



Low-Risk Drinking for Youth

The best way to avoid harm from alcohol is to not drink, at least until you're **19** or older. The fact is, you're still developing. Alcohol can harm your body, brain and spirit.

If you're an older teen (16–18) and you choose to use alcohol:

Discuss it with your parents.

Drink only in safe places.

Stick to the 3–2–1–0 rule:

3 units max for guys

2 units max for girls

1 unit max per hour

0 alcohol before driving or other dangerous activity

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 drunk can have serious and long-lasting consequences.

If you're 15 or younger, it's best not to drink at all.

People who get drunk before age 16 are more likely to develop alcohol problems later in life.

If you use at all, it should only be occasionally, in small amounts and in a family context.

Never get in a car driven by someone who has been drinking.



5% Alc
350 ml
1 unit



12% Alc
150 ml
1 unit



40% Alc
1.5 oz
1 unit



Alcohol and You

An honest look at your past experiences with alcohol will help you assess your risk of harming yourself or others.

- Have you ever ridden in a car driven by someone (including yourself) who had been using alcohol?
- Do you ever use alcohol to relax, feel better about yourself, or fit in?
- Do you ever use alcohol while you are alone by yourself?
- Do you ever forget things you did while using alcohol?
- Do your family or friends ever tell you that you should cut down on your drinking?
- Have you ever gotten into trouble while you were using alcohol?¹

The last time you got drunk was:

- 3 months ago or less
- more than 3 months ago or never

So what does it tell you?

A **safer drinking pattern** is indicated by:

- fewer than 2 “yes” answers to the 6 examples of risk above **and**
- not having been drunk in the past 3 months

A **riskier drinking pattern** is indicated by:

- 2 or more “yes” answers to the 6 examples of risk above **and/or**
- having been drunk at least once in the past 3 months

For Further Information and Help

www.alcoholreality.ca
www.heretohelp.bc.ca

www.carbc.ca
www.drinkingfacts.ca

1-800-663-1441

¹ Adapted from CRAFFT, a short screening tool designed for adolescents and made available by the Center for Adolescent Substance Abuse Research, Children’s Hospital, Boston, MA.