

Buzz on Booze

Providing you with information about **alcohol** to make your own decisions

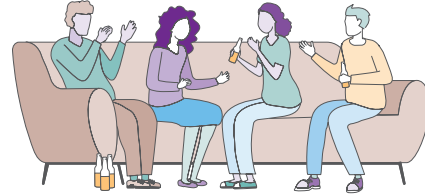
Know the facts



Recent evidence suggests:

- Alcohol poses greater health risks than cannabis and many illegal drugs.
- The potential health benefits of alcohol have been overstated.
- People are generally unaware of many of the risks of alcohol.

Know the effects



Alcohol can cause aggressive and violent behaviour. Alcohol use has been linked to at least **50%** of assaults, domestic violence, child abuse and homicides.

- Be thoughtful about how, when and why you drink.
- Be mindful of where you are and who's drinking around you.

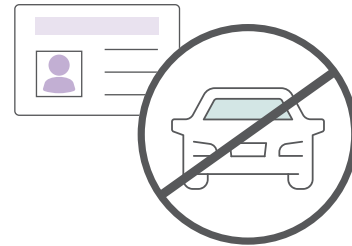
Know your body

It takes your body about **90 minutes** to process the alcohol in **one standard drink**, but it can take much longer for the alcohol to clear your system.



Know the law

Some provinces and territories have a zero-alcohol policy for young drivers. This means that you're **not** allowed to drive after drinking **any** alcohol if you have a graduated licence or are below a certain age.



Safer drinking tips

- Set limits for yourself and stick to them.
- Drink slowly. Be aware of the recommended maximum amount of alcohol for youth.
- For every drink of alcohol, have one non-alcoholic drink.
- Eat before and while you are drinking.
- Always consider your age, body weight and health problems that might suggest lower limits.
- Be mindful of your environment and the people who are drinking around you.
- Have an emergency plan in case something unexpected happens.



Alcohol in the numbers

Almost

1 in 4

people who use alcohol eventually develop an addiction.

