

**You are more likely to get hurt
or do some-thing stupid if you get drunk.**

If you do choose to drink...

There are ways to drink, be safe, and still have fun!

- make sure your drink is a “standard drink,”
 - sip your drink slowly,
 - wait 1 hour or more between drinks,
- drink a non-alcoholic [al-ko-hall-ik] drink like water, pop, or juice after each alcoholic drink that you have,
- have some-thing to eat with your drink,
- do not keep drinking until you are drunk,
- do not drive or ride a bike after drinking, and
- **never** get into a car when the driver has been drinking.



BINGE [BIN-G] DRINKING IS...

when you drink 5 or more drinks at one time.

When you binge drink, you get drunk.
This is because you are drinking too fast
for your body to get rid of the alcohol.

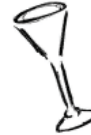
Binge drinking is dangerous because you could:

- get hurt,
- make bad or risky decisions
like having unprotected [un-pro-teck-ted] sex
or fighting,
- make a fool of your-self in front of your friends,
- pass out and hit your head, or
- get alcohol poisoning and have to go to the hospital.

PLUS alcohol is really high in calories [kal-or-eez]!

If you drink a lot you could gain weight [wait]!

Would you eat a whole chocolate cake in an evening?



ALCOHOL AFFECTS EVERY-ONE IN DIFFERENT WAYS

How alcohol affects **you** depends on:

- if you are a man or a woman,
- how tall you are and how much you weigh [way],
 - your mood, and
- how much you drink and how fast you drink it.

Most women have less water in their bodies than men.
This makes it harder for women's bodies to take in alcohol.

This is why girls can't drink as much as guys!

Remember, **never** drink if you are pregnant [preg-nant].

Alcohol can hurt the baby.

The baby can get FASD (Fetal Alcohol Spectrum Disorder).

This means the baby may have
health and learning problems.



HANG-OVERS: TRUTH & MYTH

MYTH: It is a good sign if you can drink a lot and not get a hang-over.

TRUE: If you can drink a lot and not get a hang-over, it means your body needs more alcohol to feel the effect. This is a warning [war-ning] sign that you are drinking too much.

MYTH: Every-one gets hang-overs, so you should not worry about them.

TRUE: A hang-over is your body's way of telling you it is pissed off at you. A hang-over is another warning sign.

MYTH: You can drink away your hang-over.

TRUE: Your body feels the worst when all of the alcohol leaves your body. If you drink more, you will only put off your hang-over until later.



PLACES TO GET INFO AND HELP

AADAC Helpline:

1-866-332-2322

You can call this number 24 hours a day, 7 days a week.

AADAC Youth Services:

1005-17 Street NW

Calgary, AB, T2N 2E5

Phone: (403) 297-4664



You can get support from Youth Services if you are between 12-17 years old.

You can go here for:

- support if you have an addiction problem and need help.
- counselling. From 8:30-10 AM on Monday, Wednesday and Friday, you can walk-in and see a counsellor with-out an appointment.
- info about alcohol, other drugs, or gambling.

AADAC Counselling and Prevention

2nd floor, 1177- 11 Avenue SW
Calgary, AB, T2R 1K9
Phone: (403) 297-3071

Hours: Tuesday, Wednesday, and Thursday 8-9 PM.
Monday and Friday 8 AM - 4 PM.

This place can give you:

- support if you are an adult with an addiction problem.
- support if you have a friend or a family member with an addiction [ah-dik-shun] problem.
- counselling.
- info about alcohol, other drugs, and gambling.



Distress Centre

300, 1010- 8 Avenue SW

Calgary, AB, T2D 1J2

Email: mail@distresscentre.ab.ca

Website: www.distresscentre.com

You can go to the Distress Centre for counselling.

You can also call the Centre and talk to some-one about your problems.

24 hour crisis line: (403) 266-1605

You can call this number 24 hours a day, 7 days a week.

Teen line: (403) 264-8336

You can call this number 24 hours a day, 7 days a week.

From 5-10 PM each day, you can talk to a youth volunteer.

The person you talk to can answer questions you or your parents have.

Enhanced Services for Women

2nd floor, 1177- 11 Avenue SW
Calgary, AB, T2R 1K9

Phone: (403) 297-3066 or (403) 297-3033
Any info you leave in a message will be kept private.

Hours: Monday- Friday, 8:15 AM - 4:30 PM.

This place gives support to pregnant women (adult or youth) who:

- have an alcohol or drug problem.
- know some-one with an alcohol or drug problem.



Aventa Addiction Treatment for Women

610- 25 Avenue SW

Calgary, AB, T2S 0L6

Phone: (403) 245-9050

Website: www.avena.org

Hours: Monday- Friday, 8:30 AM - 4:30 PM.

This place gives support to:

- pregnant women who use alcohol or other drugs.
- women who are addicted to alcohol or other drugs.
- women who are getting over an addiction problem.

Recovery Acres Society/ 1835 House

1835- 27 Avenue SW
Calgary, AB, T2T 1H2
Phone: (403) 245-1196
Email: info@recoveryacres.org
Website: www.recoveryacres.org

This place supports men who have problems with alcohol or drugs and want to live in a place where there is no alcohol or drugs.

This place will give you:

- a place to live or a program to go to during the day.
- treatment.
- counselling.



Renfrew Recovery Centre

1611 Remington Road, NE

Calgary, AB, T2E 5K6

Phone: (403) 297-3337

You can call this number 24 hours a day, 7 days a week.

You can go to this place if you need a safe place to stop drinking or using other drugs.

Most people stay here for 4-7 days.

The people at this place will help you make a treatment plan.

If you are under 18 years old,

you will talk to an AADAC Youth Services counsellor after you finish staying at the Centre.



Thank you!

We want to thank our
plain language translators [trans-lay-tors]
for their help to make this brochure [bro-shur].

And

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