



Be Supported

Alcohol Awareness Toolkit

**A Guide to the consumption of alcohol
while you are a student.**



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General guidance on managing alcohol intake

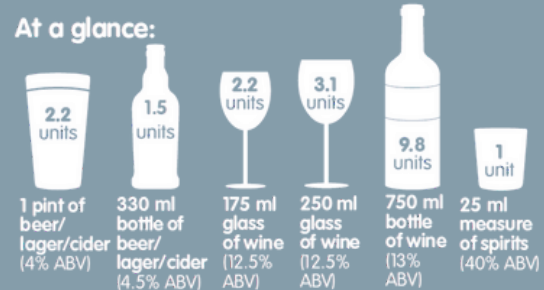
Freshers' Week is a well-known event at all British universities. It's a time to meet new people and try new things. It can also be a time for you to think about, what part – if any – alcohol is going to play in freshers' week and beyond, for you.

Drinkaware research shows just over one in four 18 to 24-year olds don't drink at all, so if you decide not to drink, you will be joining a growing number of your peers. Not drinking can be a great choice to have an active hangover-free social life.

Three out of four young adults therefore do drink alcohol, so if you choose to drink there are a few things you can consider doing to look after yourself and your mates.

Click the link below for Drinkaware's survival guide to help you stay safe and enjoy yourself.

[Drinkaware Survival Guide](#)



What is a Unit of alcohol?

A unit of alcohol is about 1 very small glass (125ml) of wine or half a pint of regular beer.

Find out how many units are in your drinks on the [Drink Coach website](#)



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Feel the benefits of reducing your alcohol intake

Immediate and short-term benefits

- Feeling better in the mornings
- Being less tired and more energetic
- Healthier skin
- Saving some money

Long term benefits

- Lower blood pressure
- Lower risk of stroke, hypertension (high blood pressure), cancer and liver disease
- Lower cholesterol levels,
- Help with weight management
- Better mood, memory and quality of sleep

Know your limits

These are the [UK Chief Medical Officers' \(CMO\) low risk drinking guidelines](#)



How do I know if I am drinking too much?

- Take the [Drinkaware Drinking check](#),
- Take the [Alcohol Test on the Drink Coach website](#).
FREE and confidential test takes two minutes and will help you work out how much you are really drinking and how it could be affecting your health and wellbeing



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Before heading out. Eating isn't cheating.

- Eating before you go out and drinking plenty of water will help you not to get too drunk.
- Carbs or protein such as pasta, potatoes and chicken are good to eat before or while you're out drinking. They'll keep you full, and the slow release of energy will help you last the distance. **You might not want that 2am kebab or chips either.**



Drinking before you go out?

- If you drink too much, too early, you're more likely to miss out on the proper night.
- Mocktails are a great way to start the night.
- Alternate alcoholic drinks with water or soft drinks.
- Keep an eye on your home pouring! Single shot measures are only 25ml! Order a alcohol unit measure cup for you and your housemates.

Whilst out, it's not a race, drink at your own pace!

- It takes up to an hour for your body to process each unit of alcohol (slightly less than a typical half pint of lager).
- Everyone copes with alcohol differently, so why try and keep up with your mates?
- Turning down a drink is much less embarrassing than throwing one up.
- Instead, make your drink (and your money) last longer: Sip, snack, chat, drink water.





Look after each other!

- Get snacks and a jug of water for the table, it could be good for everyone.
- Keeping an eye on your friends (and yourself!) can help avoid the potential embarrassment of being put in a cab, cleaning sick from your shoes or missing out on what might be a great night.
- If someone does 'overdo it', make sure you know the difference between a bit too much and alcohol poisoning, and what to do if it's really serious.

If you're worried someone has drunk too much, read the guide on how to help them.

DRINK SPIKING, WATCH YOUR DRINK!

Spiking someone else's drink - even 'just' with extra alcohol as a prank is a criminal offence, and can have serious, dangerous health effects.

- Having your drink spiked with alcohol or drugs makes you more vulnerable and unable to make safe decisions
- Make a habit: don't leave your drink unattended especially when you go to toilets or to dance.
- Think you, or a friend had a drink spiked? Tell bar staff or a bouncer right away, and call an ambulance if any conditions deteriorate.
- Find out the facts and advice on drink spiking.

Sticking together

- Make arrangements to leave the pub or club in pairs or as a group. If someone's disappeared don't assume they've headed home, find out for sure. Don't leave anyone behind.
- Stay with a mate if possible and try not to hang about when the night is over.



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Heading home

- If you stop drinking alcohol and switch to water before the evening ends, your body can start to recover - helping you to get home safely and have a better chance of managing the hangover the next day.
- At home, have a glass of water to hydrate before going to bed- you'll thank yourself in the morning.



Alcohol and swimming don't mix, don't drink and drown!

Alcohol seriously affects your ability to get yourself out of trouble. [The Royal Life Saving Society](#) (RLSS) say a quarter of all adult drowning victims have alcohol in their blood stream [Don't drink and drown advice](#).

- If you've had a drink, stay away from bodies of water because it can be far more dangerous than it seems.
- Alcohol numbs the senses, particularly sight, sound and touch, making swimming very difficult.
- After drinking, your body isn't good at responding to the cold either: **cold water shock can be fatal**.
- Be more mindful in the winter to stay away from lakes, rivers, harbours and the ocean after drinking.
- Find an alternative route home that isn't near the water.
- Look out for your mates too. Help each other stay safe and make sure everyone gets home the smart way



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Is your cab really a cab?

- Store some numbers for local cab firms on your phone or ask a member of staff in the venue.
- Taxi apps like Uber or Bolt, can let you share your location, so friends can know you've got home safely.
- If you've got a long wait for a taxi, stay somewhere safe and well-lit until your cab turns up, ideally with a friend.

Learn more about [staying safe while drinking](#).

Hangovers!

- Hangovers usually involve a headache, nausea, tiredness and dehydration - not a good combination.
- Let one of your mates know you're not feeling well, so they can support you and make sure its nothing more serious than a hangover.
- Remember: drinking less alcohol will reduce the risk of a hangover.

[How to recover from a hangover](#) | [Drinkaware](#)

Further advice and information

Arming yourself with strategies and tips can help you or a loved one take small steps towards big results.

[Worried about someone else's drinking?](#)

[Binge drinking](#)

[How to cut down on alcohol at home](#)

[Drinking Check](#) | [Drinkaware](#)

[The risks of drinking too much - NHS \(www.nhs.uk\)](#)

[Alcohol units - NHS \(www.nhs.uk\)](#)

[Calories in alcohol - NHS \(www.nhs.uk\)](#)

[Unit and Calorie Calculator](#) | [Drinkaware](#)

[Tips on cutting down - NHS \(www.nhs.uk\)](#)

Alcohol Units image -

<https://www.nhsinform.scot/healthy-living/alcohol/how-does-my-drinking-add-up/>

Resources used for content -

<https://www.drinkaware.co.uk/>



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