



**LET'S
TALK!**

**ABOUT
ALCOHOL**

saskatchewan
preventioninstitute
our goal is **healthy** children

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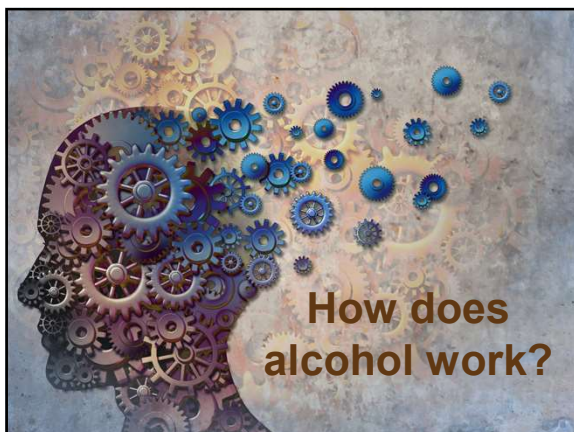


**Why
talk about
alcohol?**



ABOUT
8
IN **10**

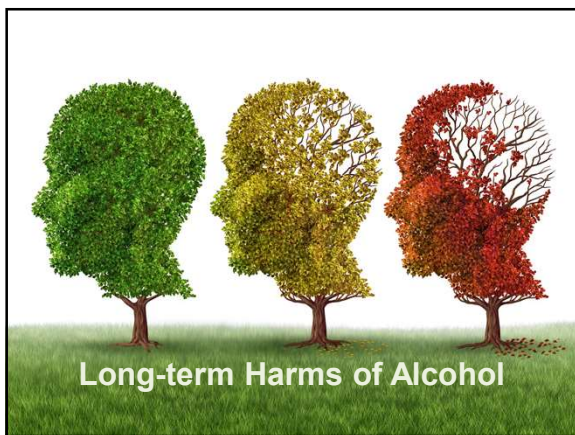
**Canadians
said they drank
alcohol
in the past year.**









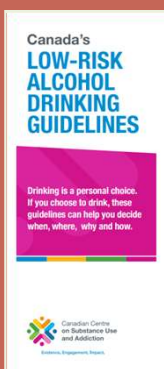




What is a standard drink?



Beer 341 mL (12 fl oz) 5% alcohol content	Cider, Cooler 341 mL (12 fl oz) 5% alcohol content	Wine 142 mL (5 fl oz) 12% alcohol content	Rye, Gin, Rum, etc. 43 mL (1.5 fl oz) 40% alcohol content
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Canada's Low-Risk Alcohol Drinking Guidelines



Why are the amounts different for women?

Range of Drinking Patterns

- Non-drinker
- Social drinker
- Habitual
- Elevated or risky drinking
- Alcohol abuse
- Alcohol dependence
- Substance use disorder

What is risky drinking?

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Women

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Men

Safer Drinking Tips

- Stay within your limits
- Drink slowly
- Have non-alcoholic beverages between drinks with alcohol
- Eat food



What have you heard about alcohol and sex?





Men and Alcohol



More women and girls are drinking.







0 Zero alcohol is safest when trying to get pregnant and when pregnant.

What is happening with alcohol in your community?

What help is available for someone who needs help to reduce or stop drinking?

Call HealthLine **811**.

Talk to a healthcare professional or addictions services.

First Nations and Inuit Hope for Wellness Helpline
1-855-242-3310

Summary: Alcohol

- Alcohol is a commonly used drug in Canada.
- Alcohol has risks for anyone who drinks.
- Alcohol is a teratogen that can cause FASD.
- People can lower their risks by following Canada's Low-Risk Alcohol Drinking Guidelines.

References are available on request:
info@skprevention.ca
