

If you choose to supply young people with alcohol, then ...

- ✱ To minimise the risk of harm to young people aged 15-17, it is best not to supply alcoholic drinks with a combined total of more than 2 standard drinks. In practise – this means just 2 regular sized cans of beer (4%) or premixed spirit (5%).
- ✱ You could also provide lower strength products instead, such as “light beers” of 2.5% alcohol or less. This means you could supply no more than 4 regular size cans or bottles under the current guidelines.
- ✱ There are also a number of non-alcoholic beers on the market that are commonly available through supermarkets and liquor outlets. These may be supplied in moderation with little risk of harm due to their minimal alcohol content.

BINGE DRINKING

This is one of the most dangerous types of drinking and one of the most common in New Zealand. It is classed as drinking more than 5 standard drinks per occasion (usually a 4 hour period). It also refers to the rate of drinking - that is - consuming drinks in quick succession. It has also been called “drinking to get drunk” or “preloading” – which means people drink to get drunk **before** they go out on the town or to a party. In New Zealand nearly half of drinkers aged 12 to 24, usually drink more than four standard drinks on a single occasion, at least doubling their risk of injury in the six hours after drinking.

The main risks to young people from drinking too much include being involved in violence, other crimes, sexual assaults, unprotected sex, accidental injury, and alcohol poisoning (which can cause death).

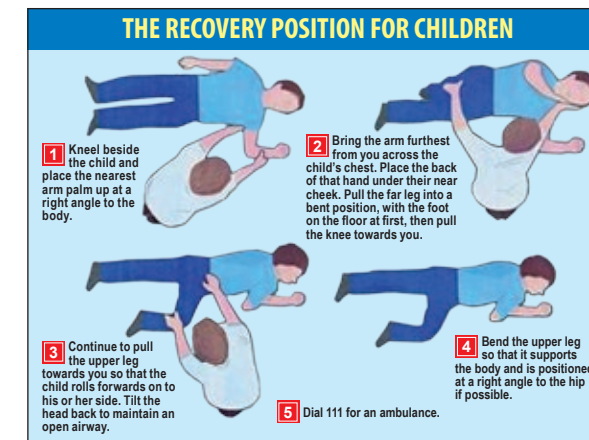
! IF THINGS GO WRONG...

In recent years there have been a growing number of young people who have died because they drank too much alcohol. As a result – an Auckland coroner¹¹ commented that parents and caregivers should be aware of the following ...

1. At very high levels, alcohol can cause a person to become unconscious. As a result that person has less control of their breathing and is in danger of their airway becoming blocked. That person may also throw up and breathe in the vomit - and die as a result. If your teenager becomes unconscious, **place them in the recovery position as shown to right below.**

2. **If a person becomes unconscious due to the effects of alcohol, the safest first aid treatment is to dial 111 for an ambulance.** If an ambulance is not available someone will need to keep watch over the unconscious person until they have recovered.

3. If you drink 250mls (1/4 of a 1 litre bottle) or more of 40% spirits over 30 to 60 minutes, you may have consumed a potentially fatal dose of alcohol without feeling drunk. If you then become unconscious, you will need medical assistance immediately.



DRINKING JUST 250ML OF SPIRITS IN A SHORT PERIOD CAN KILL A TEENAGER.