Did you drink it in?

Alcohol Advertising Exposure in Young People

A chance to win £20 worth of HMV vouchers!

We're trying to find out how many under 18-year-olds are exposed to alcohol advertising. If you could help and take the time to fill in the chart below we'll enter you into a draw to ***win £20 worth of HMV vouchers*** with Alcohol Concern! Thanks for your time...

Name:	Date:	Age:	M/F:	Home Postcode:

Time	**What brand was it?** (Carling, Bacardi Breezer, Smirnoff etc)	**Where did you see it?** (billboard, internet, TV, magazine, radio etc)	**Location Detail** (where was the billboard, what TV show/magazine etc)

To enter the draw to win £20 worth of HMV vouchers, simply send your completed form, name and **contact details** to:
HMV Draw, Eunice Mannion, Manchester Drug & Alcohol Strategy Team,
Manchester City Council, 4th Floor, Heron House, Brazennose Street, M2 5EA.

For more information contact Eunice Mannion on 0161 219 6937 or email e.mannion@manchester.gov.uk

MANCHESTER CITY COUNCIL

Alcohol Concern
Making Sense of Alcohol

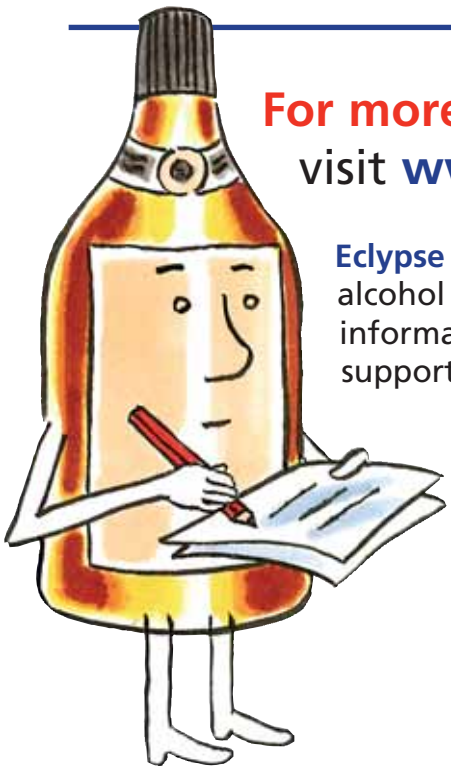
Messages for young people

Drinking alcohol can make you take risks you wouldn't when sober. You could end up in trouble, waking up in hospital, having problems with the police, or seriously harming yourself and others.

Drinking alcohol...

- makes it difficult to co-ordinate your movements
- stops you thinking clearly
- temporarily makes you feel good
- temporarily numbs pain

Starting to drink when you are young puts you more at risk of becoming dependent on alcohol. You may find yourself relying on alcohol to feel better about your problems. But in the long term regular drinking will make you feel more anxious.



For more information on alcohol and how to stay safe, visit **www.drinkaware.co.uk**

Eclypse is a *free confidential service* for young people under 19 who are using alcohol and/or other drugs. They will answer your questions, offer advice and information about how you can stay safe and provide you with all kinds of support with the things you find hard to manage.

If you would like to **speak to someone from Eclypse**, you can ring the service on **0161 273 6686**.

Eclypse

Lifeline Children, Young People & Families Service