

Alcohol @ Christmas



By Christopher Langman

When you go out for an evening this Christmas, manage your behaviour and come home safe.



Avoid buying alcoholic drinks **as a group**.

If you buy drinks for just yourself or a friend, you will know how many you have had.



Eat before you drink. A **meal** before you go out and snacks between drinks can help to slow down the effects of alcohol and help you behave.



Keep **count** off how many alcoholic drinks you have. You can use a free app on a smart phone from www.drinkaware.co.uk



Consider having a **smaller glass** or having a drink with tonic water or lemonade added.



Consider having **non-alcoholic** drinks occasionally through the evening.



Avoid drinking at home **before** an evening out.