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Sommario/riassunto	Alcohol is the most widely used recreational drug in Australia. Alcohol is so widely used and so socially acceptable that many people frequently consume it to harmful levels. Binge drinking refers to drinking heavily over a short period of time with the intention of becoming intoxicated, resulting in immediate and severe intoxication. The number of young people consuming alcohol at alarmingly high levels has increased significantly in recent years. What are safe drinking levels according to the latest guidelines, and what are the short- and long-term health risks when alcohol consumption goes too far? Alcohol-related risk behaviours are also examined, including drink driving, unprotected sex, violence and injury. This book presents information about the many health and social impacts of excessive alcohol intake and provides tips for promoting responsible drinking choices among young people. When does 'having a drink' become far more than a drop too much? 3 chapters: Alcohol and your health; Binge drinking; Alcohol and young people.

