

ALCOHOL

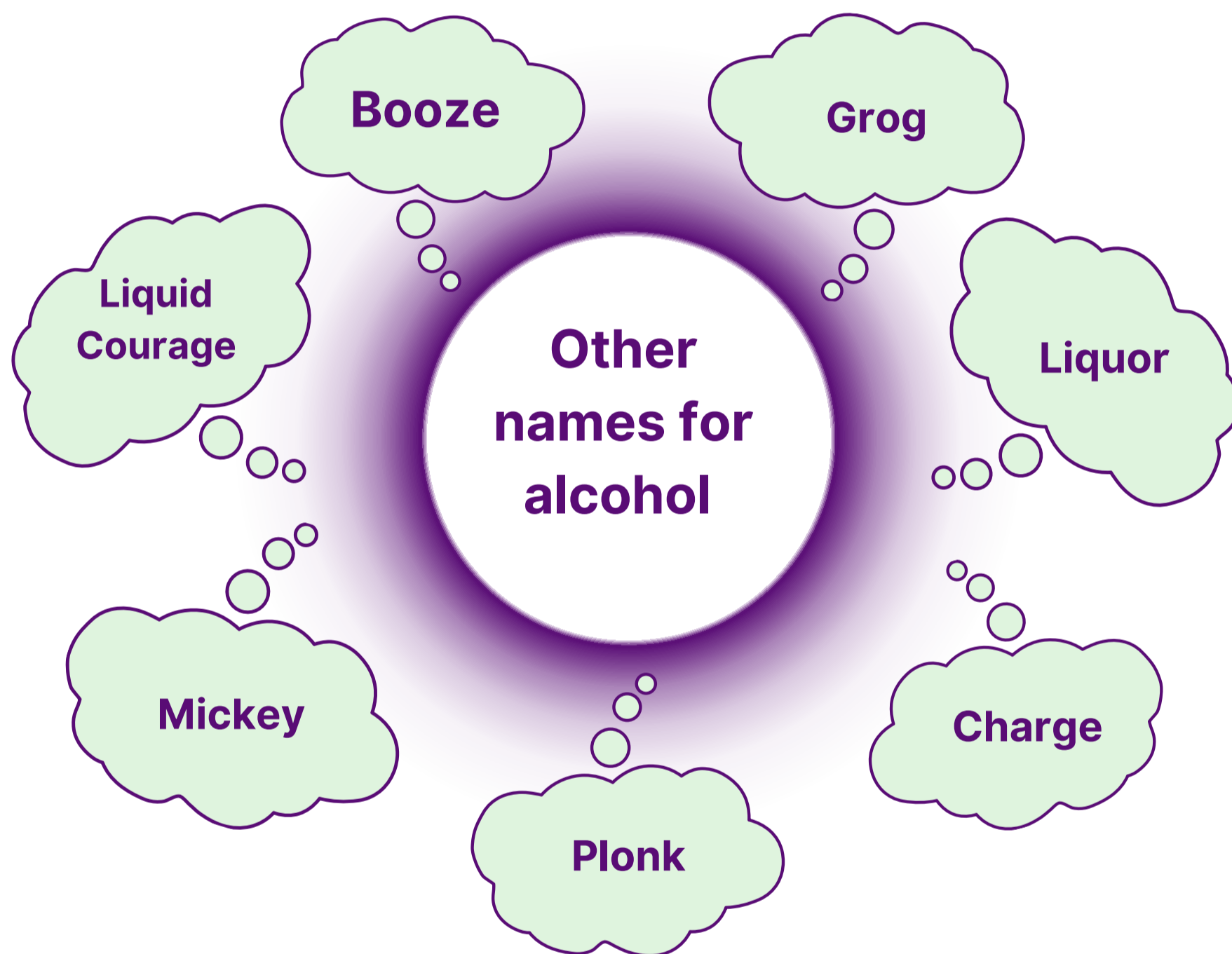
WHAT YOU NEED TO KNOW

What is it?

Alcohol is a depressant



Alcohol affects the brain by slowing down messages sent to the body. While it can bring feelings of happiness to some, others may experience sadness or aggression. Common forms of alcohol include beer, wine, and liquor like vodka. Alcohol can be many different colors, tastes, smells, and strengths.

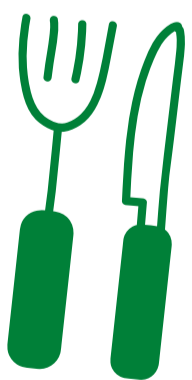


How is it used?

Alcohol is a liquid that is consumed. It can be mixed in various different drinks and combined with many products to mask its taste.



What are the effects?



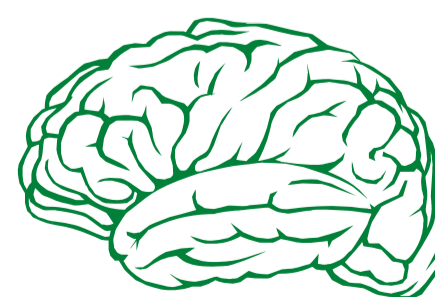
The impact of alcohol varies based on factors like food intake, tolerance, and environment.



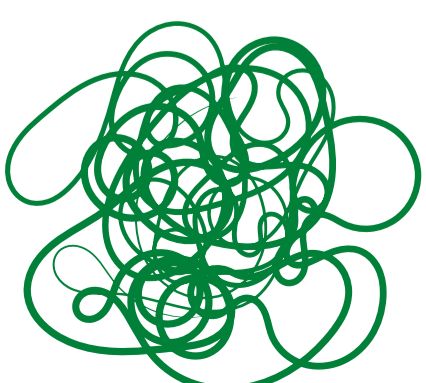
Some experience aggression, while others feel extreme sadness or happiness. Alcohol's effect on mood is unpredictable.



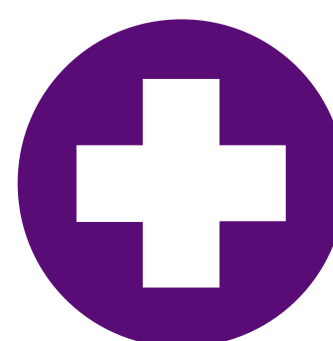
Alcohol can induce relaxation, leading to drowsiness. However, if unconscious, it may lead to breathing difficulties.



Excessive alcohol use may hinder attention and memory, leading to more frequent feelings of sadness.



Alcohol can worsen coordination and impair judgement.



Alcohol can increase your risk of several types of cancer and heart disease.

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When do you seek emergency help?



Alcohol overdose or poisoning: Consuming a toxic level of alcohol can lead to alcohol overdose or poisoning, with the threshold varying among individuals.

Signs: Difficulty speaking and understanding words, confusion and/or vomiting. More severe symptoms include being passed out and will not wake up; blue, cold clammy skin; or slowed or irregular breathing

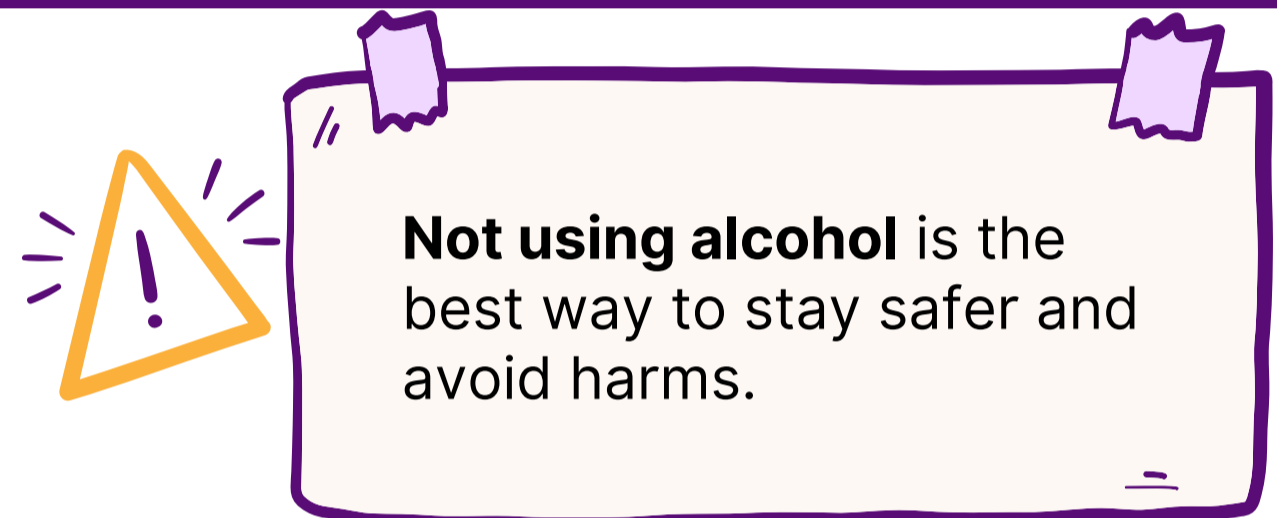
Seek Immediate Help: Alcohol poisoning can be fatal; prompt medical attention is crucial.

Did you know?

'Moonshine' is unregulated homemade alcohol known for its high potency. However, it can be extremely dangerous as it may contain harmful contaminants like methanol. Methanol looks identical to regular alcohol but can lead to rapid blindness and even death.



How to stay safer?



If you still decide to use alcohol, consider these harm reduction strategies:

- 1 **Drink Slowly:** Choose low-alcohol options and for every drink of alcohol, have one alcohol-free drink.
- 2 **Eat & Drink Water:** Eat before and while using alcohol and drink lots of water.
- 3 **Avoid binge drinking:** Steer clear of excessive drinking to prevent alcohol poisoning and accidental injuries.
- 4 **Aim to Drink Less:** Stick to 2 or fewer drinks per week to protect your health & maintain focus in daily activities (i.e., work, school, or while hanging out with friends and family).
- 5 **Watch your drink:** Be cautious of drink tampering; keep your beverage in sight and avoid accepting drinks from strangers.
- 6 **Avoid mixing substances:** Refrain from mixing alcohol with other substances to prevent additional stress on your body and ensure you can track your intake.
- 7 **Don't use alone.** Always have a buddy with you, and check in with friends to make sure they get home safely. Share your location with someone you trust.

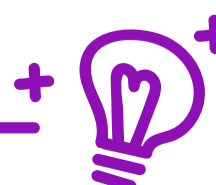
What is binge drinking?

Binge drinking is consuming more than 4 drinks per occasion for females or 5 drinks per occasion for males.



Check out Canada's Guidance on Alcohol and Health
<https://www.ccsa.ca/drinking-less-better-canadas-guidance-alcohol-and-health-youth-version>

For more information visit us at:
www.DECYDE.ca



These documents are intended to support educators in their delivery of drug education. They are not for direct student use unless deemed developmentally appropriate.