

Students' Resource

L1 - Alcohol Education





Alcohol and the Law

The legal drinking age in NSW is 18 years of age.

It is generally illegal to sell or supply alcohol to a person under the age of 18 years.

However, in places which are not licensed or restricted:

- A parent or guardian can supply alcohol to his or her own child (minor);
or
- A responsible adult authorised by a parent or guardian can also supply alcohol to that child (minor)

It is illegal for a person under the age of 18 years to possess or consume any alcohol in a public place, unless they are under the supervision of a responsible adult. However, if the public place is an alcohol free zone or an alcohol prohibited area (e.g., some parks), it is still illegal for a person under the age of 18 to possess or consume alcohol, even if they are under the supervision of a responsible adult.

If a minor is in possession of alcohol in a public place and is not under the supervision of a responsible adult, the police can seize the alcohol.

A responsible adult is:

- A parent, step-parent or guardian of the minor.
- A person who is, for the time being, in loco parentis to the minor. That is, an adult who is acting in the place of your parent.

HOW MUCH ALCOHOL IS SAFE FOR PEOPLE TO DRINK?

The safest thing to do is not to drink alcohol.

The Australian Alcohol Guidelines recommend that young people, up to the age of 18 years, should not drink beyond the low risk levels recommended for adults.

These low risk levels are based on a measure called “the standard drink”.

A “standard drink” is a measure of the amount of alcohol contained in an alcoholic drink. One “standard drink” of alcohol contains 10g of alcohol.

The Australian Alcohol Guidelines for low risk drinking

The Australian Alcohol Guideline "low risk levels" for adults state that:

- **Males**
 - On average, should have no more than 4 standard drinks per day, and
 - On occasional heavier drinking days, should have no more than 6 standard drinks per day.

- **Females**
 - On average, should have no more than 2 standard drinks per day, and
 - On occasional heavier drinking days, should have no more than 4 standard drinks per day.

Why are younger people recommended not to drink above the low-risk limits?

The reasons younger people should not drink beyond the low risk levels for adults are that:

Younger people's ability to cope with alcohol is influenced by their physical size and stage of development. Younger people generally have a smaller body size than adults, and can therefore tolerate less alcohol.

Younger people lack experience of drinking and its effects, and have no way of knowing how different quantities of alcohol will affect them. Their bodies' lack of experience with alcohol also means that their bodies are less able to tolerate the effects of alcohol.

How do you find out how many standard drinks are in a bottle or can of alcohol?

To help people know how many standard drinks they are having, the labels on alcoholic drink bottles and cans state the number of standard drinks they contain. It is a requirement under Australian Labelling laws.

For example:

Bacardi Breezers contain 1.1 standard drinks

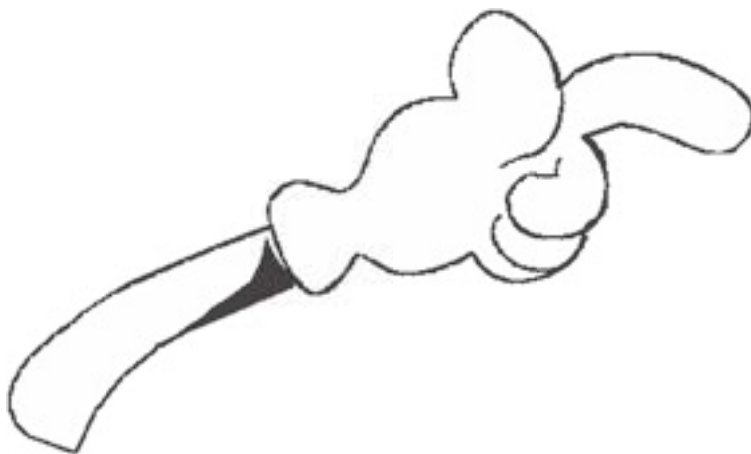
Standard Drink Guide Charts are available, which provide a summary of the approximate number of standard drinks in different alcoholic beverage categories.

For example:

A can of full strength beer contains 1.5 standard drinks

A can of premixed spirits contains 1.5 standard drinks

Alcoholic sodas (300ml) contain 1.2 standard drinks



WORKSHEET:

The Australian Alcohol Guidelines: Age and Gender

- To minimise the risk from drinking, the Australian Alcohol Guidelines recommend that young people (under the age of 18) should drink less than adults.

What do you think are the reasons for this recommendation?

- To minimise the risk from drinking, the Australian Alcohol Guidelines recommend that females should drink less than males.

What do you think are the reasons for this recommendation?

Understanding standard drinks

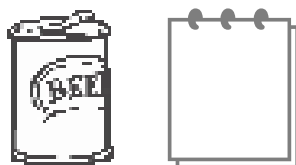
To answer these questions you will need to look carefully at the standard drinks guide you have been given.

Michael, Clare and their friends placed themselves in a few high-risk situations during this night out. Can you identify the aspects of their night out which make it high-risk?

Can you identify any safety measures they put in place on their night out?

What strategies does the class think that Michael, Clare and friends could have put in place to minimise the potential of harm that night?

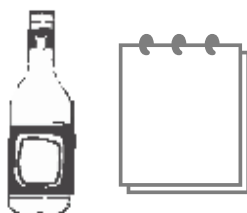
How many standard drinks are there in one can of full strength beer?



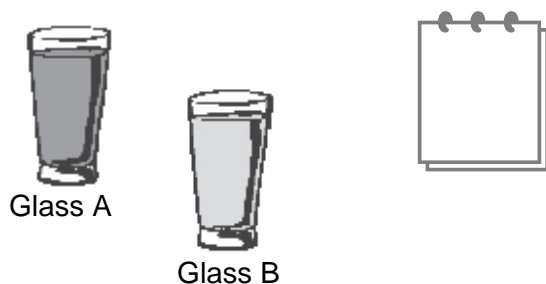
How many standard drinks are there in a 700 ml bottle of spirits?



How many standard drinks are there in a 300ml bottle of alcoholic soda?



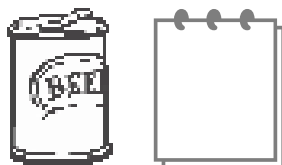
There are two glasses with an equal amount of liquid in each.
Glass A has brandy (a spirit) in it and the other glass has full strength beer in it (Glass B).
Which glass has more alcohol in it?



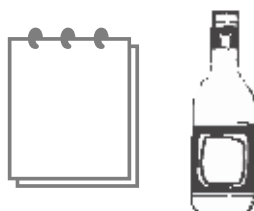
There are two glasses with an equal amount of liquid in each.
One glass has light beer (Glass A) in it and the other glass has wine in it (Glass B).
Which glass has more alcohol in it?



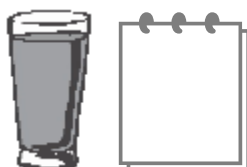
How many cans of full strength beer would equal 6 standard drinks of alcohol?



If a person decided to have a maximum of 4 standard drinks, what is the maximum number of full bottles of alcoholic soda they could drink before they would go over this limit?



How many middies of light beer could a person have to drink, if they were to have the same amount of alcohol as a person who drank 1 middy of full strength beer?



How many milliliters (ml's) of spirit would be equal to 1 standard drink?

