

Boozy Britain



For some people alcohol can be part of many occasions but like many drugs it's addictive, both physically and psychologically. The NHS estimates that around 9% of men and 3% of women in the UK show signs of alcohol dependence. This means that drinking alcohol becomes an important, or sometimes the most important factor in their life and they feel they're unable to function without it. Stressful events, such as bereavement or losing a job, can also trigger heavy drinking, which can then lead to alcohol dependence.

“Could face community service, a fine or an arrest”

Some people believe that there's such thing as an 'addictive personality' which is used as a scape goat. Binge drinking is most common in young

adults. Binge drinking is drinking lots of alcohol in a short space of time or just drinking to get drunk. Everybody is different, it is not easy to say exactly how many units in one session count as binge drinking. The guideline for binge drinking is having over 8 units in a single session for men and over 6 units for women. It may not seem like \it but alcohol is a poison and can sometimes have lethal consequences. Your body can only process one unit of alcohol an hour. Drinking alot in a short space of time and the amount of alcohol in the blood can stop the body from working properly and may even cause DEATH! However binge-drinking among young adults in Britain is continuing to fall. The proportion of this group bingeing at least once a week is now down from 29% in 2007 to 18% in 2015. It is thought that fewer adults are choosing to drink alcohol and also drinking less when they do. More than a fifth of UK adults now say they do not drink alcohol at all - a slight increase since 2005.

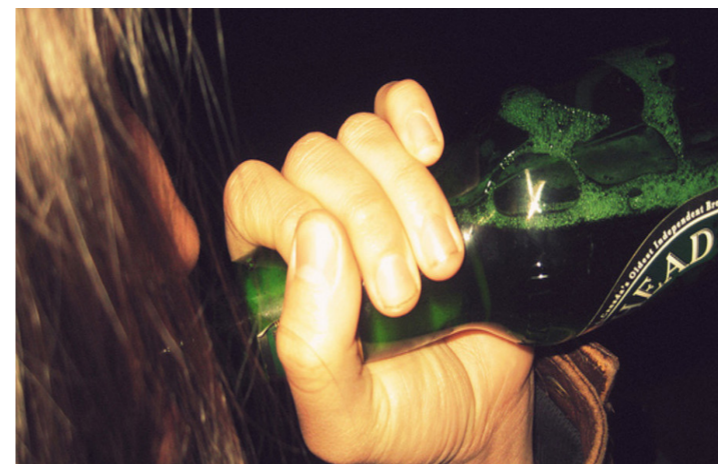


It is against the law to sell alcohol to someone under 18 anywhere and can lead to a maximum fine of £20,000. If police suspect someone under 18 has alcohol in a public place, they have the power to confiscate it. If young people get caught with alcohol three times they could face a community service, a fine or an arrest. Getting a criminal record could affect your future job and make it more difficult to travel to countries like the USA. Drink driving is also very

“8290 casualties as a result of drink driving”

common in the UK and being found guilty of driving whilst above the legal drink driving alcohol limit will result in a punishment that could affect the rest of your life. If a person is found guilty of drink driving they can be fined, banned from driving or even imprisoned. In 2015, there were 8290 casualties as a result of drink driving in the UK. 260 of those resulted in death. By drinking and driving you pose these risks to yourself, other drivers and pedestrians, It seems as female drink-driving levels are not falling quickly enough as warnings are not “getting through”. The government wants the legal limit in England and Wales to be reduced from 80 to 50 milligrams of alcohol per 100 millilitres of blood - in line with changes introduced in Scotland in 2014..

THINK! Dont drink and drive.



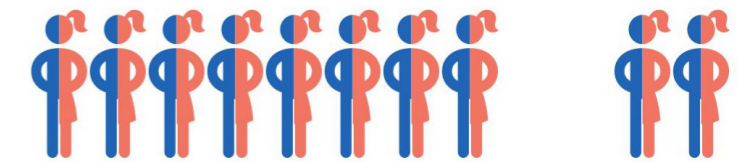
The Facts



£21bn
a year is spent on alcohol related harm

8 out of 10
People

Over 16 Drink Alcohol



178,247
prescriptions for drugs to treat alcohol dependency were prescribed

2
6
0
deaths were caused last year from drunk drivers



45%
of londoners have knowingly driven over the limit

By Georgia Webb