



Driving and alcohol

Research shows that young drivers have more drink related crashes per licence holder or per mile travelled, than any other age group.*

Even the smallest amount of alcohol can have a serious effect on their driving ability – affecting judgement, co-ordination and reaction times, as well as acting as a confidence booster which could lead to greater risk taking.

Don't be afraid to talk with your son or daughter about the dangers. Novice drivers, in particular, are especially vulnerable due to their inexperience and inability to anticipate hazards.

The legal drink drive limit for drivers in Great Britain is:

- ▶ **35 microgrammes of alcohol per 100 millilitres of breath.**
- ▶ **80 milligrams of alcohol in 100 millilitres of blood.**
- ▶ **107 microgrammes of alcohol per 100 millilitres of urine.**

We would strongly recommend, however, that your son or daughter has no alcohol at all if they are in charge of a vehicle.

No 'safe' limit

There is no way they can accurately calculate how much they can drink in order to stay under the limit.

According to the Government website (www.gov.uk) the way alcohol will affect them will depend upon several factors including the following:

- ▶ **Their weight, age, sex and metabolism.**
- ▶ **Their stress levels at the time of driving.**
- ▶ **What they had eaten beforehand.**
- ▶ **The type and amount of alcohol they've consumed.**

The only way they can stay safer (and ensure the safety of any passengers) is to avoid alcohol completely or get someone else who is prepared to remain sober, to drive instead.

They should also be aware that any amount of alcohol mixed with certain illicit or prescription drugs can dramatically decrease their ability to drive.

SOURCE: www.gov.uk

* Reported Road Casualties Great Britain 2010 annual report

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The law is very clear on this point. If your adult child is caught driving 'while impaired' through drugs, or is over the legal limit –the legal penalties will be very severe.

Not only would they face a twelve month ban, £5000 fine and potentially six months imprisonment. They will never get a visa to enter the USA, be unable to hire a car or be able to work with children in GB. They will also face a significant hike in their insurance premiums.

If they are involved in a collision while under the influence of either/or both, they can receive up to 14 years imprisonment, disqualification and an unlimited fine

So it's best to encourage them not to take the risk.

SOURCE: www.gov.uk