

- Happiness
- Relaxation
- Emotional volatility (aggression, anger, violence, sadness etc)
- Depression and despair
- Increased confidence/ cockiness

Psychological

- Reduced social inhibitions
- Increased sociability
- Changed response to sexual stimuli
- 'Beer Goggles'- others appear more attractive
- Impaired ability to make adequate decisions

LONG TERM EFFECTS:

- Cirrhosis of the liver
- Cancer (mouth, pharynx, larynx, oesophagus, stomach)
- Heart and blood problems incl. stroke and hypertension
- Alcohol dependence
- Stomach problems
- Lowered immune system
- Nerve problems (arms and legs)
- Alcohol related brain injury
- Problems with family, friends, work, finances etc.

SAFER USING TIPS

- Alternate with water
- Keep track of how much you are drinking
- Be aware! Never leave your drink unattended
- Always order and pour your own drinks
- It's a good idea to measure your drinks so you can keep track more easily
- Check the label on your drink- it may contain more than 1x standard drink
- Be aware of factors that may affect your tolerance (eg. other drugs incl. prescription medications, menstrual cycle etc.)
- Stress can make you more susceptible to alcohol
- Be aware of how alcohol affects your mood

DRUG COMBINATIONS

Possible outcomes. What works for one person may not work for another. We recommend you proceed with caution.

DANGEROUS

- +Ketamine-** nausea, vomiting, blackouts
- +MXE-** High risk of memory loss, vomiting, severe ataxia
- +GHB-** Particularly risky combination. Can easily result in an overdose leading to loss of consciousness, nausea and vomiting.
- +Opioids-** Both substances potentiate the ataxia & sedation caused by the other and can lead to unexpected loss of consciousness
- +Tramadol-** Heavy CNS depressants, risk of seizures
- +Benzos-** Intensifies the effects of alcohol and can lead to blackouts. Not recommended - it can be hard to gauge your limits

UNSAFE

- +Cocaine-** Forms coca-ethylene in the body which is more harmful than the individual substances & creates a higher chance of dependency. Also may appear less drunk than you actually are
- +MAOIs-** Tyramine found in many alcoholic beverages can have dangerous reactions with MAOIs, causing an increase in blood pressure

CAUTION

- +Stimulants-** may be able to drink more but may increase risk of alcohol poisoning
- +MDMA-** Both MDMA and alcohol cause dehydration
- +SSRIs-** Alcohol may potentiate some of the pharmacologic effects of CNS-active agents

MORE INFO

This resource is designed to give a brief overview and it is recommended that you do further research. The following websites may provide you with useful information.

www.hrvic.org.au/dancewize	www.bluelight.ru
www.erowid.org	www.dancesafe.org
www.bluebelly.org.au	www.tripproject.ca
www.nuaa.org.au	

This Alcohol resource is produced by DanceWize®, a program of Harm Reduction Victoria (HRVic)

www.hrvic.org.au



SAY KNOW TO DRUGS.

KNOW your mind, KNOW your body, KNOW your substance and KNOW your limits.

This resource has been developed for party goers and people who are **already** using drugs. The role of DanceWize is to provide factual, relevant and practical information to assist you to make informed choices about different drugs and to promote harm reduction, safer partying and safer drug use.

DESCRIPTION

Alcohol is the most widely used psychoactive drug in Australia. Given its legal status, it is widely accepted and readily available.

The intoxicating ingredient, ethanol, is found in beer, wine and spirits and is produced by fermenting sugars, yeasts and starches. Alcohol is a central nervous system depressant, which means it slows down the electric signals in your brain and from your brain to your body, making your body and mind more relaxed. Alcohol is quickly absorbed through the stomach and small intestine. It's the amount of alcohol (ethanol) you drink, not the overall volume of beverage consumed, which affects you. Beer usually has 3-5% ethanol and wine can have 11-15%,

whereas spirits can have up to 40-50%. Alcohol is a natural product of fermenting sugars. Beer is usually made from grains such as barley, wheat and rice; cider is made from apples, pears and other fruits; wine is made from grapes; and spirits are usually made from grains or fruits, but can also be made from plants. In Australia, the legal age for drinking and buying alcohol is 18 years old.

DOSAGE TIPS

Taking drugs is never without risk.

Mentioned doses are based on the information available to DanceWize© at the time of print and we can not give any guarantee of safety as the effects can vary greatly from one person to another.

As with other drugs, tolerance can vary greatly from one person to another, based on body weight, age, recent meals, general health, how often you drink and how well your liver functions. Tolerance also plays apart in how quickly you get drunk.

- Always pour or order your own drink so you can keep track of what you are drinking. Drink spiking IS a real 'thing'
- Use a nip-pourer if drinking spirits to accurately measure out one shot
- Alternate water with each alcoholic drink you have, to prevent dehydration
- Be aware that alcohol can be a volatile (and risky) drug to mix with other drugs; if you are going to take drugs, take extra care to moderate your alcohol intake
- It's safer not to drink if you are taking antipsychotics, antidepressants, some antibiotics, or other medications
- Try not to mix different types of alcohol as this can make your hangover worse

ADMINISTRATION

Swallowed

DURATION

Total duration: 1.5 – 3 hours

Onset: 15-30 minutes

Peak: 15-90 minutes

Coming down: 45-60 minutes

Hangover/after effects: 1-36 hours depending on dosage

HALF LIFE:

Alcohol does not have a 'half life' like other drugs and passes rapidly through your system. Alcohol is metabolized at a constant rate, but some people may feel the effects of alcohol for longer amounts of time. After excessive alcohol consumption you may find that your BAC (*blood alcohol concentration*) is still over the legal limit several hours after you have ceased drinking. BAC refers to the amount of alcohol in your blood in relation to the amount of water in your blood.

BLOOD ALCOHOL CONCENTRATION (BAC):

The standard rule for maintaining a legal BAC level is:

For males: 2x standard drinks in the first hour and 1x drink every 1.5 hours later.

For females: 1x standard drink in the first hour and 1x drink every 1.5 hours later.

Factors that affect your BAC are:

- How fast and how much alcohol you drink
- Individual metabolism
- Body weight
- Food- if there is food in your stomach it takes longer for your body to process alcohol
- Carbonated drinks are absorbed quicker than non
- Warm alcohol is absorbed quicker than cold alcohol
- Women absorb alcohol quicker and reach a higher BAC than men because they have a higher body fat content
- Regular drinkers are more tolerant to the effects of alcohol so even though they may not feel drunk, their BAC will still be the same as non regular drinkers
- Women supposedly have higher BAC's at different times of the month and birth control pills can cause women to get drunk faster

ROADSIDE DRUG TEST:

Alcohol is detectable by roadside breath test, which measures the amount of alcohol in your breath. A breath test reading of 0.05 or higher is considered drink driving for fully licensed drivers in VIC (different limits apply for other

license types e.g. probationary or heavy vehicle).

DETECTION:

Breath: 24 hours

Urine: 12-48 hours

Hair: Up to 90 days

STREET NAMES

Booze, grog, piss, brew, charge, shots, flagon, goon, tallie, longneck, plonk, moonshine, etc.

CHEMICAL COMPOUND

Ethyl alcohol (ethanol)

EFFECTS

The following is a list of possible effects, which may vary from person to person.

Physical

- Giddiness, dizziness
- Dehydration
- Analgesia (dulls pain)
- Slurred speech
- Flushed skin
- Drowsiness, sleepiness
- Difficulty focusing eyes
- Physical tolerance due to repeated use
- Decreased coordination
- Nausea, vomiting (vomiting while unconscious can be fatal)
- Reduced impulse control
- Reduced ability to attain/maintain erection in most males
- Increased difficulty in reaching orgasm in some females
- Frequent urination
- Confusion
- Blackouts and memory loss at high doses
- Coma and death at extreme doses
- Brain and liver damage (hepatitis & cirrhosis) with heavy use
- Mild to severe hangover after heavy use
- Foetal damage in pregnant women at high dose or frequency

Emotional

- Elevated mood