

# Things I wish someone had told me **about booze**

For young people by young people



# Fear Of Missing Out

I started getting on it when I was only 15. Just cos I thought all my pals were on the bevv. Classic FOMO.

When I got older, I found out lots of people don't drink.

You don't have to do the same as your pals. It's alright to make your own choices.



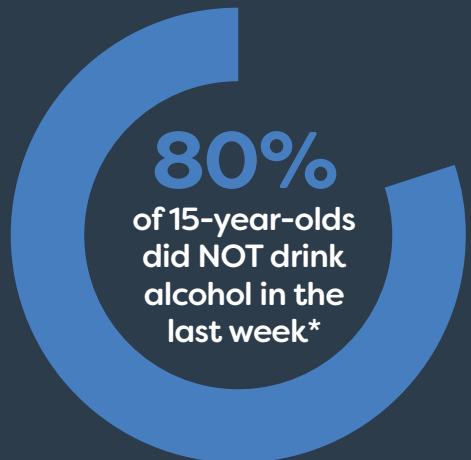
## THE FACTS

- / Many people choose not to drink alcohol
- / Although alcohol is socially acceptable, it is harmful



In 2020, sales of non-alcoholic beer went up by

**58%**



\* data from the latest Scottish Schools Survey.

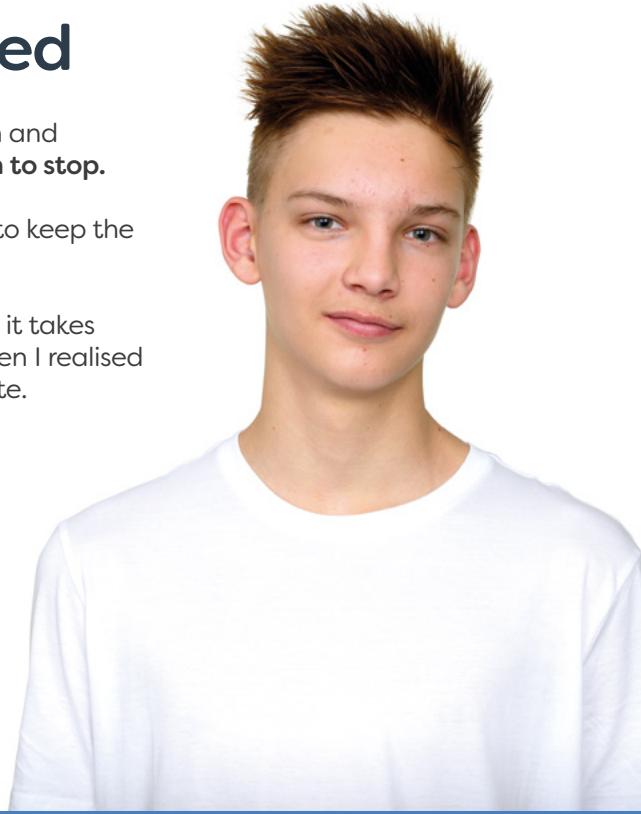
# Getting trashed

The first sips made me feel warm and giggly. **I just wish I'd known when to stop.**

You don't need to keep drinking to keep the buzz going.

I wish someone had told me how it takes time for the effects to kick in. When I realised how smashed I was, it was too late.

**“My tip is – if you're going to drink, don't make my mistake and drink too much.”**



## THE FACTS

/ There is no low-risk guideline for young people, as under 18s should not drink alcohol



Half bottle of vodka = **13 units**

/ Some alcoholic drinks contain high amounts of caffeine. Combining alcohol and caffeine can lead to problems with sleep.



Can of alcopop = **up to 4 units**

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**14 units /week**  
is the low-risk limit for adults

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Can of strong cider = **over 2 units**

# Booze and my body

**One time I got so drunk I fell over and hit my head on the bath.** It was pure sore.

Another time I spewed all over the couch. It was mingin. Rank.

I felt really ill, like I'd been poisoned.

**I could easily have passed out and choked to death on my own vomit.**



## THE FACTS

- / Alcohol makes you sick because it's poisonous, your body wants to get rid of it
- / Alcohol can:
  - give you bad skin
  - make you go numb
  - make you pass out
  - make you dizzy, so you fall and hurt yourself
  - cause memory blackouts



**Alcohol can cause liver failure.**

It is even more dangerous for under-18s, because your liver hasn't fully matured.

**If you drink too much, your brain can shut down altogether. You can stop breathing and die.**



# Addicted

My Dad, the only thing he thinks about is getting his next pint. He spends all his money on drink.

I don't want to turn out like my Dad.

But I got to the stage when I felt a bevvie was something I needed. It happened faster than I thought.

I was depending on booze to function. It was consuming me.

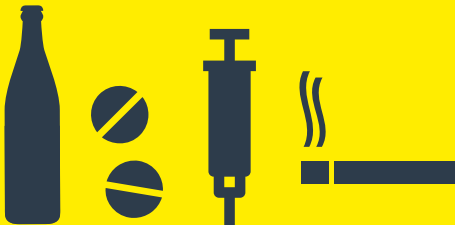


## THE FACTS

Alcohol is a

**drug**

Alcohol is as **ADDICTIVE** as many other drugs



It is illegal to buy alcohol if you are under 18

After 18 it's legal, but alcohol is still an addictive drug

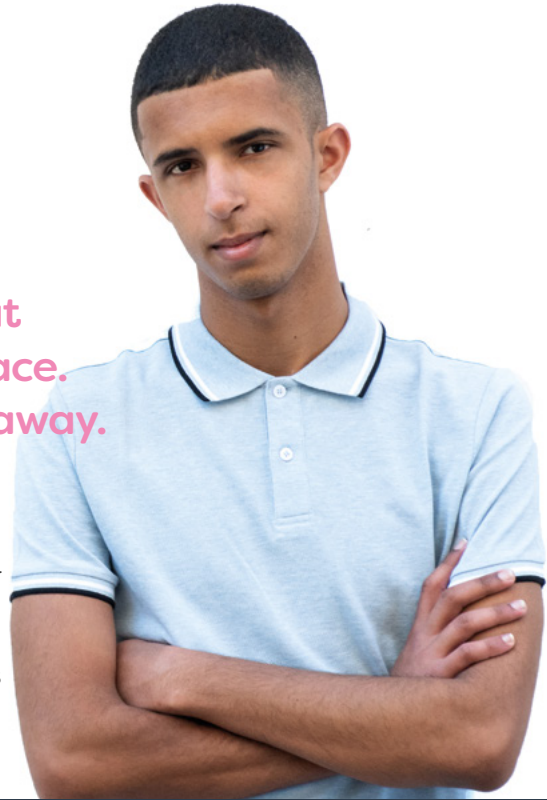
# Blanking it out

Looking back, my pals all started boozing for different reasons. Peer pressure. Advertising. Curiosity. **Me, I guess I was self-medicating.**

**I got wasted to block out things I didn't want to face. It didn't make them go away.**

## THE FACTS

- / Some people turn to alcohol to blank out their problems. But it doesn't solve them
- / And alcohol can cause new problems
- / There are better ways to deal with difficult things in your life



# Oot ma heid

Getting trolleyed looks like fun. **At first, I felt like I ruled the world.** But later, my mood took a dive.

**I didn't know booze would make me feel so down.**

## THE FACTS

- / Alcohol is a depressive drug
- / Even if makes you feel good at first, alcohol can make you feel really low



# Regrets

I've done some stupid things when I was on it.

Things I really regret.

**Things that come back to haunt me.**

Things I'd never have done if I hadn't been so hammered.



“  
When I'm steamin I get angry, and lose control. It's no fun for me, no fun for anyone around me.”

## THE FACTS

Alcohol puts you at more risk of:



Fighting with family, friends or strangers



making bad decisions about sex



getting violent



getting jumped or attacked



getting in bother with the police

# If you do drink, here's how to **reduce the harm**

- / **Stay together with your friends, and look out for each other**
- / Don't drink too much – know your limits
- / Pace yourself
- / Drink water or juice between alcoholic drinks
- / Eat a meal before drinking, to help slow down the absorption of alcohol and protect your stomach lining
- / Have enough credit and charge on your phone to call someone if you need help
- / Watch out for someone spiking your drink



Find out more about young people and alcohol

[Young.Scot/ChoicesForLife](https://www.Young.Scot/ChoicesForLife)

[KnowTheScore.info/alcohol](https://www.KnowTheScore.info/alcohol)



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