Tok Pisin

Klia gut long ol AOD problem insait long Australia (Pat 1)

Alkohol





Long stat, mi laik givim luksave long ol Papagraun bilong graun we yumi bung antap long en tude. Mi laik givim rispek tu i go long ol Elda bilong taim bipo na nau.

Mi givim luksave long Kantri

Kwesten

AOD em wanem samting?



AOD em i makim Alchohol and Other Drugs

Pasin bilong yusim AOD em i ken kamapim bagarap long bodi sapos em i kamapim sampela senis long wanpela man o meri long sait bilong:

- Helt
- Rilesensip wantaim pren na famili
- Ol rilesensip wantaim ol narapela manmeri na pilim olsem ol narapela manmeri i laikim yu
- Luksave, tokaut na menejim ol imosen
- Wok o stadi

Wanem samting em alkohol?

- Alkohol em i wanpela drag we lo i tok orait long en (dipresen bilong mekim ol manmeri i pilim gut) na i save afektim brein na pasin bilong ol manmeri
- Alkohol em i ken bagarapim helt na mekim ol manmeri i edikted
- Planti ol wain, bia na spirit em ol i gat alkohol insait long ol



Alkohol insait long Australia

Long 2022-2023, **3-pela insait long 4-pela** (77% bilong) manmeri we krismas bilong ol em i 14 na antap em ol i bin dringim planti alkohol long wanpela yia.

I bin gat **1,765** manmeri we i dai **bikos ol i dringim alkohol** long 2024 - 90% em bikos ol i gat kondisen we i stap longpela taim, eksampel, ol i man o meri bilong dring bia liva sirosis.

Alkohol i mekim na **3-pela insait 5-pela** lain i go long haus sik **bikos ol i kisim drag** long 2023 i go long 2024.



Ples we dispela infomesen i kam long en: www.aihw.gov.au/reports-data/behaviours-risk-factors/alcohol/overview

Bilong wanem ol maigren na refuji i save dring alkohol?

1

Yusim long amamas na rileks o yusim olgeta taim Kontinu long yusim bipo long maigresen, bikos em i pasin bilong ol o pasin bilong komyuniti bilong ol

2

Nupela sosol presa

Long fit i go insait long nupela

kalsa: sosol/wok ples ivent, spots, na kain olsem.

3

Pilim olsem ol i stap wanpis/tingting planti o stres/pilim bikpela pen na hevi o troma

Stap longwe long pren na famili, no gat wok na kain olsem

Diskasen: i gat sampela narapela risen?

Wanem samting i ken kamap taim pasin bilong yusim alcohol em i kamap olsem wanpela hevi?

- Planti manmeri i gat strongpela tingting long pasin bilong dipen long alkohol (wanpela drinking problem).
- Sampela em ol i ken lukim olsem dispela pasin em i nogut na ol i ken jasim yu na mekim pasin we i no stret long yu.
- Stigma na jasmen i ken mekim ol manmeri i pilim sem, pilim olsem ol i leftaut, o ol lain i no laikim ol (majinelais), na dispela i ken afektim self-konfidens bilong ol na mentel helt bilong ol.
- Stigma na diskriminesen i ken mekim ol alkohol problem i go nogut moa na mekim i hat moa long ol manmeri long askim long helpim. Dispela em i ken kamap wanpela saikel we i hat long brukim.

Diskasen

- *Wanem ol negativ o nogut samting we ol manmeri i save tingim taim ol i tingim alkohol?*
- *Yumi ken mekim wanem long daunim stigma na diskriminesen?*









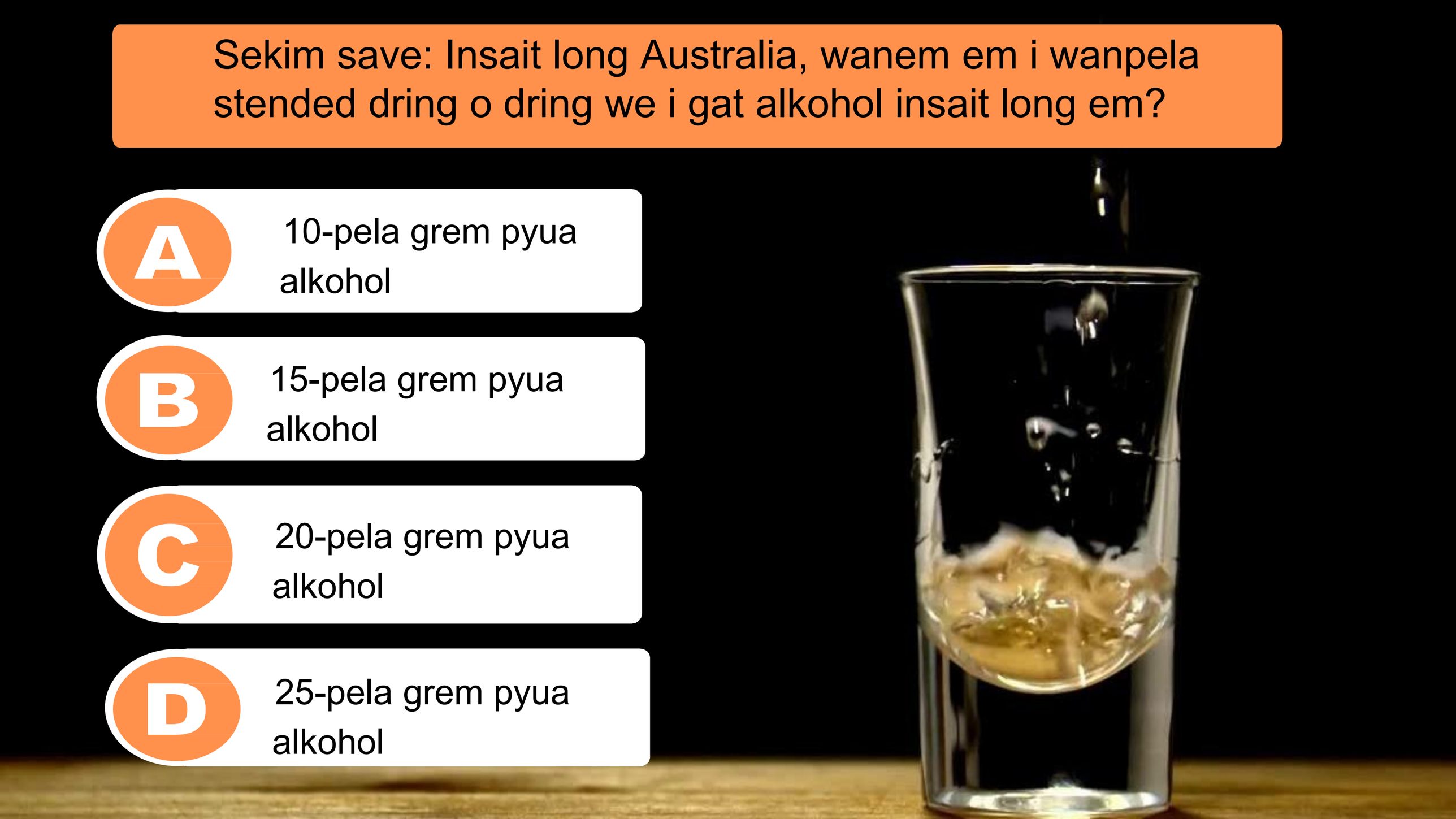
Sekim save: Insait long Australia, wanem em i wanpela stended dring o dring we i gat alkohol insait long em?

A 10-pela grem pyua alkohol

B 15-pela grem pyua alkohol

C 20-pela grem pyua alkohol

D 25-pela grem pyua alkohol



Korek ansa

- Wanpela stended dring o dring we i gat alkohol insait long em long Australia, em i save gat 10-pela grem bilong pyua alkohol.
- Dispela em bai helpim yu long klia gut long hamas alkohol yu wok long dringim.
- Wanpela stended dring o dring we i gat alkohol insait long em, i save apim BAC level bilong yu long kain mak olsem 0.02.
- BAC em i minim Blood Alcohol Concentration: Dispela em hamas alkohol i stap insait long blut bilong yu.
  0.00 BAC = no gat alkohol
  0.05 BAC = ligel limit bilong planti draiva

A

10-pela grem pyua alkohol



Ples we infomesen i kam long en: www.health.gov.au/topics/alcohol/about-alcohol/what-are-the-effects-of-alcohol; https://adf.org.au/reducing-risk/alcohol/bac/



Pekej bilong alkohol i mas, soim

- Alcohol content: Dispela em i wanpela pesentej bilong alkohol bihainim volyum (eksampel 4.8% ALC/VOL)
- Ol stended dring: Aproksimet namba bilong ol stended dring insait long pekej (eksampel, 1.4 stended dring)
- Wanpela tok lukaut long ol meri i gat bel

Infomesen i kam long: www.foodstandards.gov.au/consumer/labelling/Labelling-of-alcoholic-beverages#:~:text=Statement%20of%20alcohol%20content,5ml/100ml%20of%20the%20beverage

Save gut long ol stended dring o ol dring we i gat alkohol insait long ol Bia



Bia em i wanpela dring we i gat alkohol insait long em

-

planti taim em bali - wantaim wara, hops na yis.

Klostu kain olsem

0.6 i go long 1.6 stended dring

(2.7% – 4.8% alkohol)

Sekim lebel



Lebel we i givim tok lukaut long ol meri i gat bel

4.6% alkohol

ol 1.2 stended dring

Ples we infomesen i kam long en: www.health.gov.au/topics/alcohol/about-alcohol/standard-drings-guide

Save gut long ol stended dring o ol dring we i gat alkohol insait long ol

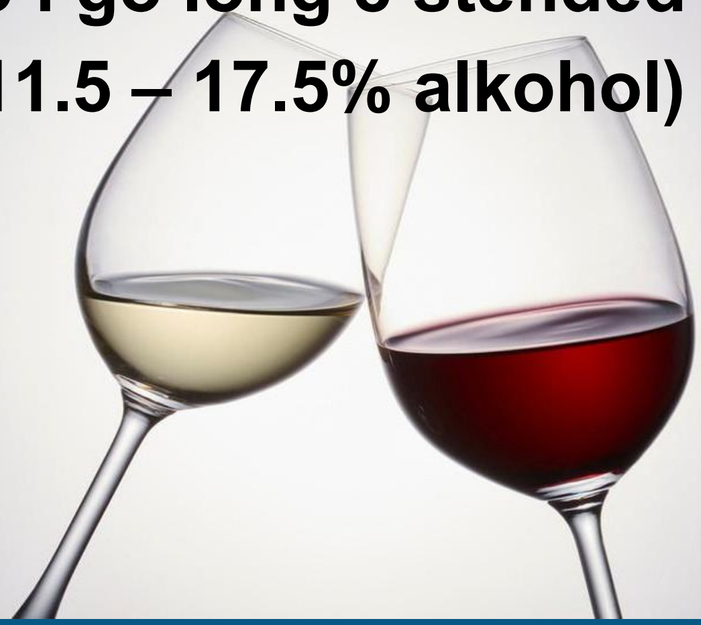
Wain

Wain em i wanpela dring we i gat alkohol insait long en na ol i wokim taim ol i femtentim jus bilong ol greip.

Klostu olsem

0.9 i go long 8 stended dring

(11.5 – 17.5% alkohol)



Sekim lebel

Lebel we i givim tok lukaut long ol meri i gat bel

14.5% alkohol

Ol 8.6 stended dring

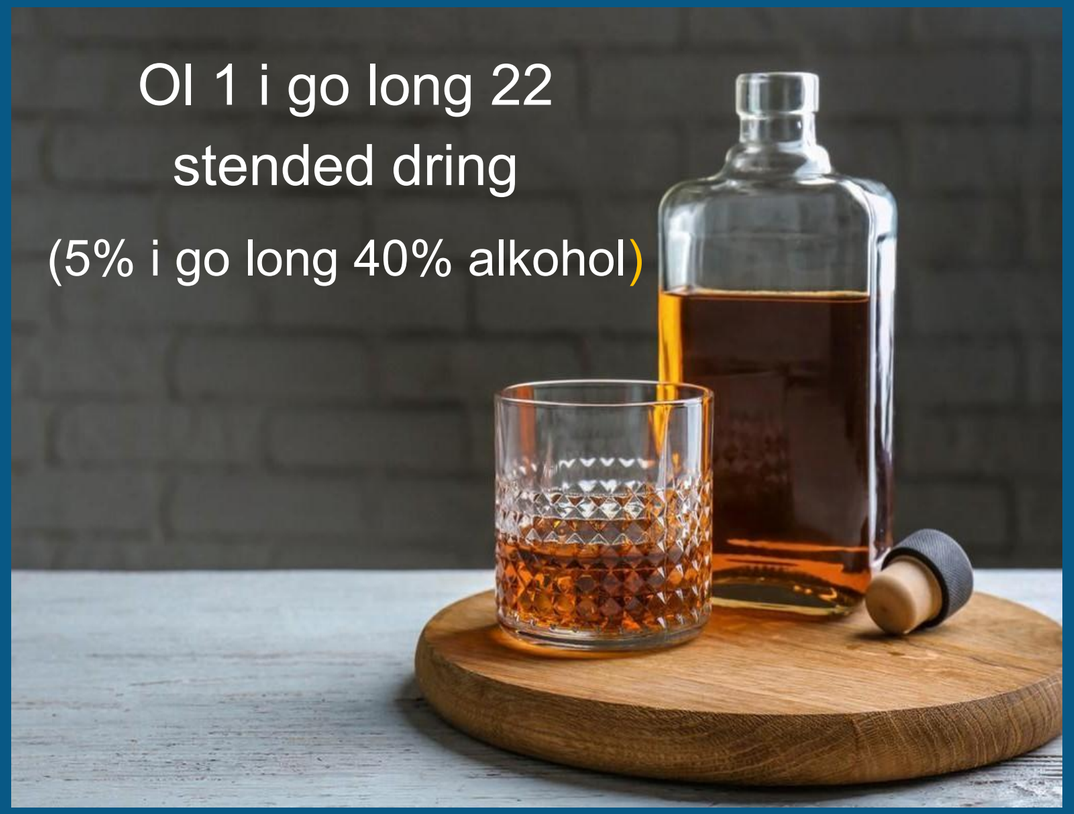


Ples we infomesen i kam long en: www.health.gov.au/topics/alcohol/about-alcohol/standard-drings-guide

Save gut long ol stended dring o ol dring we i gat alkohol insait long ol

Ol spirit

Dispela em ol i save kolim tu olsem lika o distil alkohol - na em i wanpela strongpela dring we ol i mekim taim ol i distilim ol samting olsem ol grein, prut o kaikai bilong gaden na larim em i stap na fement.



Sekim lebel



40% alkohol



Lebel we i givim tok lukaut long ol meri i gat bel

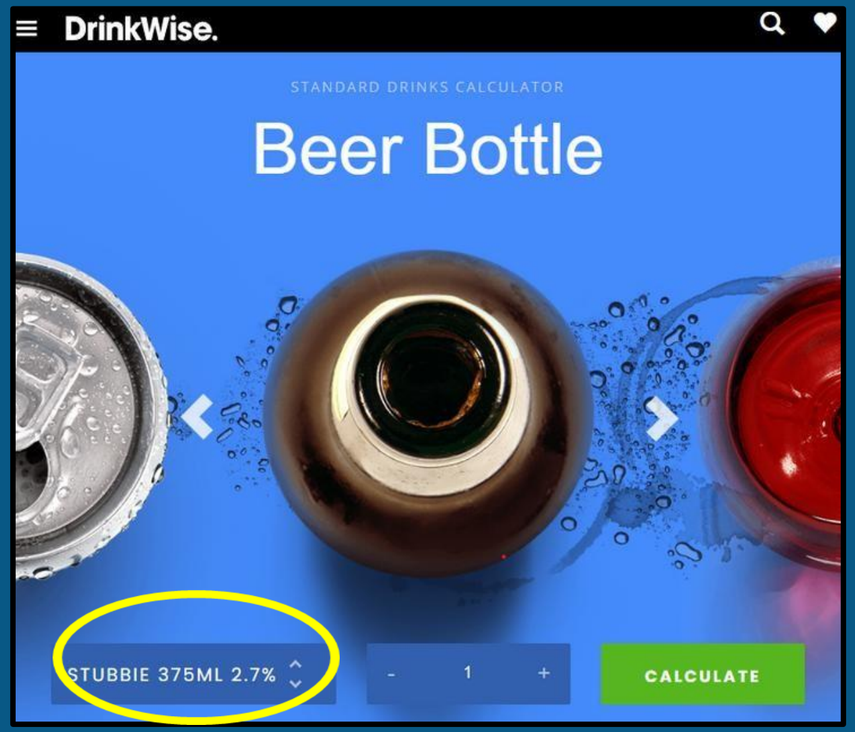
Ol 11 stended dring

Ples we infomesen i kam long en: www.health.gov.au/topics/alcohol/about-alcohol/standard-drings-guide

Ol tul bilong kalkuletim ol stended dring bilong yu o alkohol insait long dring bilong yu

Lukim: www.dringwise.org.au/category/tools







Wanpela stended dring i save kisim kain olsem wanpela aua long bruk i go daun.
Wanwan man i narakain!

Ol gaidlain bilong alkohol long Australia

1

Ol stended dring bilong ol bikpela manmeri

Wanpela de

Aninit long 4-pela dring



Wanpela wik

Aninit long 10-pela dring



Ples we infomesen i kam long en: www.health.gov.au/news/australian-alcohol-guidelines-revised?language=en

Ol gaidlain bilong alkohol long Australia

2

Ol pikinini na ol manmeri aninit long 18-pela krismas

Nogat



Ples we infomesen i kam long en: www.health.gov.au/news/australian-alcohol-guidelines-revised?language=en

Ol gaidlain bilong alkohol long Australia

3

Ol meri husat i gat bel o i givim susu long pikinini

Nogat



Ples we infomesen i kam long en: www.health.gov.au/news/australian-alcohol-guidelines-revised?language=en

Ol gaidlain bilong alkohol long Australia

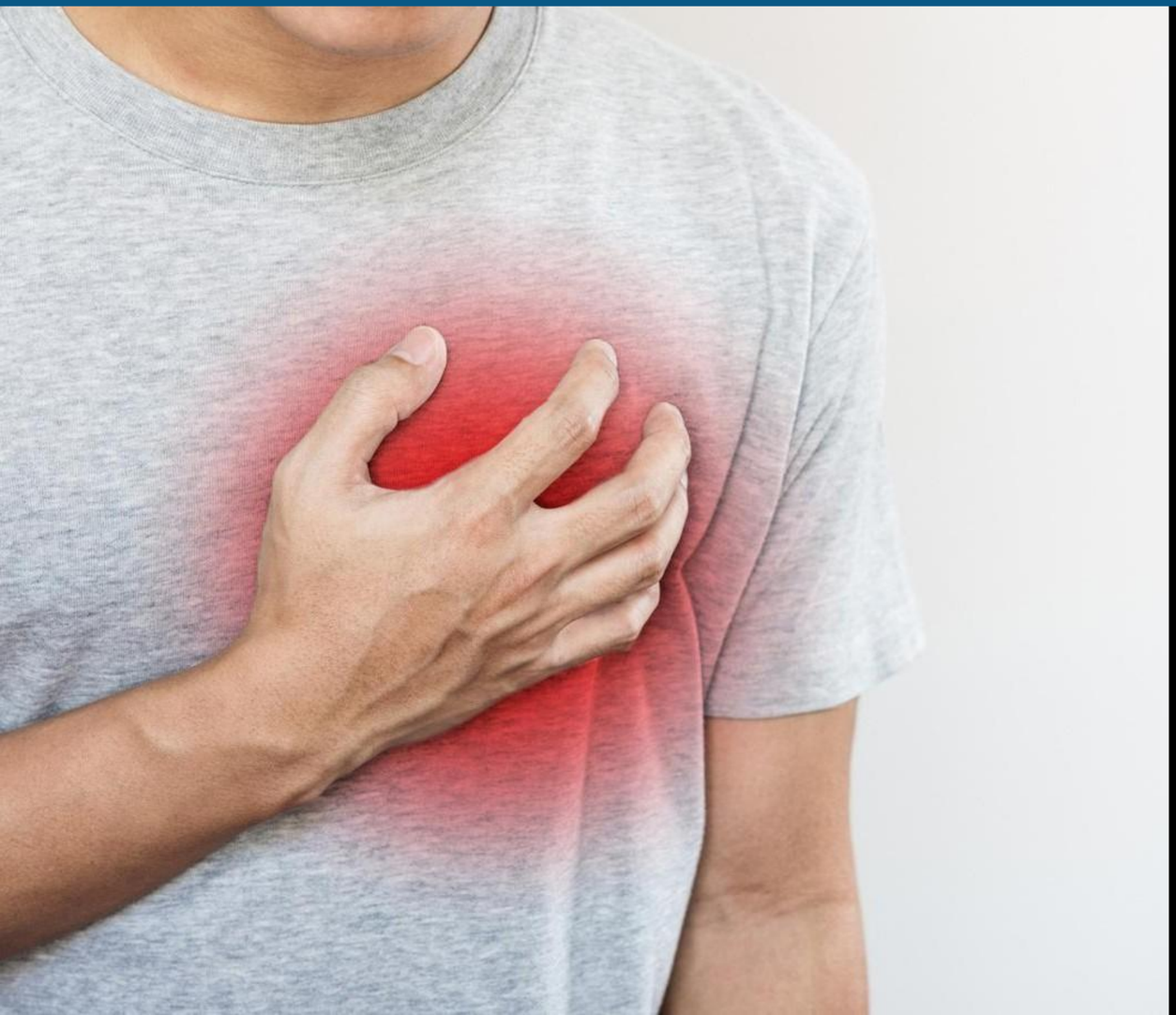
Em bai gutpela na seif tru long yu long no ken dring sapos yu:

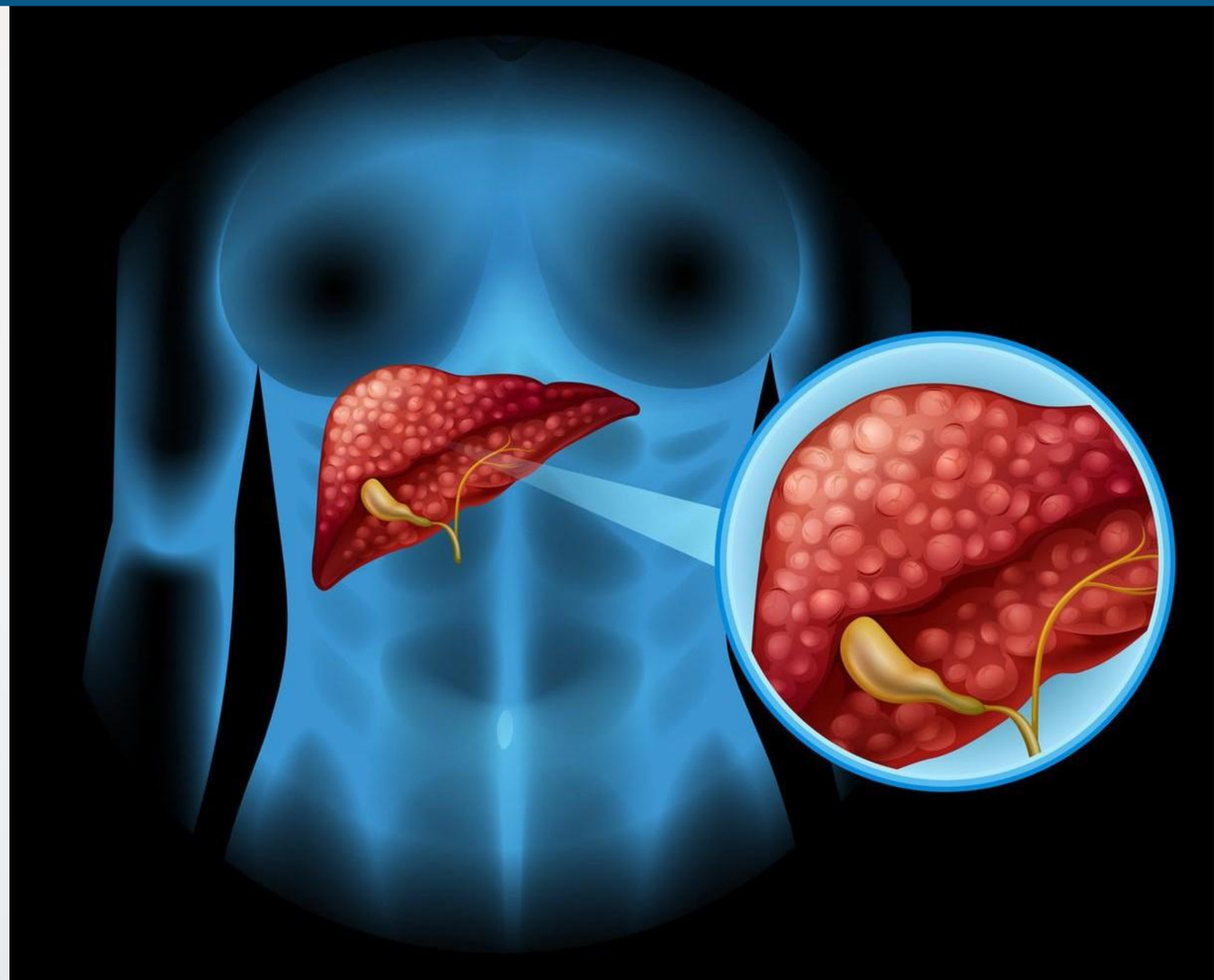
- Gat bel na i wok long givim susu long pikinini
- Aninit long 18-pela krismas
- Bai draiv
- Bai operetim masin

Olgeta manmeri i save ekspiriensim alkohol long narapela narapela we.

Ples we infomesen i kam long en: www.adf.org.au/insights/new-alcohol-guidelines-australia

OI helt impek





Alkohol em i link i go long moa long

200

sik, bagarap long bodi, na ol narapela helt kondisen

(World Health Organisation).

Ples we infomesen i kam long en: www.who.int/news-room/fact-sheets/detail/alcohol



Ol sik long liva
liva sirosis, liva i bagarap, liva kensa

Ol sik long blut
Hai blat presa, hat atek na kain ol sik olsem

Ol sik we i save spred kain olsem
HIV na ol STI

Ol kensa brest o susu kensa, brein kensa, bawel kensa, stomek kensa, kolorektel, na kain ol sik olsem

Ol bagarap i kamap long bodi bikos long rot eksiden, pundaun, o draun insait long wara, paia i kukim skin

Mentel helth
dipresen, pret nating nating, suasaid

Bagarap i kamap long brein na ol kondisen we i save kamap taim brein i bagarap kain olsem strouk, no inap long tingim samting

Seksuel asalt na vailens

Moa...

Plen we infomesen i kam long en: www.who.int/news-room/fact-sheets/detail/alcohol ; https://www.health.gov.au/topics/alcohol/about-alcohol/what-are-the-effects-of-alcohol

Ol samting we i ken kamap long bebi

Pasin bilong dringim alkohol taim yu gat bel i ken bagarapim bebi na em i ken mekim bebi i gat disabiliti long laip taim bilong em

Fetal Alcohol Spectrum Disorder (FASD)

Hat long lainim samting na hat long mekim sampela nomol pasin

Brein i no inap long divelop gut

I gat wanpela kain mak long pes bilong bebi



Ol ples we infomesen i kam long en: www.healthdirect.gov.au/fetal-alcohol-spectrum-disorders; https://fasdhub.org.au

Ol impek long famili



Ol pikinini long sait bilong imosen na tingting - long sotpela taim na long-tem

Fainensel stres ol kost bilong alkohol, helt kea, liklik pe o lusim wok

Domestik na famili vailens

Rilesensip i bruk daun

Givim hat wok long ol narapela famili memba



Ol sosol impek

Entisosol pasin na brukim lo

Lusim ol pren na ol sosol rilesensip

Kost bilong ol nesinel helt sevis i go antap

I gat moa nid long mentel helt sapot

Kost bilong polis long menejim kraim

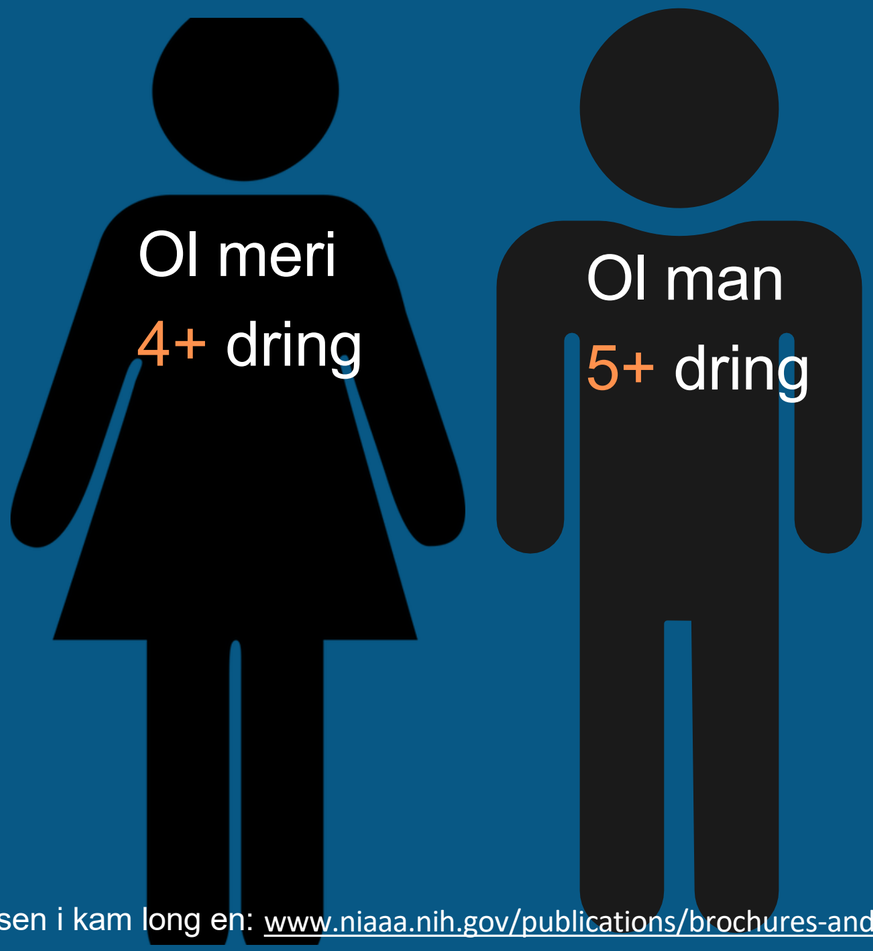
Kwesten

Wanem em 'binge drinking'?



Pasin bilong dringim planti alkohol insait long sotpela taim

Em i ken bagarapim yu!



2

aua

BAC 0.08

Ol ples we infomesen i kam long en: www.niaaa.nih.gov/publications/brochures-and-fact-sheets/binge-dringing ; https://neura.edu.au/project/path-through-life

Kwesten

Wanem samting em ‘hangover’?

Dispela em de bihain long yu bin dringim alkohol, planti manmeri i save gat het i pen, maus i drai, pilim tait na skin dai nogut tru, bel i pen, pilim olsem ol i laik traut na sampela moa.

Lukim www.alcoholthinkagain.com.au long kisim moa infomesen



Hom-bru alkohol

- Namba bilong ol stended dring em yumi no save
- Hom-bru alkohol em i ken strong tru na i no seif



Hom-bru alkohol

Ol eksampel

Fermented rice	Burukutu
Fermented fruit	Chang’aa
Palm wine	Bantu beer
Tella	Marisa
Pito	Araqi
Chibuku	Pulque

Diskasen

Wanem em ol sampela hom-bru alkohol insait long komyuniti bilong yu?



Lo i tok wanem long alkohol?



Wanem krismas em lo i tok orait long dringim alkohol insait long Australia?

(Long baim alkohol o long dringim em insait long wanpela ples we i gat laisens long ol lain i dring)

A 16 krismas

C 18 krismas

B 21 krismas

D 25 krismas

Korek ansa

C 18 krismas

Sapos yu aninit long 18 krismas, lo i tambuim yu long:

- Baim alkohol
- Dring alkohol long ol laisens hap, o tokim ol long givim long yu, o karim alkohol wantaim yu
- Dring akohol long wanpela pablik ples

Ples we infomesen i kam long en: www.legalaid.qld.gov.au/Find-legal-information/Personal-rights-and-safety/Alcohol-and-drugs/Alcohol

Pasin bilong dring long wanpela pablik ples

Sapos yu aninit long 18-pela krismas

1. Yu brukim lo sapos yu dringim akohol o karim alkohol
2. Na tu, lo i tambu long wanpela man o meri long givim alkohol long yu
3. Lo i no tok tambu long yu long dring alkohol long haus



Ples we infomesen i kam long en: www.legalaid.qld.gov.au/Find-legal-information/Personal-rights-and-safety/Alcohol-and-drugs/Alcohol

Ol ID we ol bai ekseptim long ol laisens ples

1

Foto ID kad



2

Draiva laisens



3

Paspot



4

Adalt pruf-of-eij kad



Lo i tok tambu long yu long dring alkohol long pablik ples sapos yu aninit long 18 krismas.

Ol fain we yu bai baim: Yu yet $4,032; Wokman o wokmeri $12,904; Menejmen: $40,325.

Ol ples we infomesen i kam long en:

www.qld.gov.au/health/staying-healthy/alcohol-and-other-drugs/your-rights-and-support/alcohol-and-drug-laws/dringing-safely-in-queensland-venues

www.publications.qld.gov.au/dataset/in-venue-signage-for-liquor-licensees/resource/bf8ff5fe-8255-499f-9157-c199bab67cb1

Wanem em i ligel BAC bilong lena, P1/P2 provisenel, probeseneri o ristrikted laisens holda?



A Aninit 0.01

C Aninit 0.05

B 0.02

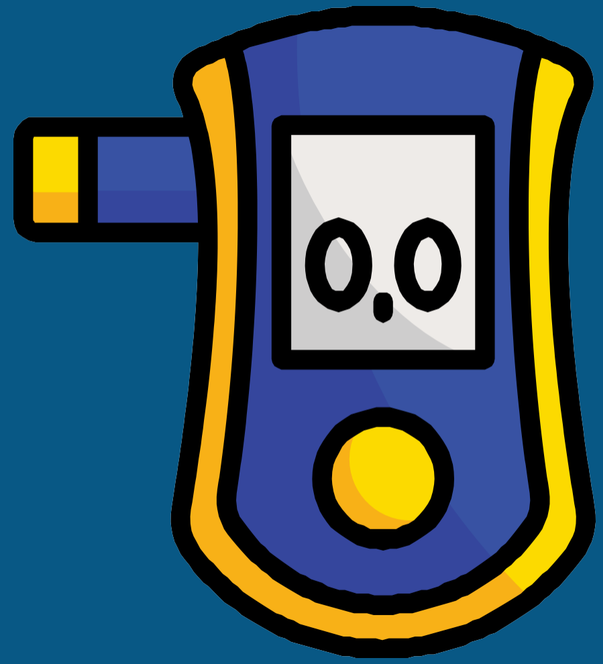
D 0.00

Ples we infomesen i kam long en: www.qld.gov.au/transport/safety/road-safety/dring-driving/blood-alcohol

Korek ansa

D 0.00

No gat alkohol!



Wanem em i ligel BAC bilong open laisens holda insait long Australia?



A Aninit long 0.01

C Aninit long 0.05

B 0.02

D 0.00

Ples we infomesen i kam long en: www.qld.gov.au/transport/safety/road-safety/dring-driving/blood-alcohol

Korek ansa



1 stended dring ≈ 0.02 BAC

2 stended drings ≈ 0.04 BAC

3 ol stended dring ≈ 0.06 BAC

antap long ligel mak na i no seif



Moa toktok long ol mak bilong alkohol

Ol dispela mak o limit em i bilong olgeta penalti sapos ol i ketsim yu taim yu dring na draiv.

1

No gat alkohol limit o mak

BAC > 0

Ol lena, P-pleit, bas, teksi na ol draiva bilong denjeres guds i mas gat

2

Jenerel akohol limit

BAC ≥ 0.05

Brukim lo

3

Namel alkohol limit

BAC ≥ 0.10

Bikpela mak bilong brukim lo

4

Hai alkohol mak

BAC ≥ 0.15

Bikpela mak tru bilong brukim lo

Ples we infomesen i kam long en: www.qld.gov.au/transport/safety/road-safety/dring-driving/blood-alcohol

Ol penalti o mekim save bilong dring na draiv

- Meksimem long wanpela nambawantaim dring na draiv ofens
- Dipen long BAC na trefik histori, ol ofens we i kamap moa long wanpela taim em i ken kisim bikpela penalti moa

BAC we i antap moa = Penalti we i antap moa

Ples we infomesen i kam long en: www.qld.gov.au/transport/safety/road-safety/dring-driving/charged

Blood/breath alcohol concentration (BAC)	Licence disqualification	Maximum fine amount	Maximum term of imprisonment
Over 0.00, but under 0.05 BAC (learner, probationary or provisional licences.	3 to 9 months	$2,258	3 months
Over the 0.00, but under 0.05 BAC, drivers of particular vehicles.	1 to 9 months	$2,258	3 months
0.05 and over, but under 0.10	1 to 9 months	$2,258	3 months
0.10 and over, but under 0.15	3 to 12 months	$3,226	6 months
0.15 and over	Minimum of 6 months	$4,516	9 months

Miksim alkohol wantaim ol narapela drag

Dispela em i denjeres bikos em i:

- Ken apim risk bilong ovados
- Ken senisim hau marasin i wok
- Ken haitim ol ifek bilong ol drag

Lainim moa long Pat 2 - Ol Narapela Drag



Wanem em taim bilong kisim helpim

Alkohol i ken afektim laip bilong yu, o yu bai pilim olsem yu nidim alkohol long mekim ol samting (alkohol dipendensi /alkohol yus disoda).

Wanpela fisikel o mentel nid long kisim alkohol:

- Laikim tru alkohol olgeta taim
- Dringim moa alkohol long mak we yu bin plenim
- Painim hat long stop long dring

Tingim: Yu ken kisim helpim enitaim.



Ples we infomesen i kam long en: www.healthdirect.gov.au/alcoholism

Ol we bilong daunim presa i kam long ol pren, famili o wanwok

Ol we bilong tok nogat

"Mi bai draiv tude"

"Nogat, tenkyu - ating mi bai dring wara tasol?"

"Mi no save dring bikos helt bilong mi i no larim mi"

Yu mas gat ol non-alkohol dring i stap klostu long daunim presa bilong dring alkohol.



24/7 konfidensel fri AOD sapot

Fon intapreta

Alcohol and Drug Information Services (ADIS)

1800 177 833 www.adis.health.qld.gov.au



9-pela tok ples Kaunseling em long English

Turning Point AOD Counselling Chat Online

www.counsellingonline.org.au

Family Drug Support and Phone Support

1300 368 186 www.fds.org.au



Kisim sapot long

- Dokta bilong yu
- Famili na pren
- Ol komyuniti lida na lida bilong lotu
- Ol speselis AOD sevis (kaunseling, witdrowel menejemn, rihabilitesen, nidel na sirinj progrem na ol narapela sevis olsem.), eksampel:
  - Queensland Injector's Health Network (QuIHN) www.quihn.org; 1800 172 076
  - Lives Lived Well www.liveslivedwell.org.au;1300 727 957

Moa sevis em yupela i ken painim long "*Alcohol and Other Drugs (AOD) Services Map for Multicultural Communities*"

Ol impoten toktok

- **Ovados:** Kisim moa samting we bodi bilong yu i no inap long hendelim. Yu ken stop long pulim win o hat bilong yu em i ken stop, na dispela i ken kamapim dai.
- **Witdrowel (ditoks):** Taim wanpela man o meri i stop o daunim mak bilong alkohol o narapela drag we ol i save yusim. Ol ifek bilong stop wantu tasol i ken mekim na man o meri i ken dai olsem na ol bai nidim medikel sapot.
- **Rihebilitesen (riheb):** Wanpela progrem we i gat straksa na i save givim sapot long helpim ol manmeri long stop o daunim mak bilong drag o alkohol we ol i save yusim.
- **Abstinens:** No gat alkohol na drag olgeta.
- **Leps/rileps:** Wanpela sotpela taim we man o meri i go bek na yusim drag o alkohol o em kontinu long go bek na yusim alkohol o drag bihain long em i bin stop long yusim o daunim mak we em i bin yusim.
- **Rikavari:** Mentenim ol gol long longpela taim, planti taim em lukluk na stretim as tru tru bilong hevi (eksampel, troma we i bin kamap).



Tenkyu

www.quihn.org

www.eccq.com.au

QuIHN and ECCQ’s Love Health Program
wantaim fanding sapot i kam long Queensland Mental Health Commission March 2026

Dispela PowerPoint em ol i bin yusim Canva long disainim na ol i bin mekim liklik senis long disain. Sampela imij em ol i bin yusim ol atifisel intelijens (AI) tul long kamapim. Olgeta ol onlain ples we infomesen i kam long en em mipela i tokaut long ol insait long ol presentesen na mipela i bin kisim ol dispela infomesen bipo long de 30 bilong mun Mas 2026.