

# Alcohol and you



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# How to use this book

Alcohol misuse can affect individuals, families and communities. This book will help you to understand the problems caused by alcohol, and how to take action. It will also give you information about how to drink sensibly.

Read this book and share the information in it with your family and your friends. It can also be used by parents, teachers, young people and health and community workers.

If English is not your first language, you may want translations of some of the difficult words. These words have been underlined. They are explained in isiZulu, isiXhosa, seSotho and Afrikaans in circles at the side of the page. Each time the order is the same. The circles look like this:



There are coloured blocks to give you information to help you. They look like this:



The government spends a lot of money on people who need medical treatment for sickness and injuries caused by alcohol.

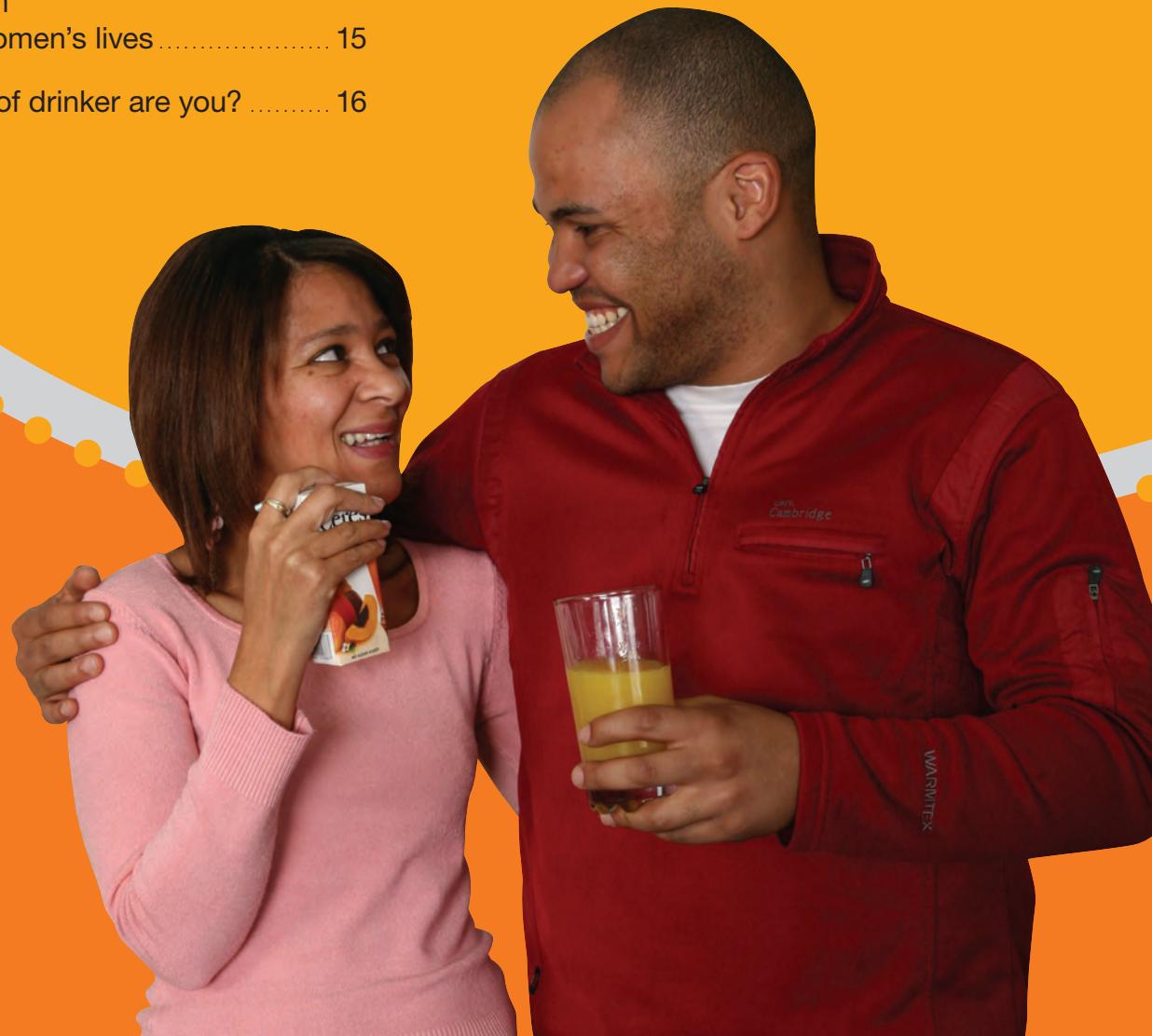
There are also case studies or stories about people's lives. The blocks look like this:



“ I used to drink a lot. My friends drank alcohol and so I did too. My Dad was strict, and I wanted to show him I could do what I wanted. Then one of my friends was raped when she was drunk. I realised how dangerous alcohol can be. So I have cut down a lot. ”

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# Alcohol in South Africa



“

I started to drink in shebeens in Sophiatown during apartheid. We drank in the shebeen as a way to protest against the government-run beerhalls.

We also went there to show the government that we could still drink our home-brewed alcohol, even if they made it illegal. The shebeen was a place to meet, listen to music and talk politics.

I still drink in a shebeen. I know it doesn't have a license, but I prefer it to the tavern. It is close to my home and I meet my friends there. The owner is also a friend of mine, so I enjoy going there often.

”

## Alcohol is sold everywhere

There is a high number of alcohol sellers in South Africa.

- It is easy to buy beer, wine and other alcoholic drinks at supermarkets and bottle stores.
- It is also very easy to buy alcohol informally – in shebeens, bars and at sports events.

People drink a lot of alcohol because of this. This means there are also a lot of people who have alcohol problems.

### Illegal

- kungekho emthethweni
- bungabikho mthethweni
- e se molaong
- onwettig

### informally

- ngokungekho emthethweni
- ngokungamiselekanga
- ka bolokolohi
- informeel



# The way we drink alcohol has changed

## Government control of alcohol in the past

- During apartheid, white people were allowed to buy alcohol freely. But African people were only allowed to drink in beer-halls near the townships where they lived.
- People didn't want to drink in beer-halls. So they opened drinking places or shebeens at home to show the government that they could not be controlled. This made it easy to buy alcohol.

## Government control of alcohol today

Because it reminds people of the past, it is hard for the government today to control the sale and quality of alcohol. But there are good reasons to have rules about alcohol.

Control of alcohol can:

- reduce the number of people who have alcohol problems.
- improve people's health.
- prevent the sale of bad quality alcohol and alcohol that has been mixed with other things.
- help to reduce accidents caused by alcohol.
- help to reduce the crime that is sometimes planned and carried out from illegal shebeens and taverns.
- make it harder for young people to start drinking.



**After 1994... people felt that with their freedom they were able to drink more alcohol.**

# Why do people drink too much?



## cope

- ukubhekana
- ukumelana
- mamella
- te hanteer

## pressure

- bahlohra
- uxinzelelo
- kgatello
- druk

## popular

- bazobayizihlabani
- kuduma
- tuma
- populêr

## attractive

- buheha
- kubanomtsalane
- hohelang
- aangeneem

## Some of the reasons why people drink too much alcohol

- A few drinks can help people to relax and have a good time. But many people believe that they can only have fun when they drink alcohol.
- Some people believe that alcohol helps them cope with problems.
- People put pressure on others to drink a lot or to get drunk.
- Young people may drink a lot to fit in with their friends or to look grown up.
- Alcohol adverts make people think they will be popular and successful if they drink alcohol. They make alcohol look attractive and exciting.
- People drink a lot to escape the stress of poverty.
- Workers in some places still receive alcohol as part of their pay. This is called the 'dop' system.



## REMEMBER

Research shows us that people in South Africa drink a lot. In fact, South Africans drink more than people in many other countries.

# Myths about alcohol

There are many myths and stories about alcohol that are not true.

## Untrue stories about alcohol

Alcohol cools you down when you are frustrated and angry. **This is not true.**

If you vomit, have a shower, a sleep or black coffee after a lot of alcohol, you will be able to drive. **This is not true.**

If you only drink at weekends, you don't have a problem with alcohol. **This is not true.**

You can drink as much beer as you like and not get drunk. **This is not true.**

It is good for a man to get drunk now and then. It shows how strong he is. **This is not true.**

## Facts about alcohol

If you were frustrated and angry before you had a drink, alcohol will make you feel even more frustrated and angry. **This is true.**

If you have had a lot to drink, you must not drive. You will put yourself and other people in danger if you drink and drive. It takes your body an hour to get rid of one drink. Nothing you do will make it work faster than this. **This is true.**

People who drink a lot at one time (like at the weekend) are known as binge-drinkers. This is a problem because it can harm the body very badly. Read page 16. **This is true.**

Beer has a lot of alcohol in it. Even a few beers can make you very drunk. **This is true.**

Getting drunk is not a way to show how strong you are. In fact, it shows you are a weak person with no control. **This is true.**

**myths**  
- kunezinsuma-nsumane  
- iintsumi  
- mehopolo e sa hlakang  
- mites

**frustrated**  
- ukhathazekile  
- udanile  
- ferekane  
- gefrustreerd



# Alcohol changes our bodies and minds

## How does alcohol affect different people?

Some people can drink quite a lot before they start to show they have been drinking. Other people can only drink small amounts of alcohol before they start to change. Alcohol changes your body and your mind.

## How does alcohol change your mind?

- You start to feel relaxed. You feel less shy and you talk more.
- The more you drink, the more slowly your brain works. This makes it hard to think clearly.
- You stop being responsible. That is why people who drink often get violent, have unprotected sex or do things they will later regret.

**responsible**  
- kuzinakekela  
- noxanduva  
- boikarabelo  
- verantwoordelik

Alcohol changes you and your mind. When you drink, Mandla, you do things that you would not do if you were sober – things you will be sorry about later.

I know, Zuko. Alcohol also changes the way your body works.

## How does alcohol change your body?

**1** Alcohol goes from your mouth to your stomach and your intestines.

**2** From there it goes into your blood. It travels quickly around the body.

**3** The body has to work hard to get rid of the alcohol. It takes one hour for your liver to clear a drink of alcohol from your body.

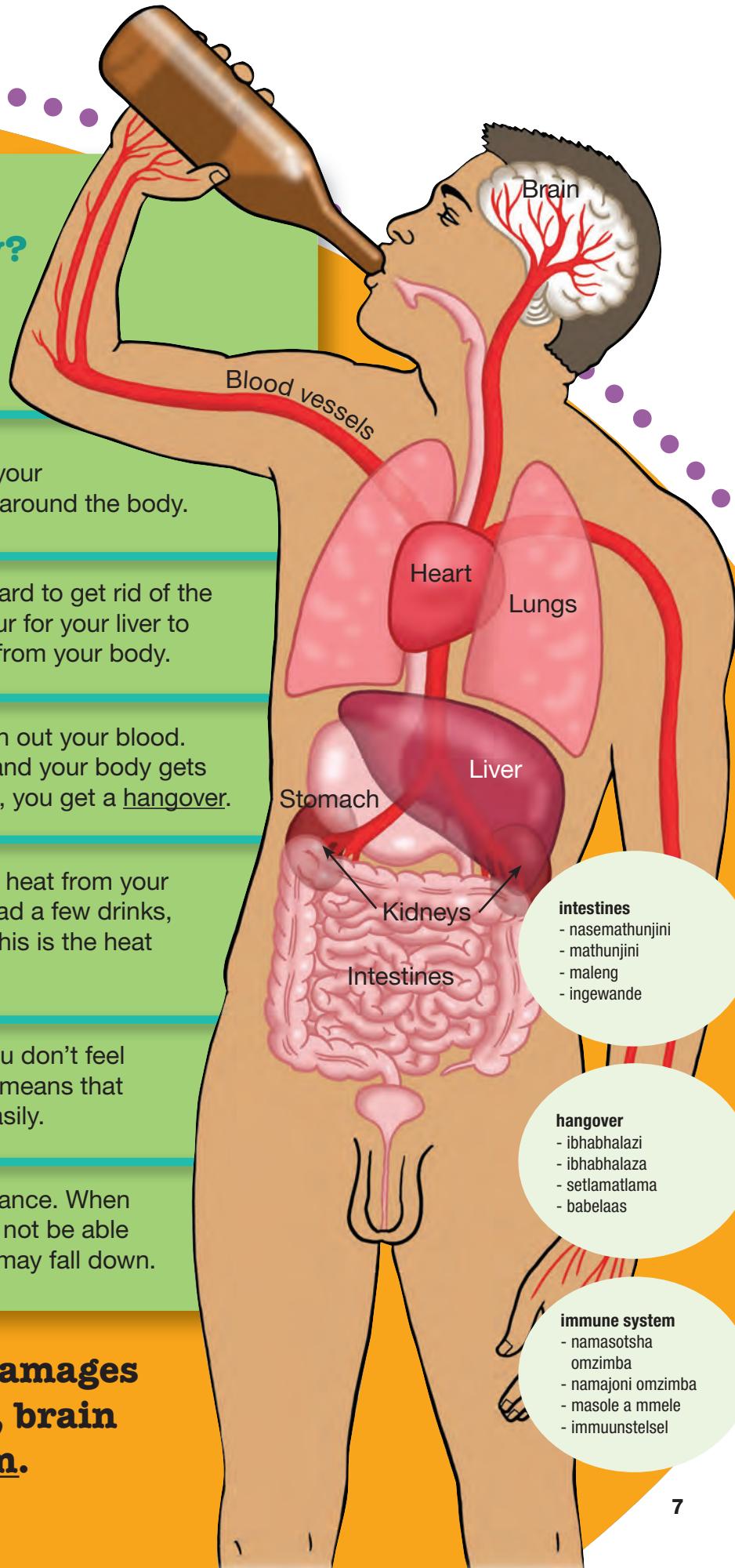
**4** Your kidneys try to clean out your blood. You pass a lot of urine and your body gets dry. When this happens, you get a hangover.

**5** Alcohol makes you lose heat from your body. When you have had a few drinks, you feel a warm glow. This is the heat leaving your body.

**6** When you are drunk, you don't feel pain very strongly. This means that you can hurt yourself easily.

**7** Alcohol affects your balance. When you are drunk, you may not be able to walk straight, or you may fall down.

**Too much alcohol damages the heart, stomach, brain and immune system.**



**intestines**  
- nasemathunjini  
- mathunjini  
- maleng  
- ingewande

**hangover**  
- ibhabhalazi  
- ibhabhalaza  
- setlamatlama  
- babelaas

**immune system**  
- namasotsha  
omzimba  
- namajoni omzimba  
- masole a mmele  
- immuunstelsel

# Problems caused by alcohol

## Family breakups

Too much alcohol can lead to broken families.

- Drunk people may do or say things that hurt the family because they cannot think clearly.
- They spend too much time and money on drink so they neglect their family.
- They may not want to co-operate or work together with their family.



## Violence

- Some people get violent and aggressive when they are drunk.
- They get into fights and sometimes hurt their partner and their children.



## Crime

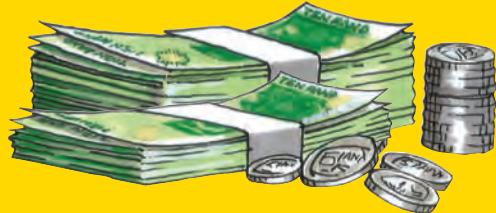
- Research shows that many people drink alcohol before they do crime.
- They are less responsible and less disciplined when they drink.
- They find it easier to do bad things.



There are too many problems these days from alcohol, Joe.



I know, Lihle. Thelma's husband was abusing her again last week when he was drunk.



## Money problems

- ➊ Drinking a lot means less money for food, education and housing.
- ➋ People who spend too much on alcohol may have to borrow money or buy on credit. This can make life very difficult.

**neglect**  
- enganaki  
- abakhathaleli  
- lebala  
- verwaarloos

**co-operate**  
- ukusizana  
- ukusebenzisana  
- sebedisana  
hammoho  
- saamwerk

**disciplined**  
- ukuzikhaza  
- ingqeqesho  
- ha ba na  
boitshwaro  
- gedissiplineer

**credit**  
- ngesikweletu  
- ngetyala  
- mokitlane  
- krediet

## Accidents

- ➊ Many people in South Africa are killed or injured in car accidents that are caused by drunk drivers.
- ➋ Even a little bit of alcohol can make you drive badly. It is illegal to drive with too much alcohol in your blood.
- ➌ Many drunk pedestrians are killed each year when they walk on the roads.



## Work problems

- ➊ People who drink too much may miss work often. They may also lose their jobs.
- ➋ You could have an accident if you have been drinking and use machinery or tools.



# Alcohol and sex

1



2



3



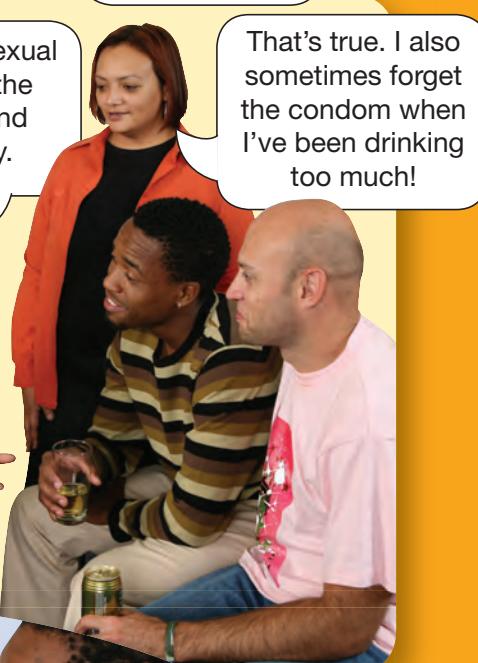
When you have many sexual partners, it increases the chance of HIV, STIs and unwanted pregnancy.

Not only that – when a woman has been drinking she's in greater danger of being raped.

4



Eish! I need to be careful when men buy me booze.



That's true. I also sometimes forget the condom when I've been drinking too much!

5



We all need to learn that drinking alcohol is dangerous.

And I need to have a faithful relationship as well.

Mmm – you are right, Zanele – I must be faithful to my wife.

## Alcohol can lead to sexually transmitted infections (STIs) and HIV

People who have been drinking may take sexual risks that they would not usually take:

- Alcohol can make sex seem exciting.
- People who drink a lot of alcohol may find it hard to say ‘no’ to sex.
- When people are drunk, they may forget their values. This makes it easier to be unfaithful to their partners.
- People may meet and have sex with lots of different partners when they drink. HIV and other STIs can then be passed on.
- People who have drunk a lot may have sex without a condom.
- Men may buy drinks for women and expect sex in return.
- It is easier to force a person to have sex if you have both had a lot of alcohol.
- People may have sex when they don’t want to, or they may have sex with someone they don’t know.
- Unsafe sex can lead to teenage pregnancy or an unwanted pregnancy.

### STIs

- ama-STIs
- ii-STI
- STIs
- seksueel oordraagbare infeksies

### values

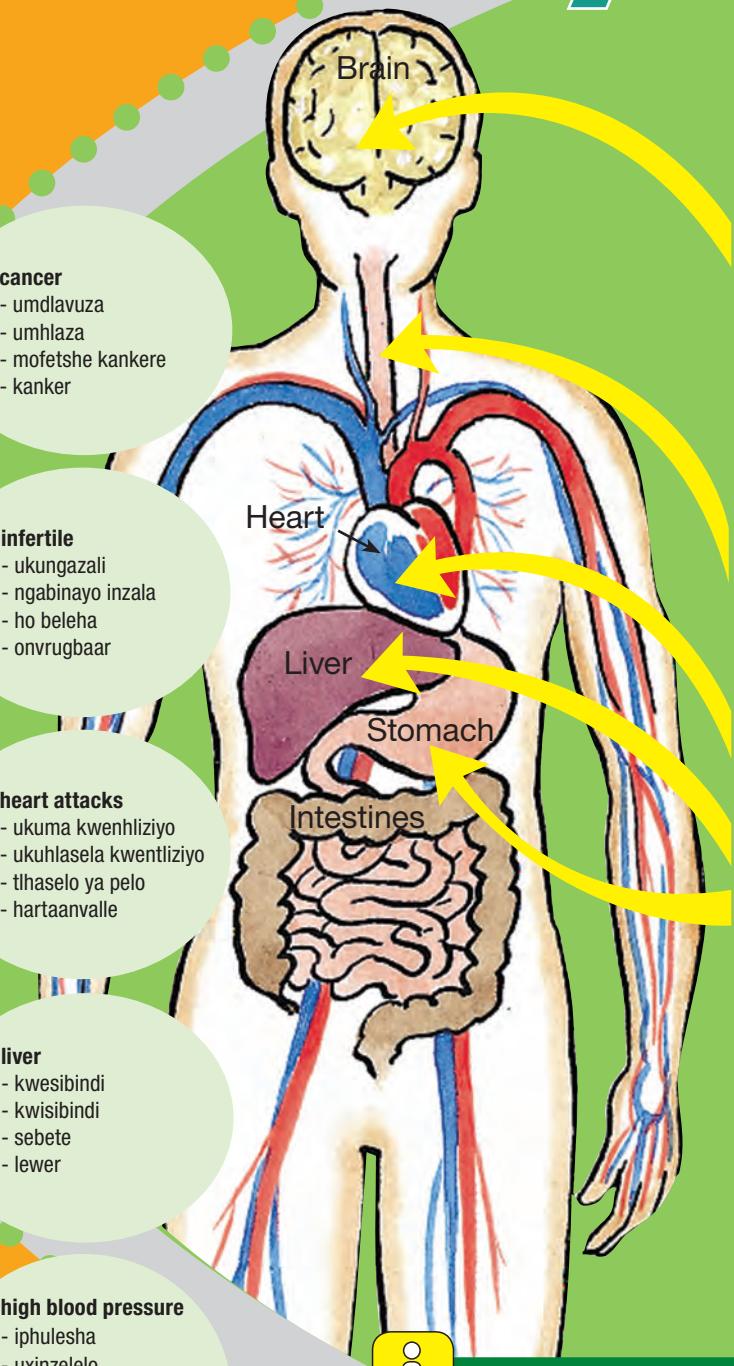
- inhlonipho
- izithethe
- boitshwaro
- morele waardes

### unfaithful

- ukungethembeki
- ukungathembeki
- ho se tsepahale
- ontrou



# Alcohol harms your body over time



## cancer

- umdlavuza
- umhlaza
- mofetshe kankere
- kanker

## infertile

- ukungazali
- ngabinayo inzala
- ho beleha
- onrugbaar

## heart attacks

- ukuma kwenhliziyo
- ukuhlasela kwentlizyo
- tlhaselo ya pelo
- hartaanvalle

## liver

- kxesibindi
- kwisibindi
- sebete
- lewer

## high blood pressure

- iphulesha
- uxinzelo
- oluphezulu lwegazi
- kgatello ephahameng ya madi
- hoë bloeddruk

A lot of alcohol over a long time can kill your brain cells.

These will not grow again. This makes you feel anxious and depressed. It also makes you forget things.

Too much alcohol can cause:

- Cancer of the food-pipe
- Men and women to be infertile
- Men not be able to get an erection
- Heart disease or heart attacks
- Damage to the immune system
- Severe damage to your liver
- Damage to your stomach
- High blood pressure

You can have bad side effects if you mix alcohol with some medicines (check with your health worker).



The government spends a lot of money on people who need medical treatment for sickness and injuries caused by alcohol.



# Alcohol can harm unborn babies

## Alcohol in pregnancy can cause:

- damage to the baby's heart and kidneys
- growth problems
- hyperactivity
- problems with the child's attention
- learning problems
- fits

Many children in South Africa have problems because their mothers drank alcohol when they were pregnant. A pregnant woman can damage her baby even if she drinks small amounts of alcohol. It is better not to drink any alcohol at all.

## Alcohol and breastfeeding

Women who breastfeed their babies should also not drink alcohol. This is because the alcohol is passed to the baby through the breast milk.

## Infertility

Alcohol can also cause infertility. This means not being able to have a baby.

**hyperactivity**  
- ukndlala kakhulu  
- ukusebenza  
okungaqhelekanga  
- ho ba mafolofolo  
ho feta tekano  
- hiperaktiwiteit

**attention**  
- zokunganaki  
- ngengqalelo  
- thokomelo  
- aandag

**concentrate**  
- akanaki  
- nokuzikisa  
ingqondo  
- ho mamele le ho  
tsepamisa maikutlo  
- konsentreer

“

### Skosana's story

My first born is a very active and difficult child. He also finds it hard to listen and to concentrate. I know he has these problems because I drank a lot of alcohol when I was pregnant. Now I am pregnant again. This time I know that whatever I drink, my baby drinks too. I am going to try not to have any alcohol during my pregnancy.

”



# Alcohol can damage men's lives



## Why do men drink too much alcohol?

In South Africa and in many parts of the world, men drink more alcohol than women do. In South Africa, and in most other places, people have ideas about how men should behave. This can affect how much alcohol they drink.

- Some men drink more alcohol than they want to because they want to fit in with their friends.
- Sometimes men drink a lot because alcohol helps them forget their problems. But afterwards their problems come back.
- Some men blame alcohol when they do bad things. But this is an excuse. We are still responsible for our actions when we are drunk.



## When men drink too much they:

- May be violent and aggressive
- May be attacked
- May be injured in a fight or an accident
- May not be able to look after their children or their family properly



**responsible**  
- sithwale icala  
- noxanduva  
- boikarabelo  
- verantwoordelik

**aggressive**  
- babenolaka  
- bahlasele  
- hlasela  
- aggressief

**attacked**  
- angahlaselwa  
- hlaselwa  
- hlaselwa  
- aangeva

# Alcohol can damage women's lives



Sometimes things are really bad at home. Then I try to hide from it all by drinking too much.

## Why do women drink?

Research shows that women in South Africa now drink a lot more alcohol than they did in the past. This may be because:

- Many women live in cities and towns where traditions are not as strong as they are in rural areas.
- Advertising makes women think they will be liberated and attractive if they drink alcohol.
- Women feel that they cannot say 'no' when a man buys them a drink.



**liberated**  
- bazokhululeka  
- kukhululeka  
- lokoloha  
- bevry

## What happens when women drink too much?

- They may feel they have to have sex with a man who buys them drinks.
- A woman who is drunk may not be able to make her partner use a condom. This may lead to an STI or an unplanned and unwanted pregnancy.
- It is easier for people to attack or rape them.
- Some women may not be able to look after their children properly.
- If a woman is pregnant, alcohol may harm her unborn child.



Some women are forced to make and sell alcohol. They know alcohol is not good, but they do not have jobs. They sell alcohol to get food for their families.



# What kind of drinker are you?

units  
- iyizilinganiso  
- iiyunithi  
- diyuniti  
- eenhede

It is important to know how much you drink. You also need to know what kind of drinker you are.



## How much do you drink?

When you think about what you drink, you need to know:

- Your type of drink. Some drinks have a lot of alcohol in them, such as whisky or spirits.
- The size of the bottle or can. Some drinks are in very big bottles or big cans.

## How to measure your drinks:

- One quart of beer is four units.
- One can of beer is two units.
- One tot of whisky is one unit.
- One small glass of wine is one unit.
- One bottle of cider is two units.



# Answer these questions



Then turn the book upside down to check your score.



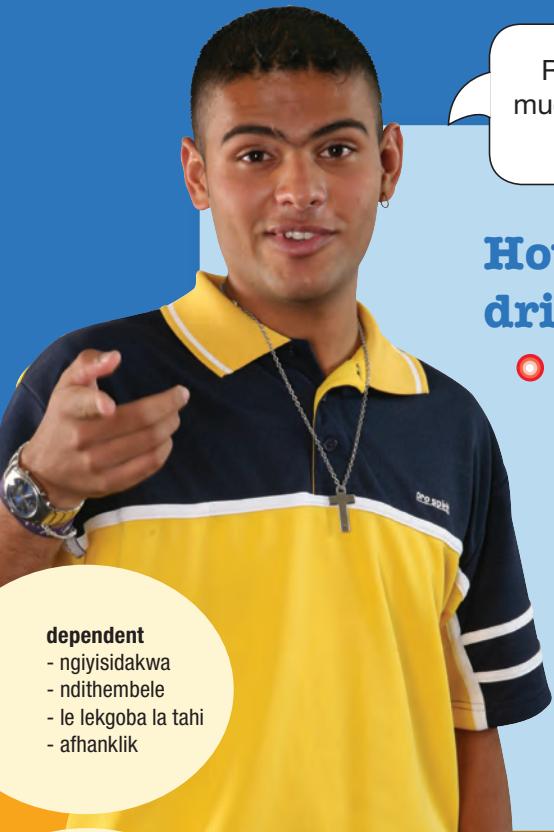
## What kind of a drinker are you?

**Yes**    **No**

<b>1</b>	Do you drink more than 5 units of alcohol each day if you are a man? Do you drink more than 3 units of alcohol each day if you are a woman?		
<b>2</b>	Do you drink nothing all week and then drink a lot at weekends?		
<b>3</b>	Do you only get very drunk on special occasions, such as sporting events, celebrations, pay-days, parties, concerts or funerals?		
<b>4</b>	Do you need alcohol to help you cope?		
<b>5</b>	Are your family or your friends worried about how much alcohol you drink?		
<b>6</b>	When you are drunk do you have unprotected sex, drive a car, use machinery or sometimes don't remember what happened?		
<b>7</b>	Do you only drink alcohol sometimes? When you do drink, do you drink no more than 4 units if you are a man? And 2 units if you are a woman?		

- If you answered 'yes' to question 7 only, you are a sensible drinker.
- If you answered 'yes' to questions 4, 5 and 6, you may have an alcohol dependence and drink more alcohol than you should.
- If you answered 'yes' to questions 2 and 3, you may be a binge-drinker.
- If you answered 'yes' to four or more of questions 1 to 6, you may be a risky drinker.
- If you answered 'yes' to just a guide, see what kind of a drinker you are.

# What kind of drinker are you?



Risky drinking is when you drink so much alcohol that it could damage your body and your life.

## How do I know if I am a risky drinker?

- If you are a man who drinks more than 5 units of alcohol each day, you may be a risky drinker (read page 16).
- If you are a woman who drinks more than 3 units of alcohol each day, you may be a risky drinker (read page 16).
- If you do things you don't remember when you are drunk, you are a risky drinker.
- If you put your life and other people's lives in danger, you are a risky drinker.

**dependent**  
- ngiyisidakwa  
- ndithembele  
- le lekgoba la tahi  
- afhanklikk

**addicted**  
- babophekile  
- barhurhile  
- hohetswe  
- verslaaf

Once I start to abuse it, I don't seem able to stop.

## How do I know if I am alcohol dependent?

- You can't stop drinking once you have started.
- You feel sick, anxious and sweaty if you can't drink or have to stop drinking for a while.
- You need to drink more and more alcohol to feel its effect.
- You carry on drinking even if you have serious health problems, money problems or have lost your job because of alcohol.
- People who are alcohol dependent are addicted to alcohol. People who depend on alcohol need help. Sometimes they will not admit it. When they admit their problem, it is easier to help them.



## How do I know if I am a binge-drinker?

- If you don't drink for a while, but then drink a lot at one time, you may be a binge-drinker.
- If you don't drink in the week, but drink heavily at weekends, you may also be a binge-drinker.

People who binge drink often think they don't have an alcohol problem because they don't drink every day. But binge-drinking is dangerous. It shocks the body. It can damage the heart and cause a heart attack.

I am usually able to limit myself. But if it has been a long time since I've seen my friend, I go wild and crazy and go over the limit.

**to limit**  
- ukuzikalela  
- ukuzibekela umda  
- ipehela moedi  
- beperk



I choose not to drink alcohol. This way I save money and am always in control of my life. Some of my friends try to make me drink. Then we talk about the good and the bad things about alcohol.

## Questions to ask about drinking

- What are the bad things about drinking?  
This could be violence, risky behaviour, HIV, accidents and death.
- What are the good things about drinking?  
This could be mixing with friends, forgetting about problems.
- What are the bad things about not drinking?  
Some people could think of you as not "cool".
- What are the good things about not drinking?  
You have more money, more energy, more control.



# Sensible drinking

## Do:

- Drink with friends who you know well.
- Drink in places where you will be safe.
- Drink in a place near home or where you can get safe transport. Remember **not** safe to walk home if you have had too much to drink.
- Drink with friends who drink sensibly. Set yourself a personal limit. Say goodbye before you drink more than you should.
- **you** want to and when you want to. Everyone has the right to say 'no' to alcohol.
- Have 2 or 3 days with no alcohol every week.
- Buy small amounts of alcohol.



### REMEMBER

- Pour your own drink so that you know how much alcohol is in it.
- Know how much alcohol is in each drink. Check the information on the side of the can or bottle. Even light beer and light wine can change how your body feels and works.
- Don't mix one kind of drink with another – stick to one kind.
- Have a glass of water after each alcoholic drink.

# **Useful tips for safe and sensible drinking**

## **Don't:**

- Don't drink with strangers. They may behave badly when they drink.
- Don't drink in places where there are often fights.
- Don't drink if you have to drive somewhere afterwards. Don't drink in a place that is far from your home. It might be difficult or unsafe to get home.
- Don't drink with people you are angry with. You may fight with them.
- Don't let people force you to drink if you don't want to.
- Don't drink every day.
- Don't buy a lot of alcohol at once. This makes it hard to stop drinking when you want to.

**Women can safely drink 2 units of alcohol each time they drink.**

**Men can safely drink 4 units of alcohol each time they drink.**

**Any more than this in one day is dangerous.**





I think that alcohol adverts affect people. They show a certain kind of life that seems exciting.

Yes, Mandla. It is the kind of lifestyle that young people dream about.

# Alcohol advertising

In South Africa, the alcohol industry produces huge amounts of alcohol. They want people to buy and drink more of their products. So they show pictures to make them think that alcohol is good for them.

industry  
- imboni  
- ishishini  
- indasteri  
- drankbedryf

## Adverts sell the idea that people:

Will be attractive and successful if they drink alcohol. **This is not true.**

Will be popular if they drink alcohol. **This is not true.**

Will be more attractive if they drink alcohol. **This is not true.**

Will be more fun to be with if they drink alcohol. **This is not true.**

## The truth is that:

If you drink too much, you can lose your job and your money. **This is true.**



If you drink too much, you can lose your friends and your partner. **This is true.**



If you drink too much, you can get sick. **This is true.**



If you drink too much, you can get into fights and into crime. **This is true.**



## Rules about adverts

There are strict rules about alcohol adverts in South Africa. The Advertising Standards Authority says that alcohol adverts may:

- Not promote drinking that is not responsible
- Not try to make people drink more
- Not target young people or people who don't drink
- Not suggest that alcohol will make you successful
- Not suggest that you should drink where it could be dangerous
- Not show pregnant women
- Not show any relationship between alcohol and aggressive behaviour
- Not suggest that people should drink near holy places, such as churches
- Not make fun of drunkenness

If you think that an alcohol advert breaks these rules, you can complain. Write, phone, email or fax your complaint to:

Advertising Standards Authority  
PO Box 41555  
Craighall 2024  
Phone/fax: 011 781 2024  
Email: [complaint@asasa.org.za](mailto:complaint@asasa.org.za)



“

### Mandla's story

Alcohol adverts target special groups of people – like youth. In our community the advertisers put up billboards near the school. They sponsored parties and gave out T-shirts. Alcohol ads try to tell young people that they will be attractive and trendy if they drink. This is because they want them to drink more. So we took action against the advertisers. They were forced to take down their billboards. Other communities can do the same.

”



#### promote

- igqquqquzele
- ukungakhuthazi
- tswele pele
- bevorder

#### target

- ibhekise
- ukungajolisi
- lebelle
- gerig

#### aggressive

- zobuxhwangu-xhwangu
- ukuba neengewangu
- kgalefo
- aggressiewe

#### sponsored

- baxhaza
- baxhaza
- ba tshehetsa meketjana
- borg

# Youth and alcohol

I get drunk because I want to forget about school and responsibility.

Drinking used to make me feel part of a group.

Everyone does it – it's fun and exciting.



## Too much alcohol can affect young people very badly:

### suicide

- azibulale
- ukuzibulala
- ipolaya
- selfmoord

### blackouts

- balahlekelwe ukucabanga
- ukufa isiqqaqa
- mabone a hle a time
- beswyming

### illegal

- ezingavumelekile
- ezingekho mthethweni
- tse seng molaong
- onwettige

- They have smaller bodies than adults and they are not used to alcohol.
- The earlier a person starts to drink alcohol, the greater the risk of alcohol problems when they are older.
- Alcohol affects teenagers' self-control. If they drink a lot, they are more likely to:
  - do badly at school
  - get into an accident
  - get into trouble with the law
  - have risky sex
  - be violent and aggressive
- If a teenager is already depressed, alcohol can make them feel worse. Teenage depression can lead to suicide.
- Teenagers who drink alcohol may be clumsy. They sometimes make bad decisions. They may also forget things or have blackouts.
- Young people who drink alcohol miss school and may have to repeat grades.
- It may be harder for young people to say 'no' to illegal drugs if they have had a lot to drink.



## “ Naledi’s story

I used to drink a lot. My friends drank alcohol and so I did too. My Dad was strict, and I wanted to show him I could do what I wanted. Then one of my friends was raped when she was drunk. I realised how dangerous alcohol can be.

So I have cut down a lot. It is not so hard to say ‘no’ anymore. You just say it: ‘No thanks’. Or you make a joke or change the subject and get your own soft drink. I don’t care what people think of me. I do what I want to these days.



# Helping your children

## influence

- ukugqugquzela
- ukuphembelela
- tshwaetsa
- beïnvloed

## Do parents matter?

Sometimes parents feel that they can't influence the way their children cope with alcohol. This is not true. What parents say and do plays an important part in how their teenagers manage alcohol. Your children will copy the way you drink alcohol.

## Ways to help your children make decisions about alcohol

Start to talk with your children about alcohol when they are still young. Be honest. Tell them what you think about alcohol and what you expect from them. For example, you could ask your children:

- “Do you know what could happen if you drink too much?”
- “Do you know about the link between alcohol and risky behaviour?”
- “Is it easy to say ‘no’ to alcohol?”
- “Do you understand about ways to drink sensibly?”
- “Have you heard about drink-spiking? This means when drugs or alcohol have been put into your drink, without you knowing. How do you think you could avoid it?”
- “Can you think of ways to get home safely when you have been drinking?”

Lihle, it is too easy to say that all teenagers drink and there is nothing we can do.



## **There are many different ways to help children cope with alcohol in a healthy way**

- Are you a good example? Show your children how to drink safely and sensibly. Read pages 20 to 21.
- Are you careful about how you talk about alcohol? Don't joke about it or make it sound glamorous.
- Do you encourage your children to have lots of different friends? Do not stop them from being with friends who drink. They may drink with them in secret.
- Do you know where your children are, and when they will be home?
- Do you tell your children if you are worried about their drinking? Tell them you love them and care about them.
- Do you know what happens in your teenager's life? Do things with them and get to know their friends.
- Do you encourage your children to take part in sport and other alcohol-free activities? Join them when they do this.
- Are you involved in school and community efforts to provide alcohol-free activities? Children benefit when you do this.

**glamorous**  
- buhle kakhulu  
- ibentle kakhulu  
- kgahlehang  
- aantreklik

**Support your children in their dreams for a better future. Talk about how alcohol could take away those dreams.**



Yes, as parents we need to help our children to manage the pressure on them to drink alcohol.

# Helping someone with an alcohol problem

1

2

Eish Mfuna, I think I may have a problem with booze.

What makes you say that Zuko?

Well, every time I drink, I forget what I have done.

It can do that. And some people use alcohol to forget about their problems, too.

3

Ja nee – this thing started after I failed Grade 12.

Mara, do you think things would be better if you changed your ways?

You mean, if I stop drinking, start working, give myself a second chance? But I need help from someone.

I can help you bra. Let's also contact SANCA or the AA.

4

**Help your friends to become free from the dangers of alcohol.**

5

Later at an AA support group . . .

It's really good that you two have come here together.

Yes, we want to support each other while we stop drinking.

And I can make my dream of passing school come true.

Changing your life is difficult, but the struggle is worth it!

## **Where can I get help if I have a drinking problem?**

It can be very hard to take action if you have a drinking problem. Nobody should be ashamed to ask for help. It is your first step towards change. Talk to your family, a good friend or an organisation that helps people with alcohol problems.

Zanele, where can I go for help?

There are many organisations that can help you, Simon.

## **How can I help someone close to me who has a drinking problem?**

- Talk to the person about their problem when they are not drunk.
- Tell them and show them that you care about them. Do this often.
- Give them information about sensible drinking.
- Give them this book to read. Tell them where to go for help.

## **What can I do if I live with someone who drinks too much?**

- Talk to a social worker, a family member, friends, your church leader or an organisation that helps people with alcohol problems.
- Make plans so that everyone in the family knows what to do if the person comes home drunk.
- You may need to call the police if there is violence in your home. Keep the number of your local police station near the phone or put it into your cellphone.
- Keep money in a safe place, away from the person who drinks.

## **What can I do if I am abused?**

If you are abused by someone who drinks too much, you need help. You have the right to be safe. You may need to ask a friend or a family member if you can stay with them.

# Do you drink too much?

You may have a drinking problem if you:

- Spend more time drinking than you know you should be.
- Spend money on alcohol that you know you should spend on food, clothing, housing or education.
- Behave differently from how you used to before you began to drink.
- Have a father or mother who has a drinking problem. Alcohol problems often run in families.
- Argue with your family or friends about how much you drink.
- Take dangerous risks because of alcohol.
- Have ill health because of how much you drink.
- Find that your relationships at home or at work are getting worse.
- Are violent with your family and friends when you drink alcohol.
- Take days off work because you have been drinking.
- Have to drink more and more alcohol to help you feel good, cope or forget your problems.

Yes      No

**depressed**  
- odangele  
- udakumbile  
- kgathathsehile  
maikutlong  
- terneergedruk/  
depressief

If you said 'yes' to more than 3 of these points, you may have a problem with alcohol. You may also be depressed or have problems that you cannot cope with. You are not alone. Many people in South Africa have drinking problems. Get help and support from one of the organisations on pages 32 and 33.

# Take ACTION!



## People can work together for change



In Meadowlands, Soweto, the shebeen owners joined together to form a group called Liquor Traders Against Crime. They drew up a code of conduct for all the tavern owners. In it, they agreed to stop selling alcohol to people younger than 18. They also agreed to limit the alcohol they would sell to people who were already drunk.

Since the group was formed, violence in the area has gone down a lot. News of the success of the group has spread. Three other suburbs in the Soweto area have now decided to take the same actions.

code of conduct  
- uhlelo lokuziphatha  
- imigaqo yokuziphatha  
- mola wa boitshwaro  
- gedragskode

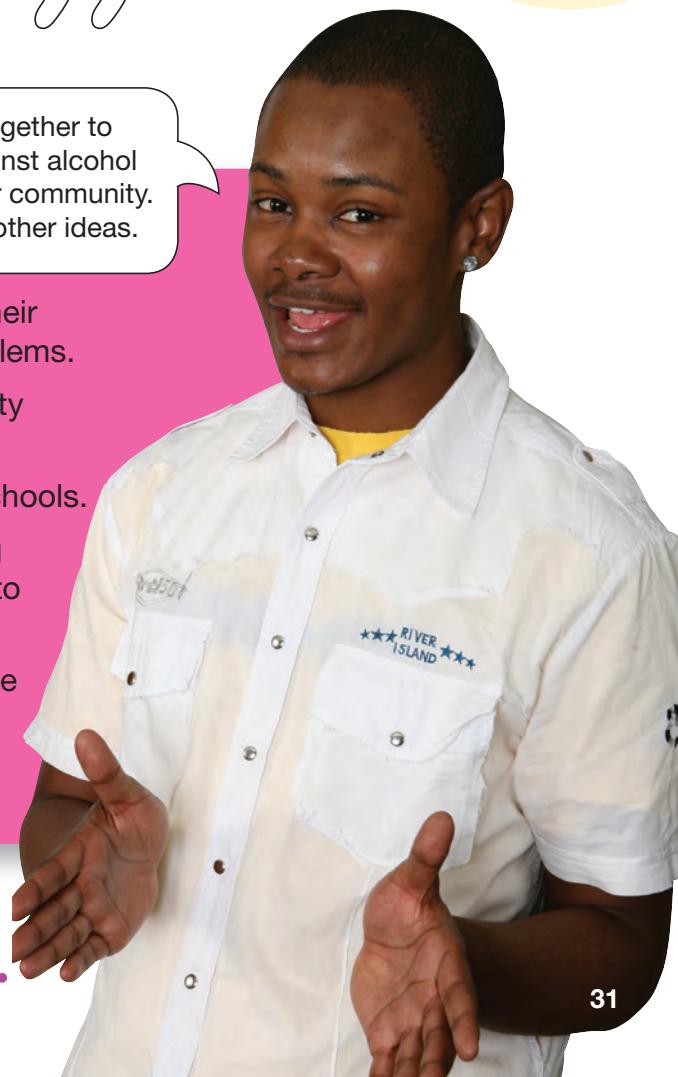
to limit  
- ukunciphisa  
- ukunyina  
- ho beha moedi  
- te beperk

### Mandla says:

We worked together to take action against alcohol advertising in our community. Here are some other ideas.

- Form support groups for heavy drinkers and their families. Talking can help to solve alcohol problems.
- Make sure that young people in your community cannot buy alcohol easily.
- Limit advertising for alcohol, especially near schools.
- Ask schools in your community to teach young people about the dangers of alcohol and how to drink sensibly.
- Organise sporting events and other alcohol-free activities for young people.
- Give this book to your family and friends.

You can find a list of places to help you at the back of this book.



# Places to help

## Provincial Organisations

### Gauteng

**AA**  
**East Rand**  
 011 421 1534  
**Johannesburg/  
West Rand**  
 011 683 9101  
**Pretoria**  
 012 331 2446  
**Vaal Triangle**  
 016 455 2986

**SANCA**  
**Johanneburg**  
 086 117 3422  
 011 673 0400  
**Central Rand**  
 0861 173 422  
**Carletonville**  
 018 783 1833  
**Pretoria**  
 012 542 1121  
**Vaal Triangle**  
 016 933 2055  
**West Rand**  
 011 472 7707  
**East Rand**  
 011 892 0875/6/7/8

**FAMSA**  
**East Rand**  
 011 892 4272/3/6  
**Johannesburg**  
 011 833 2057/8  
**Pretoria**  
 012 460 0733  
**Soweto**  
 011 933 1301  
**Vaal Triangle**  
 016 933 8128  
**West Rand**  
 011 766 3283

**LIFELINE**  
**East Rand**  
 011 421 0384  
**Johannesburg**  
 011 728 1331/47  
 011 715 2000  
**Pretoria**  
 012 342 2222/9111/  
 9112  
**Vaal Triangle**  
 061 428 1640

### Eastern Cape

**AA**  
**Port Elizabeth**  
 041 452 7328  
**East London**  
 043 722 4033  
**FAMSA**  
**Grahamstown**  
 046 622 2580  
**Port Elizabeth**  
 041 585 9393  
**East London**  
 043 743 8277  
**Stutterheim**  
 043 683 1418

**SANCA**  
**East London**  
 043 722 1210/57  
**Port Elizabeth**  
 041 487 2827  
**Umtata**  
 047 532 6556  
**LIFELINE**  
**East London**  
 043 722 2000  
 043 743 5123  
**Port Elizabeth**  
 041 373 8666/8882/  
 8883

### Limpopo

**AA**  
**Pretoria**  
 012 331 2446  
**FAMSA**  
**Tzaneen**  
 015 307 4833

**SANCA**  
**Polokwane**  
 015 295 3700

### Free State

**FAMSA**  
**Bloemfontein**  
 051 525 2395  
**Welkom**  
 057 352 5191  
**LIFELINE**  
**Welkom**  
 057 352 2212

**SANCA**  
**Sasolburg**  
 016 976 2051  
**Bloemfontein**  
 051 447 7271/5  
**Welkom**  
 057 352 5444  
**AA**  
**Vereeniging**  
 016 455 2986

### North West

**AA**  
**Pretoria**  
 012 331 2446  
**FAMSA**  
**Potchefstroom**  
 018 293 2272/  
 018 297 1316  
**Rustenburg**  
 014 392 0747

**SANCA**  
**Klerksdorp**  
 018 462 4568/9  
**LIFELINE**  
**Klerksdorp**  
 018 462 7838  
**Mafikeng**  
 018 381 4263  
**Rustenburg**  
 014 592 3158

This Community Development Project is brought to you in the interests of a healthy nation by:



**AA** = Alcoholics  
Anonymous

**SANCA** = South African  
Council on Alcoholism  
and Drug Dependency

**FAMSA** = Family and  
Marriage Society  
of South Africa

## Northern Cape

### FAMSA

**Kimberley**  
053 872 2644  
053 832 1087  
**Upington**  
054 332 5616

### SANCA

**Kimberley**  
053 831 1699  
053 831 3102  
**Upington**  
054 332 1942

## Western Cape

### AA

**Cape Town**  
021 510 2288

### FAMSA

**Mosselbay**  
044 691 1411  
**Oudtshoorn**  
044 272 7020  
**Worcester**  
023 347 5231  
**Wellington**  
021 872 2700  
**George**  
044 874 5811  
**Cape Town**  
021 447 7951

### SANCA

**Khayelitsha**  
021 364 5510  
**Bellville**  
021 945 4080  
**George**  
044 884 0674  
**Athlone**  
021 638 5116  
**Atlantis**  
021 572 7461  
**Paarl**  
021 872 9671  
**Mitchell's Plain**  
021 397 2196  
**LIFELINE**  
**Cape Town**  
021 461 1111

## Mpumalanga

### AA

**Pretoria**  
012 331 2446

### SANCA

**Witbank**  
0135 656 2370  
**Nelspruit**  
013 752 4376  
013 755 2710  
**Piet Retief**  
017 826 3969

### LIFELINE

**Nelspruit**  
013 755 3606

### FAMSA

**Secunda**  
017 631 1593  
**Dullstroom**  
013 254 0343

## KwaZulu-Natal

### AA

**Durban**  
031 301 4959  
**Pietermaritzburg**  
033 345 4173

### LIFELINE

**Durban**  
031 312 2323  
031 303 1344/1419  
**Richards Bay**  
035 797 4222  
**Pietermaritzburg**  
033 394 4444  
**Margate**  
039 315 5447

### FAMSA

**Durban**  
031 202 8987  
**Pietermaritzburg**  
033 342 4945

### SANCA

**Durban**  
031 202 2241/74  
**Pietermaritzburg**  
033 345 4173  
**Nongoma**  
035 831 0677  
**Newcastle**  
034 314 7384  
**Empangeni**  
035 772 3290/01

## National Organisations

### AA

0861 435 722  
**Helpline**  
086 143 5722

### SANCA

011 781 6410

### DEPARTMENT OF HEALTH

(Mental Health & Substance  
Abuse Directorate)  
012 312 0477

### FAMSA

011 975 7107

### LIFELINE

0861 322 322

001122

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It is not possible, in a small booklet like this, to give you all the answers you may need.

The purpose of this booklet is just to give you some ideas. You should not rely on everything that is written in this book for each and every situation. If you need more information, speak to one of the organisations on this page. Soul City and Jacana cannot be held responsible for any medical problems.

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# Beyond HIV and AIDS there's hope.

The OneLove campaign is spreading its message of staying with one partner for the greater good of South Africans and all the people of Southern Africa. Soul City Institute of Health and Development Communication believes this is one way that HIV and AIDS can be defeated. Having multiple sexual partners increases your chances of becoming infected with HIV and hurting the ones you love. BP supports this initiative because we're committed to building a healthy, successful nation.

