

## Alcohol survey

**Alcohol is one of the legal drugs found in the home. There are many drugs available, some can be prescribed only on prescription, others are illegal. You might want to chat with your child about the term 'illegal' and what it means.**

There are government guidelines which promote healthy drinking messages. Drinks are measured in units. It is easier to measure a unit accurately in a pub because they have glasses which are marked to let people know how much they are drinking. In the home it is less easy to measure a unit so it is easier to drink more.

These are the current daily sensible drinking guidelines for adults



**2-3 units or less for females**



**3-4 units or less for males**

These units of alcohol should be spread over the week and not all saved up for one night!

Women who are pregnant have to be sensible for two! The Department of Health advises no more than 1 or 2 units per week, although some women choose not to drink at all during pregnancy.

It is recommended that people who have over indulged in one session should try and have 2 days without alcohol to help their liver recover.

### What to do:

Use Activity Sheet 4A to make a unit calculator with your child to help make them become more drink aware.

Choose a person from Activity Sheet 4B and work out a typical week's drinking for that person. Use the unit calculator you have made to work out the number of units for that person. Repeat the activity with a different person. Who is drinking within the daily limit? What can the others do to reduce their alcohol consumption?

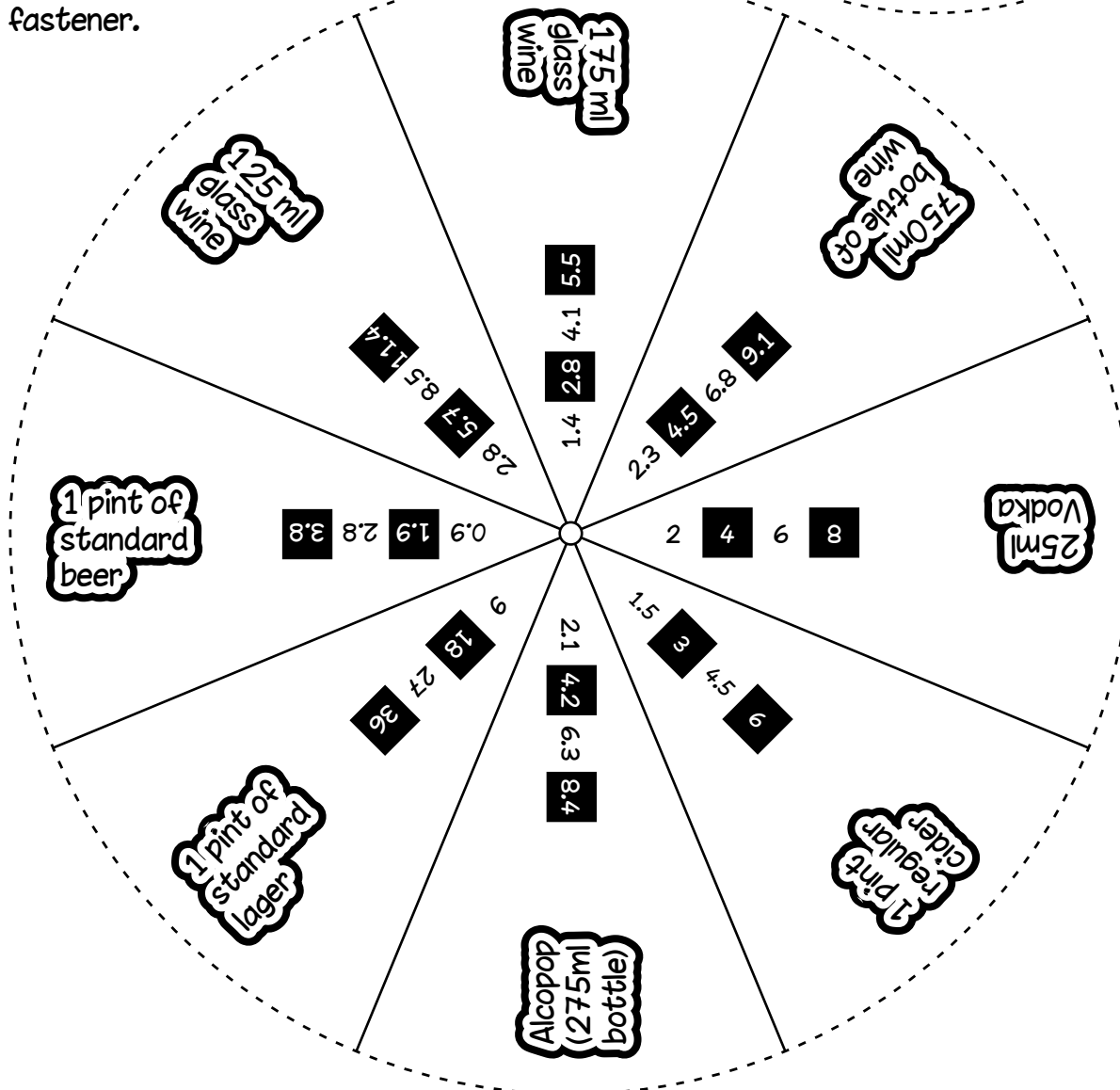


# Make a unit calculator

Cut both circles out along the dotted lines and cut out the white area from the arrow.

Make a hole with a pencil in the centre of each circle.

Place the smaller circle on top of the larger one and secure them both together with a paper fastener.



**What will it be?**

**Person 1**  
22 yr old female doesn't drink on week nights at all but goes out every Friday and Saturday. Starts the night with 2 pints of standard lager then shares 2 x 750ml bottles of wine with her friend. She repeats this pattern of drinking on Saturday but also has 3 alcopops in the afternoon.

Units per week =

**Person 2**  
45 year old female who drinks 1 (125 ml) glass of wine every evening with her meal.

Units per week =

**Person 3**  
18 year old male, goes out with his mates 4 times each week. He drinks 6 pints of lager each night.

Units per week =

**Person 4**  
27 year old male, shares a bottle of wine with partner twice a week. Enjoys a pint of lager every Sunday lunch time. Usually driving in the evening so won't have an alcoholic drink

Units per week =

**Person 5**  
14 year old female drinks nothing during the week but drinks 6 bottles of alcopops every Friday and Saturday evening in the park.

Units per week =

**ANSWERS** Person 1: 31.1 Units, Person 2: 10.5 Units, Person 3: 54.4 Units, Person 4: 11.3 Units, Person 5: 16.8 Units.