

## Having a night out

Drink sensibly and you'll enjoy yourself – and stay safe



Meeting up with friends for a beer is the perfect way to relax and have a great time. But there are just a few things that you should remember.

### Be sensible

Drinking too much in one sitting can lead to serious health and social problems. These include:

- Absenteeism or poor performance at work or other commitments the next day
- Alcohol poisoning
- Accidents, including car accidents
- Brain or neurological damage
- Heart or cardiovascular problems
- Risky behaviour

Be careful not to rationalize excessive drinking. For example, you shouldn't 'save up' your drinks over the course of a week and then have them all in one go.

### Add food and water to the mix

Drink slowly and be sure you don't drink on an empty stomach. You should have plenty of water between drinks to avoid dehydration. These are good ways to slow down the absorption of alcohol.

### Don't put yourself at risk

Alcohol is a depressant – it can affect your reason, judgement and coordination, and slows down your reaction time. This means that if you drink to excess, you're putting yourself at risk.

The results could be relatively minor – perhaps you might not realise that your jokes aren't going down too well – or, it might lead to serious risky behaviour, such as unprotected sex.

### Don't drink and drive

If you're meeting friends for beers, always remember to think about how you're going to get home again.

As alcohol affects your judgement and reaction times, driving is out of the question. The physical and emotional trauma caused by drunk drivers is entirely preventable.

The message is simple: if you've been drinking, don't drive. Use public transport, take a taxi or nominate someone to stay sober and drive you.

### Enjoy

Drinking alcohol is a matter of individual judgement and accountability. It's been a part of social life and celebrations around the world for thousands of years. Drinking sensibly means you can enjoy yourself – and stay safe.

When enjoying yourself on a night out, remember:

- Having a beer is great way to relax with friends
- Be careful not to put yourself or others at risk
- Drink plenty of water and eat food
- Remember to plan how you'll get home before you set out

### take action

An enjoyable and safe evening out begins with a little planning. Start your evening with some food in your stomach, drink sensibly and plan in advance for a safe way home – never drink and drive.

### talkingalcohol.com

is a site dedicated to helping people make informed choices about alcohol

### other websites

These sites contain further information that you may find useful. However, SABMiller is not responsible for the content of these sites.

- Alcohol Issues (UK), A Safe Night's Drinking: Tips and Strategies [www.alcoholissues.co.uk/safe-nights-drinking-tips-strategies.html](http://www.alcoholissues.co.uk/safe-nights-drinking-tips-strategies.html)
- BC Partners for Mental Health and Addictions Information, Tips for a Safe Night Out [www.heretohelp.bc.ca/publications/factsheets/safenight](http://www.heretohelp.bc.ca/publications/factsheets/safenight)
- NHS Choices (UK), Track Your Drinking [www.nhs.uk/Livewell/alcohol/Pages/Alcoholtracker.aspx](http://www.nhs.uk/Livewell/alcohol/Pages/Alcoholtracker.aspx)
- Promile INFO/Plzensky Prazdnoj BAC Calculator [www.promile.info/pp/](http://www.promile.info/pp/)