







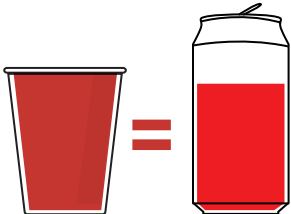


STUDENT REFLECTIONS 2



NAME:

ESSENTIAL INFORMATION

WINE 100ML 	SPIRITS 30ML 	FULL BEER 225ML 	LIGHT BEER 453ML 
CHAMPAGNE 105ML 	PRE-MIXED 275ML 	CIDER 211ML 	PORT / SHERRY 63ML 
A STANDARD DRINK IS ONE WHICH CONTAINS 10 GRAMS OF ALCOHOL		SCALE: The cups in the diagram are 250ml. This quantity would fill up a regular soft drink can (375ml) 2/3 of the way	

Regular alcohol free days can reduce lifetime risk of alcohol-related disease and injury	MEN & WOMEN
ADULT: Low lifetime risk (Lifetime risks are associated with regular high level consumption over a lengthy period of time).	No more than 2 standard drinks a day
ADULT: Low risk of alcohol-related injury (Short-term risks of harm are associated with high levels of drinking on a single occasion, e.g. binge drinking).	No more than 4 standard drinks per drinking occasion
YOUNG PEOPLE (Under 18)	Not drinking alcohol is the safest option
PREGNANT WOMEN	Not drinking alcohol is the safest option

