



A guide to conversations
with young people about

DRUGS & ALCOHOL



DID YOU KNOW: ALCOHOL

While no use is safest, use these videos to explore the facts before discussing options.

DID YOU KNOW THAT...ONE STANDARD ALCOHOLIC DRINK TAKES AT LEAST ONE HOUR TO LEAVE YOUR BODY?

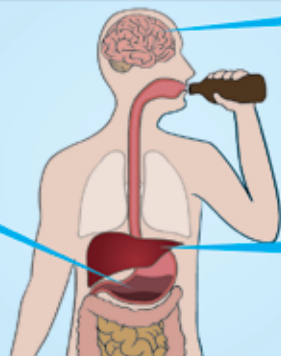
IN NEW ZEALAND ALL ALCOHOLIC DRINKS MUST BE LABELLED WITH THE STANDARD DRINKS THEY CONTAIN.



THE MORE YOU DRINK, THE LONGER IT TAKES TO BE SOBER AND SAFE.

HOW IT WORKS

WHEN YOU DRINK, ALCOHOL GOES INTO YOUR STOMACH WHERE IT MIXES WITH ANY FOOD AND SOME ALCOHOL GOES INTO YOUR BLOODSTREAM. THE MIX THEN MOVES TO YOUR SMALL INTESTINE.



MOST OF THE ALCOHOL HEADS TO THE BRAIN FROM HERE, AFFECTING YOUR CO-ORDINATION, CONFIDENCE AND JUDGEMENT. FOOD SLOWS DOWN THIS PROCESS, WHICH IS WHY EATING BEFORE YOU DRINK IS A GREAT IDEA.

THE BLOOD THEN MOVES TO YOUR LIVER WHICH WORKS HARD TO GET RID OF THE ALCOHOL, BREAKING IT DOWN SO IT CAN LEAVE THE BODY IN URINE. IT'S ALSO A DIURETIC, MAKING YOU THIRSTY AND DEHYDRATED

FIRST YOU CAN GET FLUSHED, ENERGETIC AND TALKATIVE



NEXT YOU COULD GET MORE CONFIDENT, EMOTIONAL AND UN-COORDINATED

THIS CAN LEAD TO RISK TAKING, MEMORY LOSS AND AGGRESSION



THEN YOUR BODY TRIES TO RID ITSELF OF THE ALCOHOL THROUGH VOMITING

YOU CAN EXPERIENCE BLACKOUTS, WET YOURSELF, AND YOUR VITAL ORGANS START TO SHUT DOWN.



DRINKING WHILE PREGNANT CAN CAUSE BIG PROBLEMS FOR BABY.



IT CAN ALSO CAUSE HANGOVERS, EMOTIONAL STRESS, MAKE IT HARDER TO ENJOY LIFE AND LEAD TO PHYSICAL AND MENTAL DAMAGE.

SO, REMEMBER TO

- EAT BEFORE YOU START DRINKING
- COUNT THE STANDARD DRINKS
- ALWAYS LOOK OUT FOR YOUR MATES



WANT TO FIND SUPPORT FOR A YOUNG PERSON IN NEW ZEALAND? CALL THE ALCOHOL AND DRUG HELPLINE ON 0800 787 797



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DID YOU KNOW ALCOHOL

Conversations about drugs & alcohol

Key tips for conversations:



Eat before
you drink



Count the
standard drinks



Avoid drinking
while pregnant

DID YOU KNOW: CANNABIS

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DID YOU KNOW THAT... CANNABIS IS NEW ZEALAND'S MOST POPULAR ILLEGAL DRUG?

BUT ONLY 3% OF SECONDARY SCHOOL STUDENTS SAY THEY USE IT ON A WEEKLY BASIS.

HOW IT WORKS

WHEN CANNABIS IS SMOKED THE ACTIVE CHEMICAL TIK GOES INTO THE LUNGS, IS ABSORBED INTO THE BLOOD-STREAM AND CARRIED TO THE BRAIN. THE EFFECTS START WITHIN MINUTES AND CAN LAST FOR HALF AN HOUR OR MORE.

CANNABIS IS A DEPRESSANT AND CAN BE PHYSICALLY AND PSYCHOLOGICALLY ADDICTIVE.

CANNABIS IS TAKEN TO THE BRAIN IN A DIFFERENT WAY WHEN EATEN. THIS MEANS IT CAN BE HARDER TO KNOW HOW STRONG THE EFFECTS WILL BE, AND THE EFFECTS CAN LAST FOR LONGER, WHICH CAN BE AN UNPLEASANT EXPERIENCE.

SMARTSCAN

CANNABIS AFFECTS DIFFERENT PEOPLE IN DIFFERENT WAYS.

SOME PEOPLE FEEL RELAXED, LIKE LISTENING TO BOB MARLEY AND GET THE MUNCHIES.



OTHERS CAN FEEL PARANOID, DEPRESSED AND CONFUSED, WITH A HIGHER RISK OF TRIGGERING MENTAL ILLNESS AND SEEING, HEARING OR FEELING THINGS THAT AREN'T THERE.

SMOKING A LOT OF CANNABIS CAN AFFECT YOUR HEALTH, MAKE IT HARDER TO CONCENTRATE, LEARN, PLAY SPORTS OR FIND WORK.



SO, REMEMBER TO

- STOP IF YOU START TO FEEL UNWELL OR UNCOMFORTABLE
- DON'T SMOKE AND DRIVE
- ALWAYS LOOK OUT FOR YOUR MATES



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DID YOU KNOW CANNABIS

Conversations about drugs & alcohol

Key tips for conversations:



Smoking a lot of
cannabis can affect
your health



Stop if you start to feel
unwell or uncomfortable



Don't smoke
and drive

DID YOU KNOW: VOLATILE SUBSTANCES

While no use is safest, use these videos to explore the facts before discussing options.

DID YOU KNOW THAT INHALING SUBSTANCES IS COMMONLY KNOWN AS 'HUFFING'? THERE IS NO SAFE LEVEL OF USE, WHICH CAN LEAD TO 'SUDDEN SNIFFING DEATH,' EVEN IF YOU ONLY TRY IT ONCE.

HUFFING IS NOT VERY COMMON IN NEW ZEALAND.

ONLY 1.2% OF SECONDARY SCHOOL STUDENTS HAVE EVER TRIED HUFFING TO GET OUT OF IT, AND ALMOST TWO THIRDS OF THOSE HAD ONLY DONE IT ONCE.

HOWEVER, HUFFING LED TO THE DEATHS OF 25 YOUNG PEOPLE UNDER 17 WITHIN 10 YEARS.

MOST PEOPLE WILL EXPERIENCE A NASTY HANGOVER OR HEADACHE, WHICH CAN LAST FOR HOURS OR DAYS, DEPENDING ON HOW MUCH YOU INHALE.

INHALANTS ARE TAKEN INTO THE LUNGS AND DIRECTLY ABSORBED INTO THE BLOODSTREAM. THESE POISONOUS CHEMICALS IMMEDIATELY REACH THE BRAIN AND THE PEAK EFFECT IS FELT FOR AROUND A MINUTE.



HUFFING CAN MAKE YOU FEEL FLOATY OR DROWSY, UNCOORDINATED AND SLOW TO REACT, WITH BLURRY VISION AND UNPLEASANT BREATH.



VOLATILE SUBSTANCES ARE ALSO HIGHLY FLAMMABLE AND CAN CAUSE DANGEROUS BURNS AND EXPLOSIONS.



IT CAN LEAD TO EXTREME AGGRESSION, DEPRESSION, IRREVERSIBLE BRAIN AND ORGAN DAMAGE, SEIZURES, COMA AND DEATH.

SO, REMEMBER

- THERE IS NO SAFE LEVEL FOR INHALING SOLVENTS OR VOLATILE SUBSTANCES
- HUFFING CAN CAUSE YOU SERIOUS HARM
- ALWAYS LOOK OUT FOR YOUR MATES



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DID YOU KNOW VOLATILE SUBSTANCES

Conversations about drugs & alcohol

Key tips for conversations:



Huffing can cause you
serious harm



Solvents are highly
flammable and
dangerous.



There is no safe level
for inhaling solvents or
volatile substances



Watch the videos at
aodcollaborative.org.nz/didyouknow



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