

YOUR GUIDE TO DEALING WITH GROC





DRINKING

YOU DON'T NEED GROG

Sure, one or two drinks can sometimes make you feel relaxed and confident. But if you drink **too much** you could end up **wasted** on the floor, fighting, vomiting, miserable or just **boring**.

If you do drink, **think** about the consequences, remember that things can go wrong, and know when it's time to stop.



GROG

TO HAVE A GOOD TIME.

Drinking grog before you are 18 can **affect your brain** development. This can make it harder for you to learn and remember things and could affect your future.

Don't be too drunk to enjoy yourself.
Don't let grog get in the way!



“YOU DO DUMB THINGS WHEN YOU’RE CHARGED UP. YOU END UP WITH THE COPS ON YOUR BACK AND YOU LOOK LIKE AN IDIOT IN FRONT OF THE GIRL YOU’RE TRYING TO PICK UP.” LUKE, 18

**GROG MAY HAVE BEEN PART OF OUR HISTORY,
BUT IT’S NEVER BEEN A PART OF OUR CULTURE.**



IF YOU DECIDE TO

TIPS FOR MAKING THE



DRINK GROG

MOST OF YOUR NIGHT

① BEFORE

YOU GO OUT

- Eat something.
- Plan how you are going to get home.
- Put some cash separate from your money for the night - in case you need it to get home.
- If you drink, don't drive.
- If you take the car, get someone who's not drinking to drive.
- Don't start drinking grog before you go out.

DURING

YOUR NIGHT OUT

- **Drink water** or soft drinks between drinks.
- Don't drink straight spirits, shots or cocktails.
- Avoid rounds or shouts you could end up drinking and paying more .
- Don't mix drinks (if you start on beer stick to it).
- **Eat something** (not salty snacks that make you thirsty).

- **Dance or move around.**
- **Watch your drink** - someone might put extra grog or drugs in it. This is called **drink spiking** and happens mostly at parties by someone you know.
- **Change your plan** for getting home if you need to.
- If you leave, tell your mates where you're going and who with.
- **Look after your mates** and never leave a drunk mate on their own.

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AFTER

YOUR NIGHT OUT

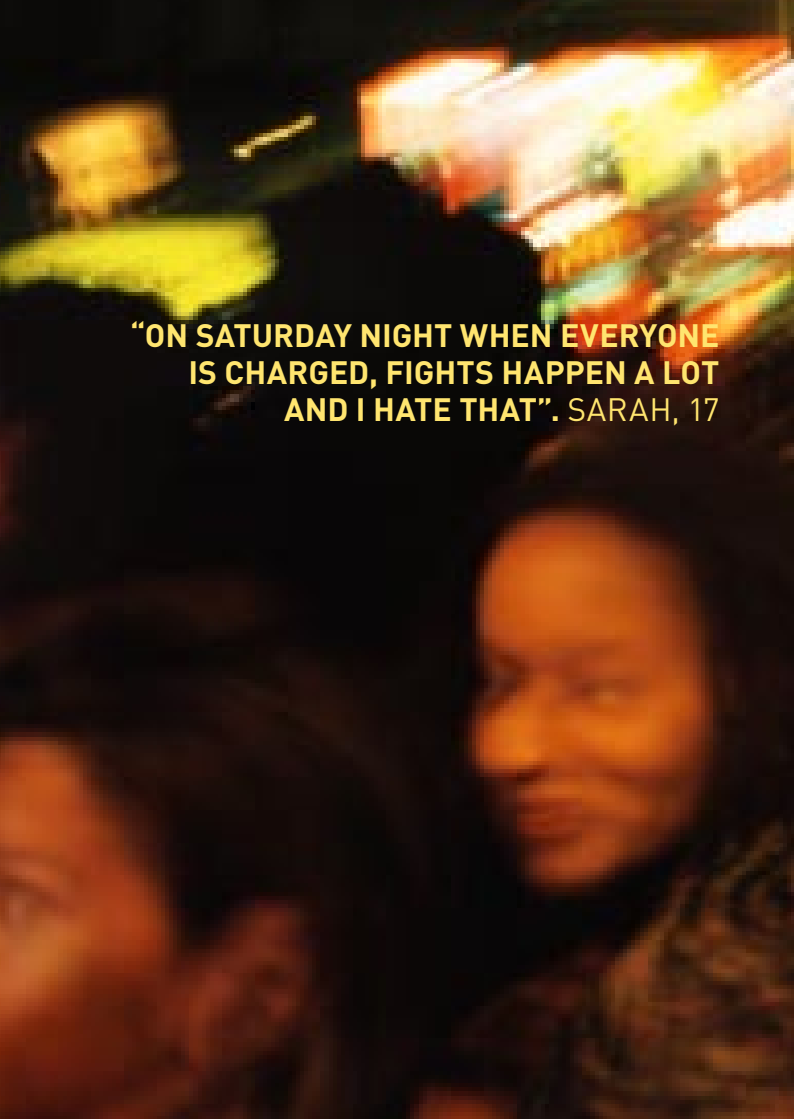
- Never drive if you've been drinking.
- Don't let your drunk mate drive.
- Never ride with someone who has been drinking - stay with friends instead.

- Drink water before you go to bed and your hangover won't be so bad.

- Hang out with people who will look after you if you get into trouble.

IF YOU ARE **UNDER 18** IT IS ILLEGAL TO DRINK OR BUY ALCOHOL IN PUBS OR CLUBS OR TAKE IT AWAY. IF YOU GET CAUGHT YOU COULD GET A **CRIMINAL RECORD.**





**"ON SATURDAY NIGHT WHEN EVERYONE
IS CHARGED, FIGHTS HAPPEN A LOT
AND I HATE THAT". SARAH, 17**

WHAT CAN IT DO TO YOU?

Grog is a drug. It can make you feel cocky, but it can also make you agro, sad or depressed.

When you drink you:

- sometimes **can't think** properly.
- are more likely to **take risks**.
- have trouble doing more than one thing at a time.
- are more likely to **make bad decisions**.
- sometimes **lose control** of your mind and body.

WHAT HAPPENS IF YOU MIX GROG WITH OTHER DRUGS?

Mixing grog with other drugs can be dangerous. This includes over-the-counter, prescription or illegal drugs.

Grog can stop medicines from working and can make the bad effects of the drug worse.

If you mix grog with yarndi, methadone, heroin or benzos (tranquilisers or sleeping tablets eg Valium or Serepax) your body could slow down. This can **lead to coma or death**.

If you mix grog with ecstasy, speed, ice or cocaine you may not know how drunk you are and take more risks. This could put you or your mates in danger.



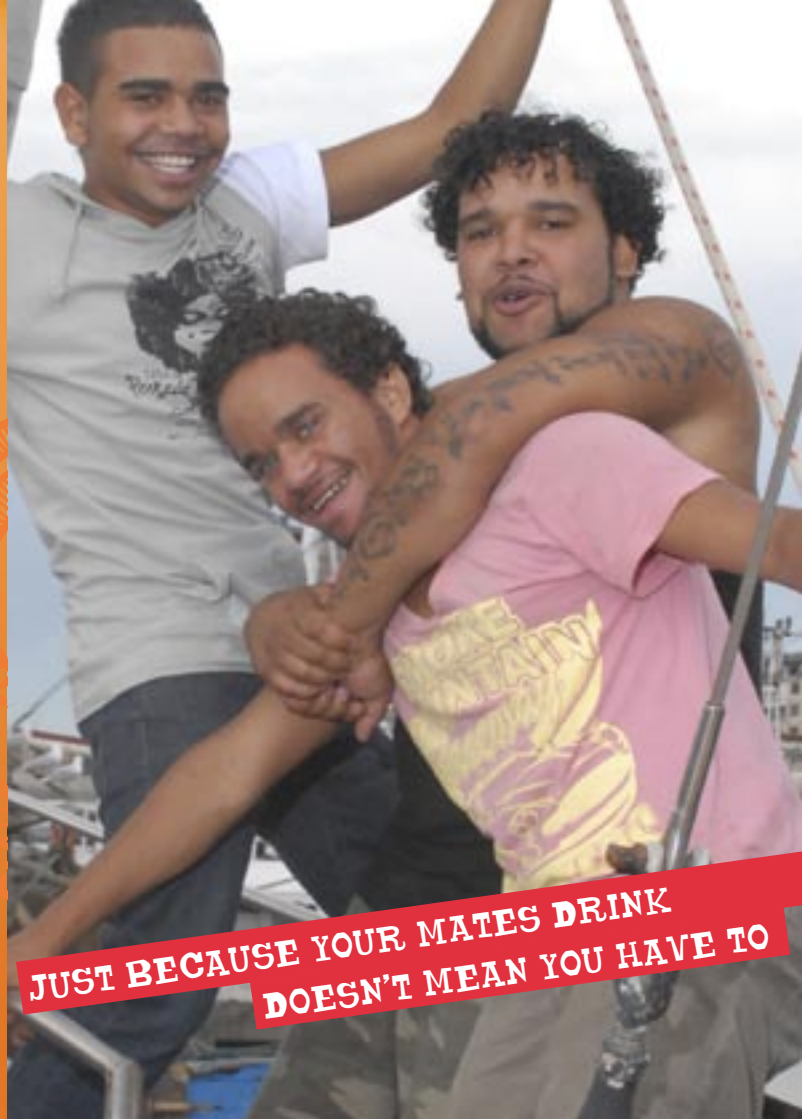
LOOKING OUT FOR YOURSELF

How do you know if you've had too much?

How you drink grog can change
the kind of night you have.

If you **take it slow** you will be
more likely to control what
happens.

If you hit the grog too fast you
may not know you've had too
much until you do something
dangerous or something
embarrassing like pissing yourself.



**JUST BECAUSE YOUR MATES DRINK
DOESN'T MEAN YOU HAVE TO**



**IF YOU ARE PREGNANT,
IT'S BEST NOT TO DRINK
AT ALL. DRINKING
DURING PREGNANCY
CAN HARM YOUR BABY.**

SOME INTERESTING FACTS

TRUE

Eating slows the rate at which grog is absorbed into your body.

The human liver can only process about one alcoholic drink per hour.

Grog can still be in your system the next day –you could still be over the limit if you drive somewhere when you wake up.

Cocktails can contain as many as five or more standard drinks.

Grog reduces your ability to know how fast you are driving.

FALSE

You can't overdose on alcohol.

Feeding bread to a drunk person will sober them up.

Coffee, vomiting or a cold shower gets rid of the grog out of your body.

LOOKING OUT FOR



Watching your mates act the clown with a few grogs in them can make you laugh ... but what happens if things go wrong?

YOUR MATES



You know... a fight starts and someone gets hurt, or someone collapses and you can't wake them up.

There could be a time during the night when you'll need to say: 'Cuz, you've had enough'.

By being there for your mates you can help make the night a good one for everyone.



Sneaking extra grog into someone's drink isn't funny

If you put grog or other drugs into another person's drink it's not only dangerous, it's illegal.

This includes giving them twice as many shots or extra grog in their drink.

It might seem funny at the time, but it could cause them to feel sick, faint or even die.



LOOKING OUT FOR
YOUR MATES

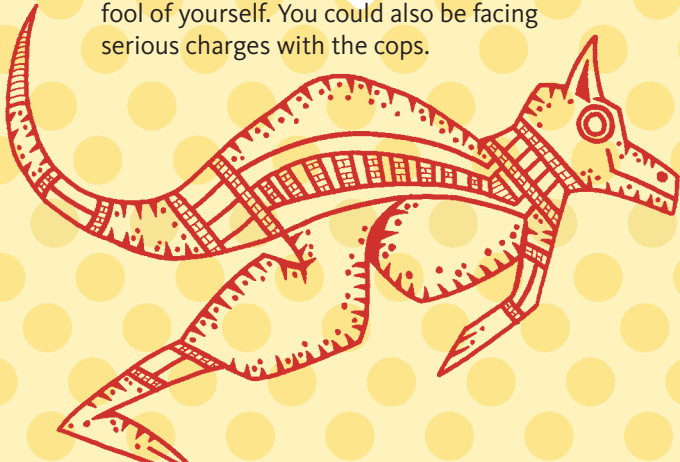


HITTING ON SOMEONE WHO'S HAD TOO MUCH GROG

When you're drunk you can feel like you own the world. Suddenly that girl or guy you have the hots for seems to be 'available'. Don't count on it!

Just because they seem relaxed doesn't mean they are interested. **Never force yourself onto anyone.**

If you take advantage of someone when they are drunk, you can end up making a fool of yourself. You could also be facing serious charges with the cops.



**GROG TAKES AWAY
OUR CONNECTION TO
OUR CULTURE.**



WHEN IS TOO MUCH DANGEROUS?

"I didn't know she'd stopped breathing - I thought she was just asleep. It was lucky someone called the ambos." Scott, 16

NEVER LEAVE A DRUNK MATE ON THEIR OWN.

If you see any one of the following seek medical help immediately:

- a person is **unconscious** and pinching, poking or shouting at them won't wake them up
- their **skin is cold**, clammy, pale or bluish/purplish (this means they are not getting enough oxygen)
- they are **vomiting, but not waking** up
- they are **breathing very slowly** (if there's more than 10 seconds between each breath they could die)

HOW CAN YOU HELP?

Call 000 immediately (112 for mobiles) and stay with them until the ambos arrive.

Ambos are there to help, not dob.

They could save your mate's life.

While you're waiting, **roll the person onto their side** and open their mouth to **clear away any fluid or vomit**. If the person is not breathing and you can do CPR then start that immediately.

IS YOUR DRINKING HURTING YOU?



When you drink grog all the time sometimes it's hard to know if you are drinking too much.

If you need to drink more and more to get the same effect, you have a drinking problem.

**SOME PEOPLE DRINK TO FORGET THEIR PROBLEMS
BUT GROG CAN MAKE PROBLEMS WORSE.**

WHAT TO LOOK FOR

- missing school or work
- hassles at home
- feeling hungover in the morning
- thinking about grog a lot
- feeling like you want to fight someone or yell at them
- sweating, shaking, vomiting or feeling sad when you don't drink.

If this sounds like you talk to someone about it - a mate, family member, doctor or counsellor.

USEFUL WEB LINKS

www.reachout.com

Info and support for young people on issues like depression, drugs and alcohol, family issues, friends and relationships.

www.somazone.com.au

Answers to questions about alcohol, drugs, sex, mental health issues, harassment/abuse, relationships and more.

www.druginfo.sl.nsw.gov.au

Info about drugs and alcohol.

www.WhatAreYouDoingToYourself.com

Information about binge drinking – the effects, knowing your limits and the risks. Take the risky drinking test.

www.YourRoom.com.au

Explore this interactive house, test your drug + alcohol knowledge, find information and support.

Dream the Dream!



GETTING HELP

IF YOU THINK YOU HAVE A PROBLEM, OR JUST WANT TO TALK TO SOMEONE

Call the Alcohol and Drug Information Service (24 hours)
in Sydney on (02) 9361 8000 or toll-free in NSW country
areas on 1800 422 599.

You can also call your local service on the number below.



To order this resource:

Email:

drugaction@doh.health.nsw.gov.au

Phone: (02) 9424 5946

NSW HEALTH

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This booklet is recommended for
use with young people 14 years and
over who are exposed to alcohol
consumption.

