



**ALCOHOL?  
IT'S YOUR CHOICE**

# ALCOHOL:

**It's your choice** is a fun resource showing the potential dangers of excessive drinking. In the comic there are two paths which are taken, one which involves drinking over consecutive days and another which involves a night out without the use of alcohol. Each having different endings, each story linked to the other... Alcohol: which will you choose?

## DID YOU KNOW?

- Alcohol is full of calories... 4 alcopops are the same as eating 5 doughnuts!
- 13 young people each day are admitted to hospital as a result of alcohol
- More people die each year from alcohol related illness than illegal drugs
- There are no safe limits for young people as their bodies are not fully developed
- Binge drinking (i.e. drinking heavily on one evening) can cause serious health damage as this may be more alcohol than your body can process safely
- Alcohol robs your body of Vitamin B complex, deficiency can cause skin damage and diarrhoea. Nice when out on the pull!

## Essential first aid

- Don't panic
- Make sure they are breathing - by lifting their chin & listening & by looking at the chest for movements
- Loosen any tight clothing
- Place in the recovery position so they cannot choke
  - Move the patient's nearest arm, as though they are stopping traffic.
  - Lift the patient's furthest knee, and bring their furthest hand to the near side of their face.
  - Using the patient's knee as a lever, pull them onto your knees.
  - Place on their side
- Using the patient's knee as a lever, pull them onto your knees.
- Call 999; get an ambulance. Do this as soon as possible

**Alcohol: it's your choice**

EARLY.....A.M

MORNING THAT IS

MEANWHILE

...AND COLLECT THE PAPERS

TIME TO GO! GET MY BIKE..

ELSEWHERE

SEEMS LIKE A NICE LAD!

WHAT THE.....!

LAST ONE! BETTER GET TO SCHOOL

LATER

LATE NIGHT?

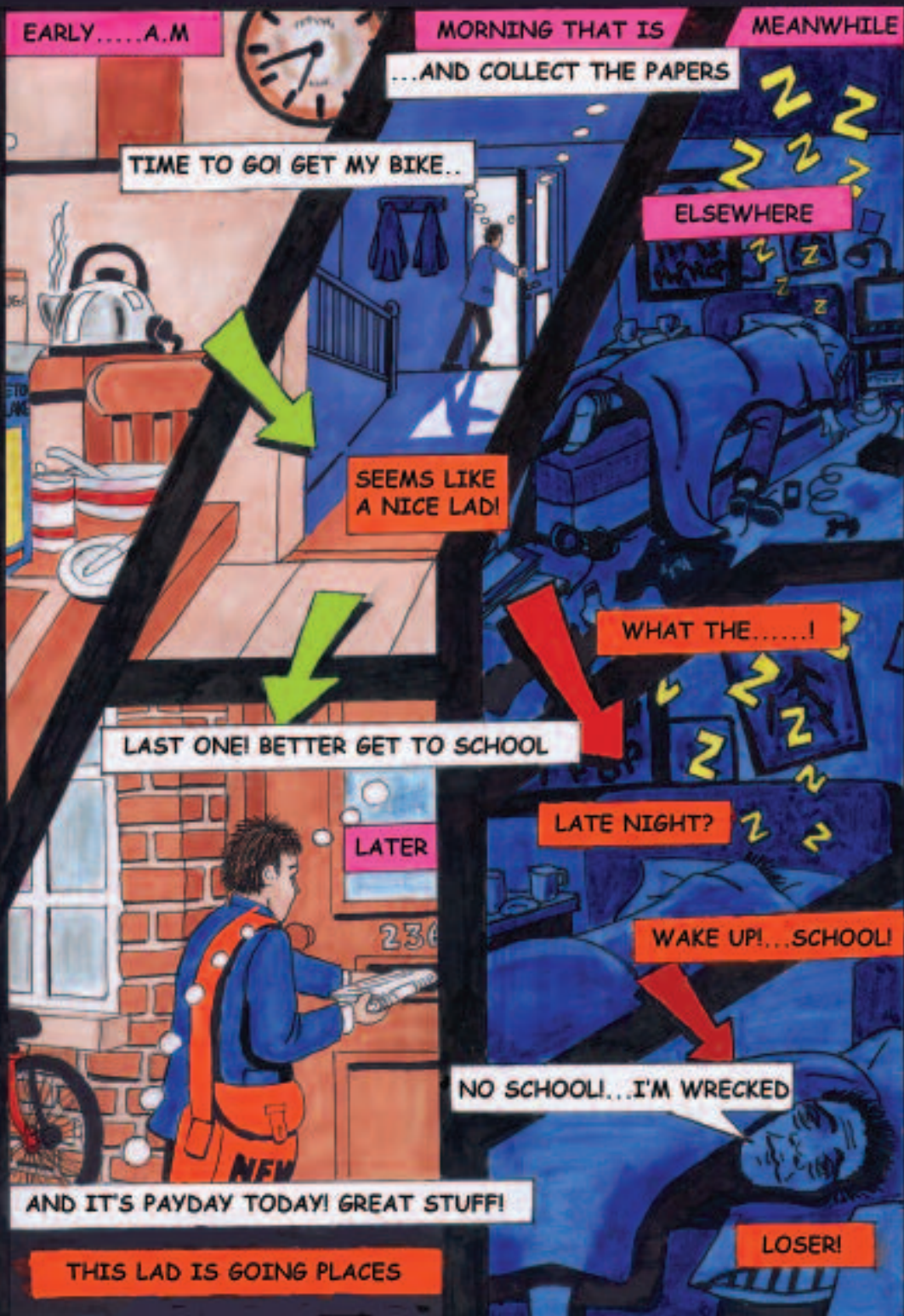
WAKE UP!...SCHOOL!

NO SCHOOL!...I'M WRECKED

AND IT'S PAYDAY TODAY! GREAT STUFF!

LOSER!

THIS LAD IS GOING PLACES



EVEN LATER

AT SCHOOL

AND (YOU GUESSED IT)... ELSEWHERE

SEE YOU AT BREAKTIME

NEED AN ALARM?

**DERRINGG  
A BING**

OKAY!

NOT WITH.....D'MOBILE

SAY...NICE GIRLFRIEND

(YAWN) YO! WHAT'S UP?

AT BREAK

WE'VE WORKED HARD...

HOW YER FEELING?

FANCY A  
MOVIE  
AND A  
MEAL?

LOVE TO!

ROUGH!

ME TOO! SAME AGAIN TOMORROW?

WELL DESERVED

OKAY! SEE YOU.....LATER!

NOW BACK TO IT!

AT THE CINEMA

LATER!

WOW!

SEE YOU!

SEE YOU AT  
SEVEN THEN!

OH YES.....MUCH LATER!

YOU LOOK GREAT

THAT  
NIGHT

THANKS! SO DO YOU!

LOOKS LIKE A GOOD MOVIE!

TROUBLE!

ALARM

ANOTHER GREAT NIGHT OUT?

OUTSIDE THE CINEMA

NICE

MI OFF LICENSE

BOOZE

WHERE ARE YOU GOING?

SPECIAL OFFER 3 for 2

THANK YOU

IT'S NOT OVER YET!  
LET'S GO FOR THAT MEAL!

WOULD YOU LIKE  
CHINESE, INDIAN,  
ITALIAN,....ER..?

YOU CHOOSE!

GOING HOME! FEEL REALLY SICK!

HALFWAY HOME

NOT GONNA MAKE IT! FEEL.....!



LATER....AFTER THE MEAL

AWHILE LATER

IT'S STILL EARLY. LET'S WALK

OH NO! IT'S TIME TO GO



OKAY!

WE'D BETTER FIND A TAXI

IF WE GO...OH!



WHAT?

SOMEONE IS LYING IN THE GUTTER!

HELLO! CAN..

WAIT HERE! I'LL CHECK IT OUT



.....HE'S IN A BAD WAY. QUICKLY, CALL FOR AN AMBULANCE!

WE NEED AN AMBULANCE

HELLO OPERATOR

URGENTLY!

MARVELOUS THINGS....MOBILES!

**SIREN**

THEY'LL BE HERE SOON!

AMBULANCE

MY GOD! HE'S SO YOUNG

WILL HE BE OKAY?



IT'S SO SAD

HE'S PROBABLY BEEN DRINKING FOR DAYS. IT'S ABUSE....AND FOR WHAT REASON? ..TO BE LIKE THIS?

I HOPE SO. IT'S A GOOD JOB YOU SAW HIM. A BIT LATER AND IT COULD BE A DIFFERENT END



SOMETIMES.. NOT ALL LESSONS ARE LEARNT IN CLASS

**Alcoholics Anonymous**  
(Chorley & South Ribble)  
01253 792 632

**National Drug Help line**  
0800 776 600

**Childline**  
0800 11 11

**Drinkline**  
0800 917 8282

**Samaritans (Chorley)**  
01257 266 881

**Samaritans (Liverpool)**  
0151 708 8888

**Samaritans (National)**  
0845 90 90 90

**Sexwise**  
0800 28 29 30

**Young Addaction**  
01772 255 307

**Connexions**  
Chorley - 01257 248 900  
South Ribble - 01772 450 800  
West Lancashire - 01695 712 675

**Youth and Community**  
Chorley - 01257 517 241  
South Ribble - 01772 313 421  
West Lancashire - 01704 896 424

[www.drinkaware.co.uk](http://www.drinkaware.co.uk)

[www.talktofrank.com](http://www.talktofrank.com)

[www.alcoholconcern.org.uk](http://www.alcoholconcern.org.uk)

[www.childline.org.uk](http://www.childline.org.uk)

[www.parentlineplus.org.uk](http://www.parentlineplus.org.uk)

[www.thesite.org.uk](http://www.thesite.org.uk)

[www.whatnow.co.uk](http://www.whatnow.co.uk)

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## What did you think?

Please post your comments on email to: [feedback@alcoholcomic.co.uk](mailto:feedback@alcoholcomic.co.uk)

## What's in a drink?

**Alcopops** - 257ml bottle = 1.4 units (5% ABV)  
(Smirnoff Ice, WKD, Reef)

**Lager** - 330ml bottle = 1.3 units (3 to 4% ABV)  
(Carling, Fosters, Black Label)

**Lager** - 440ml can = 1.8 units (3 to 4% ABV)  
(Carling, Fosters, Black Label)

**Premium Lager** - 330ml bottle = 2.0 units (5% ABV)  
(Stella, Carlsberg Export, Kronenbourg)

**Premium Lager** - 440ml can = 2.2 units (5% ABV)  
(Stella, Carlsberg Export, Kronenbourg)

**Remember** alcohol can make you do things you normally would not do.

# Alcohol?

It's your choice

# Two people two



South Lancashire

