

# A CULTURE THAT HURTS



Alcohol consumption is tightly woven into the fabric of Australian culture. Where does this hard drinking leave us as a society?

Even those defined as 'low-risk' drinkers can suffer harm in the form of accident, injury, relationship breakdown and lost productivity. We all probably know someone who has hurt himself or herself, or did something they later regretted while drinking.

Harms associated with alcohol are extensive. According to research, alcohol is linked to:



accidents and violence



motor vehicle accidents



suicide and depression



poor academic and work performance



gambling



date rape



unwanted pregnancy



fighting



blackouts



sexually transmitted disease



unprotected sex



drowning



obesity



family breakdown



liver disease



complications in pregnancy



many types of cancer



property damage



loss of memory



police and hospital overload

It is easy for an individual to think "I only hurt myself occasionally when I drink." However, the cumulative effect of these harms results in a massive burden for Australian society. If you have never experienced harm from alcohol it is probably only a matter of time.