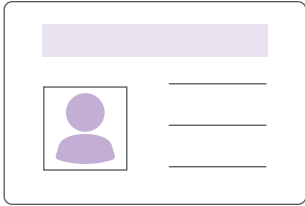


Six ways to use **alcohol** more safely

Providing you with information to make your own decisions

Did you know alcohol is a drug?



- Alcohol is a legal drug if you are of legal age.
- The legal drinking age in Canada is 19, except in Quebec, Manitoba and Alberta. In these provinces, the legal drinking age is 18.

What are the recommended limits?

The recommended maximum amounts for youth (*anyone under the legal drinking age*) are:

- never more than 1 or 2 standard drinks at a time
- never more than 1 or 2 times per week.

You know your body best. Your age, body weight, environment and overall health play a factor in how alcohol will affect you.

What is a standard drink size?

Not all drinks are created equal. The size of a standard drink differs depending on the type of alcohol you are drinking. This is because the percentage of alcohol may vary.



Beer
(341 mL or 1 small can*)
= average 5% alcohol



Cider/cooler
(341 mL*)
= average 5% alcohol



Wine
(142 mL*)
= average 12% alcohol



Liquor like gin, vodka, rum, tequila, etc. (43 mL or 1 shot*)
= average 40% alcohol

* Standard serving

What should I know about mixing alcohol and other drugs?

Mixing alcohol with other drugs (whether prescription, over-the-counter or other legal or illegal drugs) can impact you.

Mixing can:

- give you cramps or a headache
- make you vomit
- make you black out or pass out
- make you stop breathing
- be fatal.



When is zero alcohol the safest choice?

The recommended limits do not apply to all situations. You should not drink any alcohol when you're:

at school or work

responsible for the safety of others

driving

doing any dangerous physical activity

pregnant, planning to become pregnant, or breastfeeding

Finding your safe space

However much you choose to drink, it should always be in a space where you feel safe.

A safe space can include:

- a familiar location
- being with a trusted friend
- having a trusted adult you can call (in case something unexpected happens).



If you're having trouble reaching out, try to talk or text with a helpline—like Kids Help Phone (1 800 668-6868), or text CONNECT to 686868 to chat with a volunteer crisis responder.