



This card contains information on alcohol that could help you to make informed decisions about whether or not you choose to drink, and if you do, how to avoid any harm that may result from your drinking.

REGRETTABLE BEHAVIOURS

Drinking too much alcohol on one occasion can cause you to do some embarrassing and even dangerous things that can hurt you or your friends:

- Vomiting – not a good way to impress a potential boy/girlfriend.
- Violence – such as punching out your best mate.
- Unplanned sexual behaviour – could lead to unwanted pregnancy, HIV (AIDS), other Sexually Transmitted Infections, a bad reputation and social isolation from friends.
- Driving a car when you have had too much to drink and losing your licence.
- Injuries – from violence or accidents.
- Arguing with a friend.
- Getting into a car driven by someone who has drunk too much.
- Embarrassing yourself.
- Coma and death – from alcohol overdose, drowning or a road crash.

Make sure you look after yourself and look after your friends if you choose to drink.

PLAN AHEAD

If you do choose to drink, plan ahead. The following tips will help you to have a good time, avoid causing harm to yourself or your friends and reduce the risk of vomiting and dehydration:

- Eat before drinking – a substantial meal, not just a packet of chips.
- Drink slowly.
- Space your drinks.
- Transport - don't get in a car with someone who has been drinking. Plan transport home before you go out.
- Drink water or soft drink to avoid dehydration.



STANDARD DRINKS

Every drink can contain a different number of standard drinks, depending on size and alcoholic content.

Small glass of wine
(100 mL) = 1 standard drink

Middy of full strength beer
(285 ml) = 1 standard drink

Stubby or can of full strength beer
(375ml) = 1.5 standard drinks

Stubby or can of mid strength beer
(375ml) = 1 standard drink

Shot of spirits
(30 mL) = 1 standard drink

Pre-mix spirits
(375ml) = 1.5 standard drinks

Alcoholic soda
(340ml) = 1.5 standard drinks



YOU AND THE LAW

It is illegal for anyone under the age of 18 years to drink alcohol on licensed premises (pubs, nightclubs, etc).

It is an offence for anyone under the age of 18 years to enter or remain on licensed premises (you could get a maximum fine of \$2,000 or a \$200 infringement), except under specific circumstances outlined in the WA Liquor Act 1988.

It is an offence in WA for anyone to drink in public, such as on the street, park or beach.

It is an offence to present false identification (ID). The only acceptable forms of ID to get into licensed premises are:

- Current driver's licence with photograph
- Current passport
- Official Proof-of-Age card.

It is illegal for any person to consume alcohol on unlicensed premises (e.g. someone's house, the town hall) without the consent of the owner or group in control of the venue.

DRINK DRIVING

Driving on your 'P' Plates means that you are not allowed to have a Blood Alcohol Concentration (BAC) of 0.02% or more when driving.

Driving with a BAC over 0.02% on P plates will cost you: \$100 fine and automatic cancellation of your licence for three months. After three months, you can reapply for your licence.

One standard drink will put you close or even over the 0.02% limit!