

Sun, Sea & Safety



Higher or Lower Answers

1. Around 7 in 10 young people binge drink while on holiday

Answer: Higher – 9 in 10 young people binge drink

What is binge drinking?

9 in 10 young people are actually drinking every night while on holiday (in comparison to usually drinking 2-3 times a week while in the UK). What effect will this have on the body?

Liver needs at least 2 days a week without alcohol.

2. Around 6 in 10 young people don't use sun cream while on holiday

Answer: Higher – 8 in 10 young people don't use sun cream while on holiday

Why do you think that is?

What are the dangers?

Dangers include sun burn, dehydration and in more severe cases heat stroke which can leave you needing medical attention.

Alcohol dehydrates your body so it is important that you drink water or other soft drinks in between drinks..

3. Around 4 in 10 young people contract an STI while on holiday

Answer: Lower – 3 in 10 young people contract an STI while on holiday.

How could you avoid this from happening?

Do you think alcohol is involved?

If you mix sex with alcohol, you increase the chances of unintended pregnancy and getting an STI. Simply because if you have sex when you are drunk, you are much less likely to be thinking clearly about using a condom.

4. 15,000 British people reported that they had lost or had their passport stolen while abroad in 2010/2011

Answer: Higher - 25,969 people reported that they had lost or had their passport stolen while abroad (Foreign Office British Behaviour Abroad Report 2011)

Do you think this would be more likely to happen if you are drunk or under the influence of drugs while on holiday?

How could you avoid this from happening?

In order to avoid this from happening always leave your passport in a safe and secure place in your hotel.

5. 500 British people were arrested for drugs offences while abroad in 2010/2011

Answer: Higher – 799 British people were arrested for drug offences while abroad

Does this surprise anyone?

Understand the risks you are taking if you get involved with illegal drugs. Many countries outside the UK refuse to grant bail before trial, have harsh prison conditions and keep drugs-related offenders in solitary confinement. In some countries narcotics-offences, including possession, result in the death penalty.

6. In 2010/2011 1050 British people were hospitalised while in Spain.

Answer: Lower – 1024 British people were hospitalised while in Spain

Has this surprised you?

What kinds of things are happening that people end up in hospital?

Do you think alcohol is involved?

Remember most travel insurers won't pay out if you injure yourself or others if you've been drinking alcohol or taking illegal drugs.