

Look out for the new DrinkWise messages on products in store.

Visit the DrinkWise website to find out how you can make informed choices about drinking.

Find out more...

FACTS

GET THE FACTS

Do you know what a standard drink is?

People often don't know what a standard drink is and how drinking too much can impact your health and family. DrinkWise has pulled together a broad range of factsheets to help you make informed decisions about your drinking.

At the DrinkWise website you can find factsheets about:

- What a standard drink is
- The National Health and Medical Research Council's Guidelines for alcohol consumption
- How alcohol could have an impact on your health
- What to consider if you are older or taking medication
- Alcohol and driving

To get the facts about alcohol visit **drinkwise.org.au**



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KIDS AND ALCOHOL DON'T MIX

It's best to delay their drinking age

- From the age of around 12 or 13 through to the early twenties the brain is in a state of intense development, where it is growing and forming all the critical parts it needs for learning, memory, planning, emotional stability and thinking.
- New science tells us that alcohol disrupts brain development during this critical phase of growth. Teenagers who drink alcohol risk their brains not reaching full capacity, which means they might never reach their full potential as an adult.
- The best advice is to avoid introducing alcohol to your teenager for as long as possible. New research shows that they should not drink until at least the age of 18. Even after that time it is best to minimise alcohol intake until the brain has finished developing.

To get the facts from experts about the new research and tips on the best ways to talk about alcohol with your kids, visit drinkwise.org.au

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**KIDS AND ALCOHOL
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IS YOUR DRINKING HARMING YOURSELF OR OTHERS?

Balancing benefits and risks

Drinking alcohol involves balancing the pleasure of socialising, the taste and enjoyment with food, with the health and social risks.

Some questions to ask yourself

- Can you control when you start or stop drinking?
- Do you have difficulties controlling how much you drink?
- Do you suffer nausea, vomiting and headaches after drinking?
- Are you verbally or physically abusive?
- Are you unable to meet family, personal, work commitments after drinking?
- Do you suffer legal or financial problems as a result of your drinking?

To get more information visit drinkwise.org.au or if you are concerned about your alcohol consumption speak to your doctor.

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**IS YOUR DRINKING
HARMING YOURSELF
OR OTHERS?**

IT IS SAFEST NOT TO DRINK WHILE PREGNANT

The National Health and Medical Research Council (NHMRC) recommends that if you are planning a pregnancy, pregnant and/or breastfeeding, it is safest not to drink alcohol.

The NHMRC has made this recommendation to help you reduce the risk of harm from alcohol to both you and your baby.

It is not known yet how much alcohol is safe to drink when you are pregnant. However, it is known that the risk of damage to your baby increases the more you drink, and that binge drinking is especially harmful. Therefore, drinking no alcohol is the safest choice for your baby.

It is important that you seek advice about alcohol by talking to your doctor.

To get the facts on the effects of alcohol while pregnant, trying to fall pregnant or breastfeeding, visit drinkwise.org.au

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