



- Start a social club at your shebeen
- Try to have at least two days a week without any alcohol
- Be strong by going for help when you want to stop
- If somebody is forcing you, then say, "My doctor says I cannot drink anymore."

Why is drinking too much alcohol harmful to me?

Too much alcohol:

- Means you can cause a car accident
- Can lead to you drowning in the sea, river or dam
- Can lead you to being knocked down when you are walking unsteadily



- Can lead you to be so aggressive that you cause injury or death to loved ones or others
- Can cause you to hurt your family



- Can lead you to be an easy target to be attacked, robbed and murdered
- Means you have less money for food, clothing or schooling
- Will damage your brain and organs

- Can lead you to make unwise decisions such as having sex without a condom. You can then get a sexually transmitted disease such as HIV/AIDS



Go to your local clinic if you feel that alcohol is a problem in your life. You can also contact SANCA or Alcoholics Anonymous or Lifeline for help.



Western Cape
Government

Health



Spend your weekend
doing something else

Drink Alcohol Responsibly



Alcohol changes
your perceptions



What is Responsible Drinking?



Responsible drinking means that if you have chosen to drink alcohol to do so in a sensible way so that you do not hurt yourself or others

How much can I drink in one day?

What is a unit of alcohol?



Sensible drinking for men – Four (4) Units of alcohol in one day

Have two days a week without alcohol



Sensible drinking for women – Two (2) units of alcohol in one day

What if all my friends drink?

- It does not mean that you have to abuse alcohol just because people around you do.
- Order a cool drink or leave the room if your friends do not support you.
- Learn to say “NO more”.

Can I drink Alcohol if I am pregnant?

No. No. No

- Stop drinking alcohol if you are thinking of falling pregnant.
- Stop drinking alcohol if you are pregnant. If you cannot stop, then drink less and go for help.
- The unborn baby inside you drinks everything you do.
- Alcohol harms unborn babies who will need special care all their lives because they will have heart defects, abnormal facial features and be mentally handicapped.
- Babies will not develop Fetal Alcohol Syndrome Disorder (FASD) if the mother does not drink alcohol.



How can I drink sensibly?



- Always eat before and while you drink alcohol.
- Count how many units you are drinking.
- Drink water if you are thirsty. Keep wine for enjoyment.
- Sip alcohol slowly.
- Buy alcohol responsibly. If you buy too much then you will drink too much.
- Have water or a cool drink after each unit of alcohol.
- Change your attitude towards alcohol. Why do you want to drink until you don't know who you are? Do you really need to drink too much so as to fit in or to have a good time?
- Are weekends, gatherings, mealtimes often spoiled because of drinking? Avoid places where you know people will drink too much.
- Have two days a week without alcohol.

