

In student life, social activities can often be based around alcohol and at times this can cause problems, especially if consumption becomes excessive.



# ALCOHOL & SOCIALISING

Alcohol makes people lose their inhibitions and more likely to act in an exaggerated or even different manner to normal. They are less inclined to think of the consequences of their actions and so take risks and behave more dangerously.

The effect varies and depends on many factors such as age, build, frame of mind and mood as well as the type and amount of alcohol consumed.

It alters their behaviour towards others and, although there are many ways of defining those behaviours,

Three broad ones are:

## THE EMOTIONAL DRUNK



Tends to be more **happy** or **sad** than usual:

- Are often vocal - they might be singing, laughing & joking or confiding problems & crying
- Are often compliant and inclined to listen to advice or instructions although it can take time for them to understand that advice

## BE AWARE:



If they have downed '**SHOTS**' their mood, behaviour or condition could worsen quickly into one of these states.

## THE ANGRY DRUNK



Tends to be more **short tempered**, **confrontational** or **aggressive** than normal are:

- Inclined to be **overly sensitive** and **take offence more easily**
- Inclined to **over-react** to inconsequential incidents
- **NOT** inclined to listen to reason or follow advice or instructions

## THE UNRESPONSIVE DRUNK



High levels of blood alcohol result in **serious impediment** of both **mental and bodily function**:

- Unable to process and respond to information, verbally or physically
- Become **sick** and / or **sleepy**
- Become **unconscious**

## Responsibility

Much as you might feel you ought to take responsibility for friends or fellow students who have over indulged **please remember**:

- They are adults and responsible for their own behaviour and any ensuing consequences
- **NEVER** put yourself at risk
- **NEVER** try to cope alone
- Refer the problem on to people better able to cope with the situation (eg if concerned for well being or if you feel threatened) such as university security if on campus or relevant venue staff or emergency services if in town

## Helpful ground rules

When you're planning your nights out you might find it useful to agree a few basic ground rules to help manage situations that might arise later on, for example:

- Go out together: come back together ie don't abandon anyone
- Agree how and when you're heading home - make sure you have taxi numbers with you
- Remind and encourage each other to drink responsibly by:

- ▶ Setting a **BUDGET**
- ▶ **EAT** before you go out
- ▶ **DRINKING AT YOUR OWN PACE**: order smaller measures; miss a round; order soft drinks; leave a drink if you've had enough
- ▶ Avoiding drinking games
- ▶ Keep an eye on your drink: never drink something that's been left unattended - get yourself a fresh one

## Look after yourselves

Enjoy your nights out & Stay Safe

