DID YOU KNOW...

- Australian Standard Drink Guidelines* recommend;
  - drinking no more than 2 standard drinks a day to avoid lifetime harm
  - having no more than 4 standard drinks on one occasion to reduce risk of immediate harm.
- Not drinking alcohol is the safest option if you are under 18 years of age, pregnant (or planning a pregnancy), or breastfeeding.

2 LET'S WORK OUT HOW MUCH YOU SPEND ON ALCOHOL...

(You may need to get your calculator out for this section)

Per week $ _ _ _ _ _ _ _ _ _ (enter a dollar amount)

Per month $ _ _ _ _ _ _ _ _ _ (multiply the weekly number above by 4)

Per year $ _ _ _ _ _ _ _ _ _ (multiply the monthly number above by 13 to equal 52 weeks)

REMEMBER...

Average out how much you spend on a "big night out" across the week or month.

IS THERE ANYTHING ELSE YOU WOULD LIKE TO SPEND THIS MONEY ON?

3 WHAT ARE THE GOOD BITS ABOUT DRINKING FOR YOU?

TOP TIP

It's good to know the reasons why you drink alcohol. It affects where, when, how much and how often you drink.

WHAT ARE THE NOT-SO-GOOD BITS?

e.g. low mood, not getting things done, paranoia, anxiety, relationship problems, money problems, hassles with work/study, getting busted, losing license.

4 ON A SCALE FROM 1-10, HOW WORRIED ARE YOU ABOUT YOUR DRINKING?

1 2 3 4 5 6 7 8 9 10

Not at all worried — Very worried

Why did you give these scores?

What would it take for your score to go up or down?

HOW IMPORTANT IS IT FOR YOU TO MAKE CHANGES TO YOUR DRINKING?

1 2 3 4 5 6 7 8 9 10

Not important — Very important

Turn the page over for more information ↗

*Australian Guidelines to Reduce Health Risks from Alcohol (NHMRC, 2009)