

Low-Risk Drinking Recommendations For BC Youth



Go for health,
not for harm

How can young people avoid harm from alcohol?

The best way is to lay off alcohol until you're **19** or older. The fact is, you're still developing. Alcohol can mess with your body, brain and spirit.

If you're an **older teen (16–18)** and you choose to use alcohol, think **safety** and drink **smartly**.

Alcohol's immediate effects are more intense on youth than on adults. So, when you're drinking, stick to this 3–2–1–0 rule for teens:

At any one time or on any one day

- no more than **3** standard drinks, guys
- no more than **2** standard drinks, girls
- no more than **1** drink per hour
- **0** drinks before doing sports or driving

Eating food before and while you drink is a good idea; alternating alcoholic and non-alcoholic beverages helps too.

Sometimes alcohol **ruins** the party. Getting hammered can also have more serious and long-lasting consequences.

*Don't injure others or
be a victim yourself.*

If you're **15 or younger**, you shouldn't drink at all. Alcohol can hurt you both in school and in your social life. The younger you begin using alcohol, the greater your chances of developing an alcohol problem later on in life.

Don't mess with your future.

A standard drink is:



Beer

350 ml (12 oz)
at 5% alc.



Cocktail

50 ml (1.5 oz)
at 40% alc.



Wine

150 ml (5 oz)
at 12% alc.

*Don't get in a car driven by someone
who's been drinking.*

Youth- related Resources on Alcohol at our website



Visit publications.carbc.ca to view, download or print these documents:

- Alcohol 101: a crash course on drinking
- Going out and staying safe
- A safe night out—avoiding harm from alcohol at clubs and bars

Resources addressed to parents include:

- Hosting a teen party—how to deal with the alcohol question
- Your substance use patterns and your teen
- Why teens use tobacco, alcohol and other drugs
- Responding to your teen's alcohol use
- Talking to your teen about substance use

More information can be accessed on-line at:

- www.drinkingfacts.ca: a site designed for youth
- www.carbc.ca: for other substance-related resources
- www.heretohelp.bc.ca: on mental health and on substances

Don't drink while taking other drugs or medications, or if you're pregnant.