

Know the guidelines for safe alcohol use:

- For men, drinking no more than two standard drinks on any day reduces the lifetime risk of harm from alcohol-related disease or injury.
- For women, drinking no more than two standard drinks on any day reduces the lifetime risk of harm from alcohol-related disease or injury.
- For men and women, drinking no more than four standard drinks on a single occasion reduces the risk of alcohol-related injury arising from that occasion.
- For children and young people under 18 years of age, not drinking alcohol is the safest option. Children under 15 years of age are at the greatest risk of harm from drinking and that for this age group, not drinking alcohol is especially important. For young people aged 15–17 years, the safest option is to delay the initiation of drinking for as long as possible.
- Parents and carers should communicate with children and young people about alcohol, set clear guidelines and boundaries and make sure they are aware of the risks
- Maternal alcohol consumption can harm the developing foetus or breastfeeding baby. For women who are pregnant or planning a pregnancy, not drinking is the safest option. For women who are breastfeeding, not drinking is the safest option.