher area of [alcoholeducationtrust.org](http://alcoholeducationtrust.org).

There is also a full colour leaflet, **Alcohol and you** for those aged 15+ available to order from [kate@alcoholeducationtrust.org](mailto:kate@alcoholeducationtrust.org) or it can be downloaded from the 16+ page of our website, along with all other 16+ resources and additional information for teachers - [alcoholeducationtrust.org/teacher-area/16plus/](http://alcoholeducationtrust.org/teacher-area/16plus/)

Alcohol Education Trust specialist staff also provide workshops and assemblies for 16+ please contact [kate@alcoholeducationtrust.org](mailto:kate@alcoholeducationtrust.org) to find out more.





## WHAT YOU NEED TO KNOW ABOUT DRINKING AND DRIVING

From their late teens, young people might think of taking to the roads, on a moped or later driving. As alcohol affects reaction times, vision and coordination, there is a legal drink drive limit, which is based on a driver's **BLOOD ALCOHOL CONCENTRATION (BAC)**.

### What is BAC?

Blood Alcohol Concentration is a measurement of alcohol that's in the bloodstream after drinking. BAC varies depending on how much alcohol someone consumes; the more a person drinks, the higher their BAC. However, many other factors are also affected BAC such as someone's size and weight.

### How is BAC measured?

BAC can be measured with a breathalyser or by analysing a sample of blood. BAC is the amount of alcohol present in 100 milliliters (ml) of blood, measured in grams. For example, a BAC of .08, the UK legal limit for driving, means someone has .08 grams of alcohol in every 100ml of their blood. The BAC limit for driving in Scotland is .05.

### Drinking and eating

Having food in the stomach does not stop someone from getting drunk, but it does slow down the rate at which alcohol passes into the bloodstream. Lots of different factors can affect a person's BAC including:

- whether someone is male or female
- if they are drinking on an empty stomach
- if they are drinking quickly
- individual differences (size, weight, metabolism)
- the percentage of alcohol in the drink
- the type of alcohol they are drinking (fizzy drinks are absorbed more quickly)
- the container size (someone may think they're having one drink, but how many units are they actually having?)
- the amount of time since their last drink (the body can only break down about one unit an hour, their BAC can still be rising because alcohol takes time to be absorbed).

### More about individual differences

One person might have a higher or lower BAC than someone else who has drunk the same amount. This can be due to variables such as:

- whether they are of smaller or larger build
- whether they are female or male
- their proportion of body fat (body fat does not absorb alcohol)
- their metabolic rate (affected by diet, digestion, fitness, emotional state, hormonal cycle, time of day, year etc).

The use of other drugs won't affect BAC, but may 'mask' the effect of alcohol, making someone feel more sober than they really are.

A number of factors can lead to a woman having a higher BAC than a man, even if she has had the same number of drinks; women's bodies have less water and more fatty tissue than men's, so the alcohol in the water in their system is more concentrated. Men also make more of a protective enzyme that breaks down alcohol.

### Thinking distance

Alcohol's effect on the brain slows down a person's reaction times - they take longer to respond to hazards. So, if a cat ran in front of a car or motorbike, the delay between a driver seeing it and putting their foot on the brake is greater after drinking. The extra distance travelled in that time is called the 'thinking distance'. Each drink can increase the 'thinking distance' by 20%.

### Driving

The risk of someone being in an accident increases by:

- 2 times for drivers with a BAC of .05
- 4 times for drivers with a BAC of .08
- 20 times for drivers with a BAC of .15.

Drivers who have been drinking underestimate the distance and speed of other vehicles on the road. Their vision is affected, slowing reaction times further. Drivers who've been drinking overestimate their ability.

### Don't be tempted

If a driver exceeds the legal limit, they face a fine of up to £5,000, six months in prison and having their licence taken away for a year. Causing a serious accident or death through drink drive means up to 14 years in jail and a two year driving ban!

Did you know, that if someone has a criminal record, they can't go to the US? Never mind the law, nobody would forgive themselves if they injured another person seriously - and it's much more difficult to get car insurance or a good job with a driving conviction.

There is a very good website that explains that many drivers are unaware of how they can still be over the drink drive limit the morning after a night out. If 10 units of alcohol have been drunk (5 double vodkas, or four cocktails) it will take 10 hours for all the alcohol to leave the bloodstream - one unit an hour.

[morning-after.org.uk](http://morning-after.org.uk)



Finally... don't ever accept a lift from someone who is over the drink drive limit and do everything possible to persuade that person not to drive - it could be save their life or someone else's.

What you need to know about drink driving 2





## Top Tips for staying safe if you plan to drink



Here are some tips to help stay in control and have a good time.

### A quick bite

It's very tempting, especially if going out straight from college or work, to not eat. However, having a quick sandwich or bowl of cereal before going out will slow the absorption of alcohol into the blood stream. It's best to try to limit rounds of drinks to 2 or 3 friends. In larger groups, someone might be tempted to say yes each round to get their money's worth! If someone is in a big group and others are drinking faster - or more than they want, it would be better to skip a round, go and sit down, have a dance or opt out, rather than to keep drinking.

### Look out for each other

It is important that friends look out for each other. Surveys show that over 30% of people have taken risks or got into an uncomfortable situation by either going home after a night out on our own or with a stranger. Don't risk it! Also, avoid leaving your drink unattended in bars and clubs and accepting drinks from complete strangers. (See the drink spiking factsheet on [alcoholeducationtrust.org/wp-content/uploads/2018/03/drink\\_spiking\\_sheet.pdf](http://alcoholeducationtrust.org/wp-content/uploads/2018/03/drink_spiking_sheet.pdf)).



wine at 14% will be nearly 4 units.

Home pours of drinks are usually much bigger than pub measures, so with spirits have a long mixer and plenty of ice. Also watch out for 'top ups' - it's possible for someone to kid themselves that they're still on the same drink - They should finish their glass first before having another drink, so it's easier to keep track of units.

### Pacing

If someone is planning to be drinking over several hours - either out on the town or at friends', they could drink much more than they realise. A great way to stay on top is either not to drink at all or to alternate soft drinks or water with each alcoholic drink. Alcohol is dehydrating, so water or long refreshing pacers make a big difference - especially if someone is dancing and using energy!

### Someone may have alcohol poisoning if:

- they are breathing less than twelve times a minute or stop breathing for periods of ten seconds or more
- they're asleep and they can't be woken up
- their skin is cold, clammy, pale and bluish in colour.

If someone has suspected alcohol poisoning, treat it as a medical emergency - call an ambulance and stay with the person until help arrives.

### Is it worth it?

Someone is far more likely to be involved in an accident, a fight, be robbed or assaulted or to get in trouble with the police if they get drunk. If someone ends up with a criminal record, it affects their chances of a good career and they could lose their driving licence through letting things get out of hand.

Even drinking to get drunk occasionally can have serious consequences. It affects a person's judgement and can increase risky behaviour, which could result in:

- injuries and accidents
- unsafe sex, which could result in sexually transmitted infections and unplanned pregnancies
- you being robbed or going home with a stranger
- fights, arguments and relationship problems
- getting into trouble with the police and getting a criminal record.



### If it all goes wrong

Drinking very large amounts in one session can lead to alcohol poisoning, unconsciousness, coma or even death. If it all goes wrong, it's essential to get emergency help...

### If someone loses consciousness after drinking too much, here's what to do:

- keep them on their side with their head turned to the side (the recovery position).
- make sure they're breathing and their mouth and airways are clear.
- if they stop breathing, start mouth to mouth resuscitation.
- loosen any tight clothing that might restrict their breathing.
- keep them warm (but not too hot) - with blankets or a coat.
- call an ambulance but don't leave them... ask someone reliable to phone the ambulance.

### If someone vomits:

- try to keep them sitting up
- if they must lie down, make sure they're in the recovery position and that their mouth and airway are clear
- if they begin to choke, get help immediately
- don't leave them even if the sight or smell of someone vomiting is hard to bear. Alcohol poisoning is extremely dangerous. It can lead to a coma and in extreme cases, death. The amount of alcohol it takes to cause alcohol poisoning depends on many factors, including size, weight, age and so on. Teenagers and inexperienced drinkers are particularly vulnerable.

### Plan how to get home before going out

If there's no designated driver or lift arranged, have the number for a reliable taxi or know the times of public transport and keep aside enough money to get home safely. If walking home, don't walk through unlit or unsafe areas and never walk home alone. Have a fully charged phone and tell someone at home where you are going.

### Party planning

When having a party, the host will want friends to have a great time, naturally. However, they also want to be a responsible host too, so here are some simple tips to make sure everyone has a good time without things getting out of hand.

- If alcohol is served, keep an eye on the size of measures – don't be too generous and try to stick to pub measures and smaller glasses.
- Offer plenty of water and alcohol free alternatives.
- Serve food – it really helps to soak up the alcohol.
- Watch the strength of mix in home made cocktails – use plenty of ice and mixers.
- If people have had a bit too much to drink, encourage them (very nicely) to have a soft drink. Tell a 'white lie' – like the beer has run out!
- Keep a special eye out for young people and make sure they're OK.



- Make sure everyone can get home safely, using a designated driver, public transport, or taxi.
- Have taxi phone numbers available and if at all possible pre-book.
- As host, set a good example and drink in moderation.

### Safer Summer Holidays

When going away for sun, sea and fun, have a great time – just try and remember these simple tips.

- If travelling by air, especially on long flights try not to be tempted to drink too much, even if it is free! Water and soft drinks are a better choice as both alcohol and altitude are dehydrating.
- Because alcohol is dehydrating, and the heat of the sun makes it worse, it's important to drink at least a litre of water a day.
- Don't let drink lead to risky situations, with strangers, swimming pools or unknown places.
- Mixing drink with sports, from volleyball to rock climbing, can lead to injuries. So play it safe. Likewise, midnight swimming and drinking is never advisable.
- When going out in the car, decide beforehand who's going to be the designated driver. It's their job to make sure everyone gets home safely.
- Bars abroad often serve larger measures of spirits than at home so just two vodkas could be the same as four or five at home.
- Lather on the sun lotion when relaxing in a beer garden, on the beach, or at a BBQ. A combination of hangover and sunburn is enough to spoil anyone's holiday.



- In some countries, alcohol is restricted or banned. Consult a guidebook or travel agent before travelling, and respect local laws and customs. Apart from being common courtesy, ignoring advice can lead to serious punishment.
- When waiting for a flight at the airport don't drink too much as people who appear drunk may not be allowed to travel.
- Many insurance companies won't pay up if someone has an accident after drinking too much.
- It is important to check drink drive limits when abroad as they may be lower. Most of Europe has a BAC limit of 0.05 (Sweden 0.02 and Hungary zero) – and in the US it is illegal for anyone under 21 to have any alcohol in their blood if they're driving.
- Don't risk spending the holiday behind bars – nominate one amongst the group to be the designated driver before going out, book a taxi, or use public transport.

### Festivals

- Make sure to go with friends who can be relied on – stick together and have regular meet up times during the day and evening. Take plenty of sun cream, wellies, waterproof and a hat.
- Food and drinks can be expensive, so take light things like cereal bars, dried fruit, frozen water and milk (keeps other stuff cool for a while). Don't take

anything valuable – take a cheap phone with a long battery life and a wind up or solar charger.

- Just because it's a party atmosphere, don't trust strangers or be tempted to try things they may offer you.

### Top tips for the morning after

If in spite of their best intentions someone ends up drinking more than they should, there are a few things which can ease the morning after.

- Drink as a lot of water before going to sleep, and putting some beside the bed too.
- Take an antacid to settle the stomach.
- Alcohol is a depressant, so tea or coffee can perk someone up (but they can also add to dehydration, so keep up the water as well). Drinking lowers the blood sugar level, so eat as soon as possible. Bananas, cereal, or egg on toast are all good morning-after snacks.
- Never ever do hair of the dog – it will just prolong the agony.
- Have 48 hours without alcohol if it was a heavy session.
- And next time, either refrain from drinking or set a clear limit before the party and stick to recommended guidelines. Follow our top tips to avoid suffering again.





# TIPS FOR SAFER DRINKING



It is important to understand units and how to stay within safe limits.



Eating will help slow the absorption of alcohol into the blood stream.



Plan how to get home before going out.



Try to avoid loading up with alcohol before going out. It increases the chances of becoming ill from drinking too much.



Be prepared with contraception if there is a chance it will be needed.



Alternating soft drinks or water with each alcoholic drink will help to reduce overall alcohol intake.



Avoid mixing alcohol and drugs as it is uncertain what the effects will be.



Keep valuable possessions out of sight.



Only accept drinks from good friends – or take the drink directly from bar staff to be safe.



Make sure that friends look out for each other and stay with people who can be trusted.



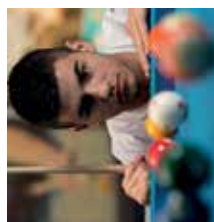
If a friend becomes ill from drinking, stay with them and look after them. Call an ambulance if they become unconscious.



Never go home alone or with a stranger.



Walk away from situations that are stressful or annoying. Find a quiet place to calm down.



Talk to friends about alternative ways of having fun that don't involve alcohol. Use the money on the cinema, bowling or buying a football.



For help to cut down on drinking, confide in a parent, teacher or doctor.

## Where to go for help

**Action on Addiction** brings help to those living with addiction and those living with people who suffer problems of addiction.  
[actiononaddiction.org.uk](http://actiononaddiction.org.uk)

**We Are With You** provides free, confidential support to young people and adults experiencing issues with drugs, alcohol or mental health. It manages more than 120 services in 80 locations in England and Scotland.  
[wearewithyou.org.uk](http://wearewithyou.org.uk)

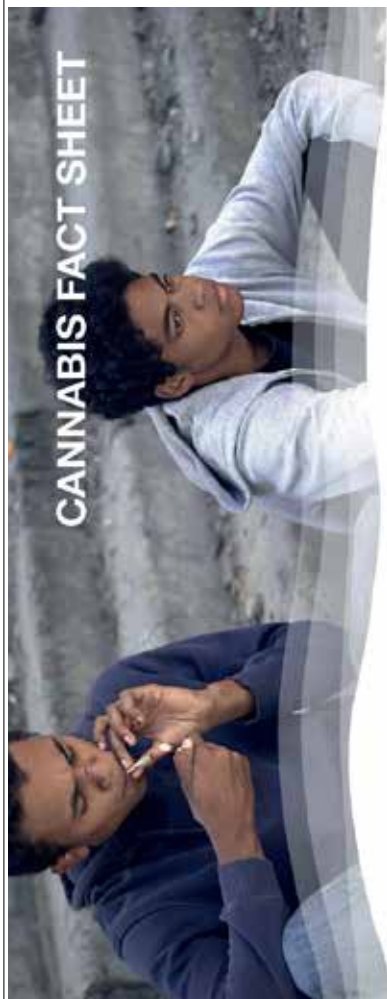
**Adfam** provides information and advice for families of alcohol and drug users. The website has a list of local family support services.  
Tel: 0207 553 7640  
[adfam.org.uk](http://adfam.org.uk)

**Drinkline** - If you're worried about your own or someone else's drinking, you can call this free helpline, in complete confidence. They can put you in touch with your local alcohol advice centre for help and advice.  
Tel: 0300 123 1110 (weekdays 9am – 8pm, weekends 11am – 4pm).

**The National Association for Children of Alcoholics (NACOA)** provides information, advice and support for everyone affected by their parent's drinking.  
[nacoa.org.uk](http://nacoa.org.uk)

**NHS alcohol support**  
[nhs.uk/live-well/alcohol-support/](http://nhs.uk/live-well/alcohol-support/)

# CANNABIS FACT SHEET



## The effects of cannabis

Cannabis (also known as marijuana, weed, pot, dope or grass) is the most widely used illegal drug in the UK.

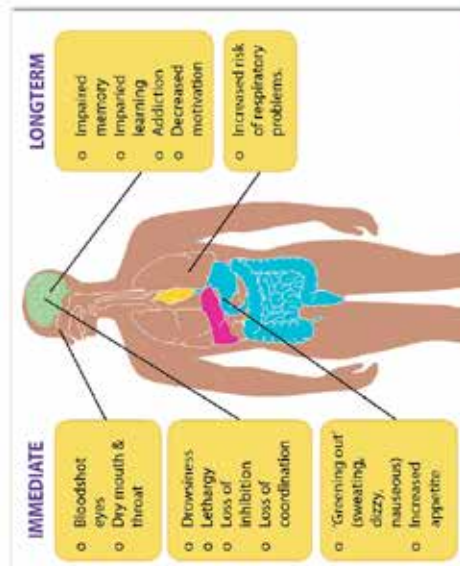
The effects of cannabis vary from person to person:

- a person may feel chilled out, relaxed and happy
- some people get the giggles or become more talkative
- hunger pangs ("the munchies") are common
- colours may look more intense and music may sound better
- time may feel like it's slowing down

Cannabis can have other effects too:

- if someone is not used to it, they may feel faint or sick
- it can make people sleepy and lethargic
- it can affect the memory
- it interferes with a person's ability to drive safely

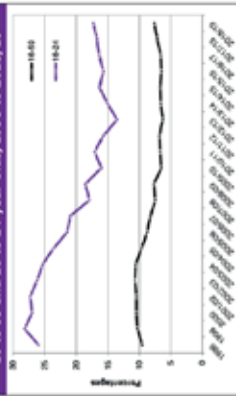
- it makes some people feel confused, anxious or paranoid, and some experience panic attacks and hallucinations (more common with stronger forms of cannabis like skunk or sinsemilla)
- If someone uses cannabis regularly, it can make them demotivated and uninterested in other things going on in their life, such as education or work.
- Long-term use can affect a person's ability to learn and concentrate.



## How many young people use cannabis?

Only 3 in 10 young adults have tried cannabis and just 7% take cannabis weekly (this has halved since 2002). However street cannabis is getting stronger and more addictive.

Trends in "any drug" use in the last year among adults, 16 to 59 and 16 to 24-year-olds, 1996 to 2018/19



## The difference between medicinal cannabis and street cannabis

Medicinal cannabis is high in cannabidiol (CBD) whereas street cannabis is high in the psychoactive tetrahydrocannabinol (THC). CBD and THC don't have the same effects. CBD may help with anxiety, depression, and seizures whereas THC is psychoactive and linked to paranoia, dependency and psychosis.

It is estimated that cannabis is seven times stronger today than it was in the 1970s. For example, 84% of police seizures were high-potency cannabis in 2018 compared to 51% in 2005.

That's why the NHS estimates that 1 in 10 people who use weed will become dependent on it. In addition, those who begin use when under the age of 18 have a one-in-six chance of dependence.

## Using alcohol and cannabis together

Taking alcohol and cannabis together allows the body to absorb the active ingredient tetrahydrocannabinol (THC) faster. This can lead to the cannabis having a much stronger effect than it would normally have.

Alcohol and cannabis are both depressants, so they slow down the nervous system. Their combined effects can interact and cause more negative consequences when taken together, so judgement, reaction time and coordination are affected more.

Cannabis affects basic control functions in the brain, such as nausea and vomiting, and can suppress the body's response to vomit after drinking too much. This could mean an increased risk of alcohol poisoning.

If driving, all it takes is 40 mg of alcohol per 100 ml of blood (a blood alcohol content of 0.04) and a single joint to feel twice the effects of being over the legal limit to drive.

## Cannabis and the law

Possession of cannabis can lead to five years in prison.

However, if someone has a small amount for personal use, they are more likely to get a cannabis warning for a first offence. These warnings do not show up on criminal record checks, but are recorded on the police database.

Supplying cannabis can be punished with a 14-year jail sentence or an unlimited fine.

## Help and support

Drugwise - [drugwise.org.uk/wp-content/uploads/CannabisInfographic-1.pdf](https://drugwise.org.uk/wp-content/uploads/CannabisInfographic-1.pdf)  
Talk to Frank - [talktofrank.com/drug/cannabis](https://talktofrank.com/drug/cannabis)

NHS - [nhs.uk/live-well/healthy-body/cannabis-the-facts/](https://nhs.uk/live-well/healthy-body/cannabis-the-facts/)

Drugs and me - [drugsandme.eu/](https://drugsandme.eu/)

Neurosite - [sites.google.com/site/neuro](https://sites.google.com/site/neuro)



## MIXING ALCOHOL AND DRUGS FACT SHEET



The effects of illegal drugs will always be unpredictable. Generally, if someone mixes them with alcohol, the effects will be exaggerated and can result in anything from nausea to heart failure. The best advice is to completely steer clear of illegal drugs, especially with alcohol.

### What happens in the body?

Alcohol is a depressant. Combine it with a stimulant, such as cocaine, and the two drugs compete with each other. The depressant drug tries to slow the brain/central nervous system down, while the stimulant tries to speed it up – putting the brain/central nervous system under great pressure.

Combine alcohol with another depressant drug, heroin for example, and the effect they each have of slowing the central nervous system will be multiplied, and it risks the body shutting down altogether.

With no quality control in the world of illegal drugs, people can never be 100% sure of exactly what's in the substance being taken.

It could be cut with other cheaper drugs such as tranquilisers. Add alcohol into the mix and it's a potentially lethal cocktail.

If someone is under the influence of drugs, they're less likely to make wise decisions about how much alcohol they drink. So the risk of alcohol poisoning increases.

### Alcohol and psychoactive substances 'NPS'

Previously known as 'legal highs', drugs such as meow meow became illegal in 2016 when they were classified as class B drugs. A powerful stimulant. They're derived from the plant khat and have similar effects to ecstasy and speed. Some NPS can be very dangerous, especially if taken with alcohol or other sedatives.

These drugs can over stimulate circulation, damaging the heart, speed up the nervous system and cause fits. They can also make people anxious and paranoid. As with any drug that gives a 'high', if they are combined with alcohol there is an increased risk of everything from nausea and vomiting to coma.

### Alcohol and ecstasy (MDMA) liquid ecstasy (also known as GHB, legal E)

It's possible that alcohol will deaden the 'high' from ecstasy while the drugs are in the body. But the next day, a severe hangover is one of the milder side-effects of the combination. As with many other combinations, it's likely to cause nausea and vomiting.

Ecstasy and alcohol are dehydrating so, when combining the two, there is a risk of overheating and becoming dangerously dehydrated. Alcohol is involved in most ecstasy related deaths, many of which are

### Alcohol and heroin

Alcohol with heroin is one of the most dangerous combinations of drugs. 'Downers' like heroin slow down the heart rate and breathing. When combined with another 'downer' such as alcohol the effect is doubled and putting the person at risk of overdosing.

The National Treatment Agency for Substance Misuse says that even small amounts of alcohol seem to lower the amount of heroin needed to fatally overdose.

### Tranquilisers (also known as: Benzos, Blues, Downers, Roofies, Valies)

Some tranquilisers are drugs that may make the user feel unaware of their surroundings and can be highly addictive. One example is 'benzodiazepines', or benzos. Sometimes a doctor will prescribe benzodiazepines to help with anxiety. People also buy them illegally because of their relaxing effects. They can be addictive, and so doctors only give them for a short time. In the short-term, these drugs can make people feel calmer. Depending on the type, they can lead to confusion or moodiness. It is dangerous to take benzodiazepines with alcohol as both depress the central nervous system, which affects breathing. This means that using any combination of these types of drugs with alcohol increases the risk of overdose and death.

### More information

For more information on drugs, what they are and their effects, visit: [talktofrank.com](http://talktofrank.com). For help or support contact the National drugs helpline offering general advice and information and referral onto local services. Open 24 hours.

Tel: 0800 77 66 00 (freephone)

from heatstroke after people have danced for long periods of time in hot clubs without drinking enough water. However, Ecstasy prevents the kidneys from excreting water which can result in a dilutional effect of the blood, low sodium and swelling of brain cells, which can lead to death.

### Alcohol and amphetamines and methamphetamine<sup>16</sup> (also known as: Crystal Meth, Ice, Meth, Phet, Whizz, Speed, Yaba, Tine and Christine)

In the short-term, these drugs can make people feel wide awake and alert and make it difficult to relax or get to sleep. They can also be addictive.

The effects of amphetamines, often called 'speed', leads to breathing, blood pressure and the heart rate increasing. Speed can increase body temperature and cause dehydration – which is heightened with alcohol. As speed already puts pressure on the heart, if alcohol is added, that pressure can be fatal.

Under the influence of speed someone may feel more confident or energised, but they can easily become anxious, paranoid or aggressive, particularly when someone puts alcohol in the mix. The full effects of alcohol aren't felt until the speed has worn off. Mixing the two means a person can drink dangerous amounts without realising.

### Alcohol and cocaine

Alcohol and cocaine together increase the risk of heart attacks, fits and even sudden death. The two drugs interact to produce a highly toxic substance in the liver called cocaethylene. It can increase the depressive effects of alcohol, making reaction to the cocaine stronger. Using cocaethylene is likely to increase aggression.

Cocaethylene takes longer to leave the body than either alcohol or cocaine, subjecting the heart and liver to a longer period of stress. Mixing alcohol and cocaine can be fatal up to 12 hours after consumption.



## WHAT IS FOETAL ALCOHOL SPECTRUM DISORDER?



### What is foetal alcohol spectrum disorder?

Foetal alcohol spectrum disorder (FASD) is the umbrella term for a range of preventable alcohol-related birth defects caused as a direct result of drinking alcohol when pregnant.

There is no way to know for sure how alcohol might affect an unborn baby. It could have different effects at different times during pregnancy, and it might affect one baby but not another. Because there is no proven safe level for alcohol consumption during pregnancy, the only risk-free approach is to avoid alcohol completely when pregnant.

This is because alcohol is a teratogen – a substance that interferes with the development of the baby, and alcohol can pass freely from the mother through the placenta into the baby's blood. Because a baby does not have a developed liver, it cannot filter out the toxins from alcohol as a mother can, so alcohol in the baby's blood can kill brain cells and damage the nervous system affecting the baby's brain and physical development.

### What if I drank alcohol or got drunk not knowing I was pregnant?

Since 2016 the UK Chief Medical Officers have recommended that if someone is pregnant or planning a pregnancy, the safest approach is not to drink alcohol to keep risks to the baby to a minimum.

Drinking in pregnancy can lead to long-term harm to the baby, with the more consumed the greater the risk. Other risk factors include:

- being an older mother,
- smoking
- poor diet; especially a diet low in folates.

### The effects of FASD on a child

FASD affects at least 3 neurocognitive domains (SIGN, 2019) and can range from reduced learning ability or attention deficit hyperactivity disorder (ADHD) to physical defects. Many children experience serious behavioural and social difficulties that last a lifetime. There are also a number of possible physical effects that may include:

- smaller head circumference
- heart problems
- limb and skeletal damage
- kidney damage
- damage to the structure of the brain
- eye problems and hearing problems
- specific facial characteristics.



There are invisible FASD characteristics, which may include:

- attention and memory problems
- hyperactivity
- difficulty with abstract concepts (e.g. maths, time and money)
- poor problem-solving skills
- difficulty learning from consequences
- poor judgement
- poor impulse control and anger management
- confused social skills such as being too friendly with strangers.

### Symptoms as the children get older

A study found that for children with FASD, problems as they got older included:

- Mental health problems: Diagnosed with ADHD, Clinical Depression, or other mental illness, experienced by over 90% of children with FASD.

For those aged 12 and older:

- 60% are suspended or expelled from school or dropped out of school.
- Trouble with the law: 60% are charged or convicted with a crime.
- Alcohol and drug problems: 35% experience abuse or dependency.
- Confinement: about 50% experience inpatient psychiatric care, inpatient chemical dependency care, or are imprisoned for a crime.
- Inappropriate sexual behaviour: About 50% exhibit inappropriate sexual behaviour such as sexual advances, sexual touching, or promiscuity.

Two additional secondary disabilities exist for adults:

- Dependent living: 80% live in a group home, live with family or friends, or some sort of assisted living.
- Problems with employment: 80% required ongoing job training or coaching, can't keep a job or are unemployed.

### Protective factors and strengths

The same study found that although FASD cannot be cured, factors can help such as:

- Living in a stable and nurturing home for

- Being diagnosed with FAS before age six.
- Never having experienced violence.
- Remaining in each living situation for at least 2.8 years.
- Experiencing a "good quality home" (meeting 10 or more defined qualities) from age 8 -12.
- Having been found eligible for support and services.

Researchers have identified the following talents as strengths that often stand out for those with FASD:

- Music, playing instruments, composing, singing, art, spelling, reading, computers, mechanics, woodworking, skilled vocations (welding, electrician, etc.), writing, poetry.
- Participation in non-impact sport or physical fitness activities.

### Further information

For more information about FASD, go to [nofas-uk.org](http://nofas-uk.org). For specialist advice and support, email [help@nofas-uk.org](mailto:help@nofas-uk.org) or call 020 8458 5951.

The Prevent FASD website is aimed at young people (15-25). For young people who are pregnant and have been drinking there is information and sources of additional support [preventfasd.info/risk-resources/](http://preventfasd.info/risk-resources/)

### Other useful sources for information

Alcohol and pregnancy - Preventing and managing fetal alcohol spectrum disorders BMA (2016) - [bma.org.uk/media/2082/fetal-alcohol-spectrum-disorders-report-feb2016.pdf](http://bma.org.uk/media/2082/fetal-alcohol-spectrum-disorders-report-feb2016.pdf)

SIGN 156 Children and young people exposed prenatally to alcohol - A national clinical guideline Jan 2019 - [sign.ac.uk/media/1092/sign156.pdf](http://sign.ac.uk/media/1092/sign156.pdf)

PHE Maternity high impact area: Reducing the incidence of harms caused by alcohol in pregnancy (2020) - [assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/942477/Maternity\\_high\\_impact\\_area\\_4\\_Reducing\\_the\\_incidence\\_of\\_harms\\_caused\\_by\\_alcohol\\_in\\_pregnancy.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/942477/Maternity_high_impact_area_4_Reducing_the_incidence_of_harms_caused_by_alcohol_in_pregnancy.pdf)

What is foetal alcohol spectrum disorder? 2



## DRINK SPIKING FACT SHEET

Every year in the UK, hundreds of people are thought to be victims of drink spiking, where alcohol or drugs are added to a drink without them knowing. A survey in Cambridge nightclubs found that a third of students had experienced their drinks being spiked.

Drink spiking can be linked to sexual assault and robbery, however, the majority of reported incidents are not linked to any additional crime. Often it is done as a prank, but drink spiking is illegal, whatever the intent. People who spike drinks can be charged, fined or jailed.

### What is drink spiking?

The public perception is that drink spiking is limited to slipping drugs into an alcoholic drink. However, drink spiking can include:

- putting alcohol into a non-alcoholic drink
- adding extra alcohol to an alcoholic drink
- slipping prescription or illegal drugs (such as tranquillisers, amphetamines or GHB – also called liquid ecstasy) into an alcoholic or non-alcoholic drink.

### How to help prevent drink spiking

- Party with trusted friends and discuss how to watch out for each other while at a venue.
- Buy your own drinks. Watch the bartender prepare your drink.

- Avoid drinking too much alcohol, especially in unfamiliar situations - It could increase the likelihood of risk taking and make you less aware of danger.

- Don't accept any drinks from strangers.
- Accompany the person to the bar if you do wish to accept the offer of a drink from a stranger and take the drink from the bartender yourself.
- Be wary if a stranger buys you a drink and it's not the type of drink you requested.

- Don't take your eyes off your drink. If you have to leave the table (to go to the toilet, for example), ask a friend to watch over the drinks.

- Buy drinks that come in bottles with screw-top lids. Carry the bottle in your bag when you go to the toilet or to dance.

- Don't consume your drink if you think it may have been spiked. Discuss your concerns with the manager or host.

- Tell the manager or host immediately if you see someone spike a drink or if you suspect that drink spiking may be occurring.

- If you are traveling abroad, be aware of the local area and where you can find help. Drink spiking is a global problem.

### Symptoms of drink spiking

You may not realise your drink has been spiked by smelling it or tasting it. The substances used to spike drinks are often colourless and odourless. The symptoms of drink spiking depend on many factors such as the substance or mix of substances used, the dose, your size and weight, and how much alcohol you have already consumed.

Symptoms could include:

- feeling woozy or drowsy
- feeling drunker than expected
- speech difficulties such as slurring
- loss of inhibitions
- loss of consciousness
- mental confusion or memory loss
- hallucinations or paranoia
- nausea and vomiting
- seizures
- an unusually long hangover or a severe hangover when you had little or no alcohol to drink.

### What to do if a drink is spiked

- If you suspect your drink has been spiked, whatever you do, do not ignore the situation because you feel embarrassed - Tell the manager or host what is happening and if you can, try and keep your drink with you, as it could be used as evidence by the police.

- If a friend is affected by drink spiking, > take them to a safe area and stay with them.

- > If their condition deteriorates in any way, call an ambulance (e.g. they lose consciousness). Otherwise, take them to the nearest accident and emergency (A&E) department and tell the medical staff that you think their drink was spiked.

- > Arrange for a trusted friend or relative to take them home and stay with them until the drugs have fully left their system.

- Report the incident to the police as soon as possible. They will need to take blood and urine samples. Most drugs leave the body within 72 hours of being taken (GHB leaves the body within 12 hours), so it's important to be tested as soon as possible.

- If drink spiking happens to a date, be aware of their ability to consent to sex - you may become guilty of committing rape if the other person is not in a condition to respond or react.
- If you are abroad, get help from a travel representative, local medical services or ask a bar or hotel manager to call local police.

An interesting article for further reading or discussion:

[telegraph.co.uk/women/womens-life/11317161/Drink-spiking-You-need-to-know-about-Britains-hidden-epidemic.html](https://www.telegraph.co.uk/women/womens-life/11317161/Drink-spiking-You-need-to-know-about-Britains-hidden-epidemic.html)

## ALCOHOL AND THE LAW



Drink spiking is illegal, whether or not an attack or assault is carried out. It can result in a maximum punishment of 10 years in prison for anyone found guilty of doing it. If an assault, rape or robbery has taken place, the sentence will be higher.



Drink driving costs lives and leads to loss of licence, fines and up to 14 years in prison if someone is fatally injured. It's against the law to drive with more than 80mg of alcohol per 100ml of the blood (or more than 50mg of alcohol per 100ml in Scotland).



It's against the law to sell alcohol to someone who is drunk.



Adults over 18 can drink in public, except in areas where Public Space Protection Orders are in place.



It's against the law for anyone aged 18 or over to buy alcohol for someone under 18 (buying by proxy).



If someone is over 18, they will need to prove it!



If a person is incapacitated from alcohol or other drugs, (i.e. they are unable to speak coherently, are confused, unable to walk unassisted or pass out) they cannot give consent.





## HOW WELL DO YOU KNOW YOUR AGE GROUP? QUIZ

### Are all teenagers out on the booze? - A look at National and International statistics

Most 16 - 24 year-olds go out and get drunk most weekends – fact or fiction? Teenagers are drinking more than 10 years ago – true or false? Britain is the binge drinking capital of Europe - right or wrong?

Try out the questions below to see if what you think about your age group is true or not.

- 1) In Europe, what percentage of 16 year-olds have drunk alcohol over the last month?
  - a) 82%      b) 47%      c) 57%
- 2) How many 16 – 24 year-olds report binge drinking in the past week in England ?
  - a) 17%      b) 35%      c) 28%
- 3) How many 16 year-olds have been drunk in the last month in the UK?
  - a) 46%      b) 54%      c) 26%
- 4) In the UK, boys get drunk more than girls, true or false?
  - a) True      b) False
- 5) Teenagers in Great Britain drink more than teenagers across Europe, yes or no?
- 6) Young adults are drinking more often and are getting drunk more than they were twenty years ago, true or false?
  - a) True      b) False

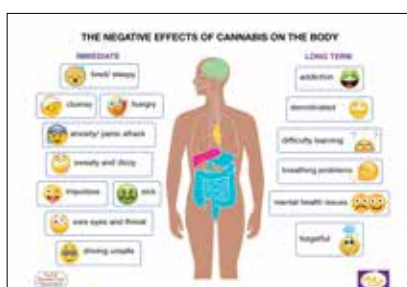
Additional resources for 16+ are available on the AET website, including

Cannabis and its effects - [blank](#) and [completed](#)

[Where to go for help](#)

Fact or fiction quiz for older teenagers - [questions and answers](#)

Emoji quiz older teenagers - [question](#) and [answers](#)



## HOW WELL DO YOU KNOW YOUR AGE GROUP? ANSWERS

1) In Europe, what percentage of 16 year-olds have drunk alcohol over the last month?

a) 47%

In Europe 47% of 16 year-olds report having consumed some alcohol over the last 30 days. In Hungary, Greece, Czechia, Austria, Germany and Denmark more than three fifths (61-74%) had consumed alcohol in the last 30 days. Particularly low prevalence rates were found in Kosovo (10 %) and Iceland (11 %). Low rates (30 % or less) were also reported for most of the Nordic countries (25% each for Sweden and Norway and 30% for Finland), as well as for Lithuania (27%). On average, no gender difference in alcohol use during the last 30 days was found <sup>1</sup>.

2) How many 16 – 24 year-olds report binge drinking in the past week in England ?

a) 20%

20% of young men and 20% of young women aged 16-24 say they binge drink (8 units for men and 6 units for women) <sup>2</sup> - probably far fewer than you thought. For this age group in England there are a worrying minority - 4% of men and 2% of women - drink more than 50 units a week, but most young adults go out to have a good time with their mates and don't go out to get drunk.

3) How many 16 year-olds have been drunk in the last month in the UK?

c) 20%

Most 16 year-olds in the UK (80%), go out to have a good time and do not binge drink – In fact, 23% of 16 - 24 year-olds in Great Britain say they generally don't drink or never drink alcohol <sup>3</sup>.

4) In the UK, boys get drunk more than girls, true or false?

b) False

The UK is one of a minority of countries globally where girls under the age of 18 are getting drunk more than boys in 2018, 58% of 15 year olds girls who drank alcohol reported being drunk in the last 4 weeks was 58%, compared to 43% of boys of the same age <sup>4</sup>. Hospital admissions for young people under 18 in the 3 year period 2016/17-2018/19 were 11,233. The admission rate for girls was 37.5 (per 100,000) compared to 25.9 (per 100,000) for boys. This could be partly because girls drink more spirits than boys (who tend to choose beer and cider). Girls are also more likely to eat less before drinking and to 'prink' with friends before going out <sup>5</sup>.

5) Teenagers in Great Britain drink more than teenagers across Europe, yes or no?

a) Yes

In Europe and Canada, a survey of 15 year-olds in 40 countries found that across all countries 18% of girls and 22% of boys reported having been drunk at least twice. The rates in Great Britain are higher than average: England 25%/28%, Scotland 34%/29% and Wales 35%/31% <sup>6</sup>.

6) Young adults are drinking more often and are getting drunk more than they were twenty years ago, true or false?

b) False

The proportion of young adults in Great Britain aged 16-24 who report drinking in the past week decreased from 60% in 2005 to 48% in 2017, and the proportion who reported drinking on 5 days in the past week has declined from 7% in 2005 to 1% in 2017. Of those young adults who drank in the past week, those reporting heavier consumption (8 units for males and 6 units for females on at least one day) also reduced from 49% in 2005 to 42% in 2017) <sup>3</sup>.

### For discussion:

Were you surprised by the figures?

Will it change your views or behaviour when you go out?

Do you think the media represents young people fairly?

What do you think about girls getting drunk more often and ending up in hospital more than boys? Think about type of drinks, eating before drinking and how alcohol is broken down by the body.

The law has changed in the UK, meaning you can't blame alcohol for criminal behaviour – This makes you responsible for your actions what ever state of drunkenness you are in - What do you think about this?

### Sources:

- 1 ESPAD Report 2019 - Results from the European School Survey Project on Alcohol and Other Drugs
- 2 HSCIC Health Survey for England, 2019 (published 2020)
- 3 Adult drinking habits in Great Britain: 2017
- 4 HSCIC Smoking, drinking and drug use among young people in England 2018 (published 2019)
- 5 Local Alcohol Profiles for England (LAPE)
- 6 Findings from the 2017/2018 health behaviour in school-aged children (HBSC) survey in Europe and Canada



## The AET store

To order the Full Talk About Alcohol Games and Activities Pack, which includes a USB with the Just a Few Drinks BAFTA winning films, 60 laminated activity cards and games and specific picture- and story-led activities for children with moderate learning difficulties, visit [alcholeducationtrust.org/store](http://alcholeducationtrust.org/store)

Store

Welcome! Here you can purchase our PSHE Association Quality Assured and Ofsted Approved TALK About Alcohol 100 page workbooks of over 30 lesson plans and guidance, our just a few Drinks BAFTA winning 4 short films on DVD and our information leaflets for parents/carers and for teenagers. We also have a wonderful new full set of resources that includes 60 activity cards for use in any setting, our SEN specific lesson plans, powerpoints and guidance, The Just a Few Drinks DVD and the Talk About Alcohol workbook - all for just £125.

All prices include carriage within the UK, for international orders please contact [kate@alcholeducationtrust.org](mailto:kate@alcholeducationtrust.org)

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## SEN Resources

The Alcohol Education Trust has developed a comprehensive teaching resource based on visual rich and story led activities for children with Special Educational Needs or English as a Second Language. Each section of the resource is supported by a simple powerpoint presentation. Key aspects of alcohol education are covered: building knowledge, exploring feelings and emotions, and consent. Please visit [alcholeducationtrust.org/teacher-area/visual-rich-resources/](http://alcholeducationtrust.org/teacher-area/visual-rich-resources/) to download the workbook and the resources.

