



DRINKS AND UNITS

1 standard drink / 1 unit of alcohol (8g)	2 units	3 units
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A small bottle (275ml)
of *lower strength*
4% abv alcopop



A half pint
of *lower strength*
4% abv lager, beer/cider



A single measure
of 40% abv spirit



A standard glass (175ml)
of *lower strength*
12% abv wine



A 440ml can of
medium strength
4.5% abv lager, beer/cider



A double measure of
40% abv spirit



A pint of
medium strength
5% abv lager, beer/cider



A large glass (250ml)
of *lower strength*
12% abv wine

3 units	10 units	15 units	28 units	40 units
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A large bottle (700ml)
of *higher strength*
5.5% abv alcopop



A 500ml can
of *higher strength*
7.5% abv lager, beer/ cider



A cocktail with 3
measures of
40% abv spirit



A 750ml bottle
of *medium strength*
13% abv wine



A 2 litre bottle
of *higher strength*
7.5% abv cider



A 70cl bottle
of 40% abv whisky



A 1 litre bottle
of 40% abv vodka

The UK Chief Medical Officers recommend that an alcohol-free childhood is the healthiest and best option. If children drink alcohol underage, it should not be until at least the age of 15 years. If 15 to 17 year olds do consume alcohol, they should limit it to no more than one day a week.

Young people aged 15 to 17 years should never exceed the UK Chief Medical Officers' low risk drinking guidelines for adults (men and women should drink no more than 14 units a week).

MSASQ - For boys: How often do you have 8 units or more on one occasion? For girls: How often do you have 6 units or more on one occasion?

Never Less than Monthly Monthly Weekly Daily or almost daily

