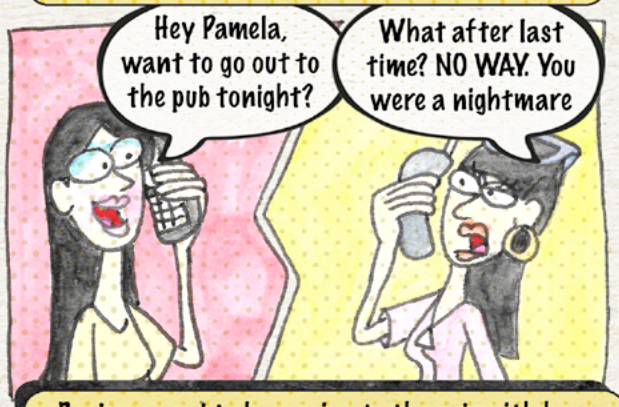
THE STAY UP LATE GUIDE TO ALCOHOL
STAY UP LATE
WWW.STAYUPLATE.ORG

Barbara loved going out to the pub and drinking with friends

One time, Barbara had too much to drink. She got really loud and annoyed other people.

She was sick all over the bouncers shoes

That wasn't a good night out for Barbara's friends, or Barbara



Barbara used to love going to the pub with her mates and was sad they didn't want to any more.

Barbara got sad that nobody enjoyed spending time with her.

Barbara decided to do something about feeling lonely

Barbara had a plan, she was not going to drink so quickly or drink so much.

Barbara learned her lesson. Now it's more fun when she goes out and she has money to spend on other things.

GOOD THINGS ABOUT ALCOHOL

It is fun to go out with your friends and have a drink

If you go to the pub you can also see live music and meet other people

Lots of people go to pubs and clubs and it is part of our way of life

It is a good way of feeling part of your community and relaxing

BAD THINGS ABOUT ALCOHOL

Drinking too much alcohol can be bad for your health

Too much alcohol can also change the way you behave and annoy other people around you

It can make you put on weight

Alcohol can also be very expensive

It can also lead to other serious illnesses like heart disease and cancer

FIND OUT MORE:

For more information visit:

Easy Health : www.easyhealth.org.uk

NHS Choices : www.nhs.uk

Don't forget you can always talk to your support worker if you need help and support around this.

STAY UP LATE

www.stayuplate.org

Stay Up Late is a registered charity (England and Wales no. 1145040) Registered address: Dorset Gardens Methodist Church, Dorset Gardens, Brighton, BN2 1RL