

Drinking is often seen as part of student life and can be part of many activities. However, many students don't drink alcohol at all for personal or cultural reasons, and the majority of students drink sensibly most of the time.

People enjoy alcohol as it can reduce inhibitions, make people feel more relaxed and happy, it can increase confidence and can help people socialise and mix to fit in with other people and other group activities.

Drinking doesn't have to be a way of life as a student, you can still have an active, enjoyable social life.

Drinking in short can be fun. However there are risks that are associated with drinking, both long term and short term.

In university / college environment there can also be lots of pressures to drink to fit in with other people and other group activities.



County Durham drug and alcohol recovery services

We want you to have a good time and enjoy yourselves... Think about what you drink.

Concerned about your alcohol consumption and want further support but don't want to access services at this time? Use the anonymous interactive DrinkCoach application at www.drinkcoach.org.uk

If you feel your alcohol or drug use becomes a problem please contact the County Durham Drug and Alcohol Recovery Service for some advice and information.

Contact us by ringing

03000 266 666

option 1

or email

cddars.uni@humankindcharity.org.uk

you can also visit

www.codurhamdrugalcoholrecovery.co.uk
for more information



ALCOHOL AWARENESS



County Durham
drug and alcohol
recovery
services



Before heading out

Eating isn't cheating

Food helps slow the absorption of alcohol, stopping it going to your head too quickly and helps to protect your stomach lining. Carbs or protein such as pasta, potatoes and chicken are good to eat before or while you're out drinking. They'll keep you full, and the slow release of energy will help you last the distance.

Drinking before you go out?

If you drink too much, too early, you're much more likely to miss out on the proper night. If you and your housemates have all got some pre-drinks in, alternate them with some water or soft drinks so you stay hydrated for the night ahead. Keep an eye on your home pouring too, especially when it comes to spirits. If you'd like to keep better track of how many units and calories you're consuming, try using the free DrinkCoach app.

How did I spend that much?!

Ever had that sinking feeling in the morning, when you see the pile of receipts for drinks you don't remember buying? That's the last thing you want to wake up to when you know your student loan's got to last. So why not leave your card at home and only take as much cash as you want to spend. Make sure you keep some in a separate pocket for getting yourself home safely too.

While out

It's not a race, drink at your own pace

It takes approximately one hour for your body to process each unit of alcohol. So have a break between drinks. Short, tall, male, female... everyone copes with alcohol differently, so why try and keep up with your mates? Save face (and money) by sticking to smaller rounds with a couple of mates or avoid them altogether. Turning down a drink is much less embarrassing than throwing one up. If you feel you need a glass in your hand drink a soft drink instead.

Finish your drink too quickly and you'll feel pressured to get another. Instead, make your drink (and your night) last longer. Chat, sip, snack, drink water, get some fresh air and chat some more.

Don't get spiked

Keep an eye on your drink, be careful about accepting drinks from someone you don't know and watch your drink being served. If your drink tastes odd or you feel really drunk after only a couple of drinks, get help from a trusted friend or a member of the bar staff. You should contact the police as soon as possible if you know your drink has been spiked, so they can carry out an investigation and prevent it happening to others.

Feeling peer pressured?

If people are pressuring you to drink too much then it usually says more about their relationship with alcohol than yourself. Don't fall for people making you drink more by saying things like you're no fun, or one more won't hurt....



Heading home

Mine's a pint... of water

If you stop drinking alcohol before the end of the evening and get some water in, your body can get a head start sorting itself out, which means getting home safely and better chance of a dealing with the hangover the next day. Drink a glass of water when you get home too to try to re-hydrate – you'll thank yourself in the morning.

Sticking together

Make sure you leave the pub or club in pairs or as a group. Don't leave anyone behind. It's not just women who need to watch out – men on their own can attract trouble too.

Getting home safely

- Let someone know where you are going.
- Plan ahead and know how you are going to get home at the end of a night out.
- Take a mobile phone with you.
- Ensure you have the numbers of some local taxi firms.
- Carry a personal alarm with you.
- Download the Night Lights map and see the lit routes to follow when walking home.
- Do not walk home by the river at night.
- Use the Students' Union Nightbus service in Durham City www.durhamsu.com/nightbus

Look out for each other in College and when living out and if you have any concerns about the safety or wellbeing of a friend contact your College Student Support Office.