

# DO YOU KNOW WHERE YOUR KIDS ARE TONIGHT?



- 40% of young people had not used contraception on at least one occasion because they were under the influence of alcohol or drugs.
- 20% of young men and 13% of young women aged 13-19 identified alcohol as the main influence the first time they had sex.
- Young people drinking in public places are more likely to binge drink.
- 18 children a day in the UK are hospitalised due to alcohol use.

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

**Adults should not regularly exceed:**  
Men 3-4 units daily, Women 2-3 units daily

250ml (large) glass of average wine is 3.5 units (175kcal)

1 bottle of alcopops is 1.5 units (160kcal)

Pint of lager is 2.5 units (184kcal)



There are no recommended 'low risk' levels of alcohol use for young people.