

# Managing peer pressure and rounds



In the construction industry, socialising can often involve having a drink with colleagues after work. While this can be a great way to bond, it's important to be aware of the peer pressure that can arise, particularly when rounds are involved.

Understanding how to manage this pressure can help you maintain control over your drinking and protect your health.

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## How peer pressure affects your drinking



Peer pressure doesn't just affect young people; adults of all ages can experience it, often without realising it. **In construction, where camaraderie is strong, the pressure to drink can be subtle but powerful.**

For instance, you might feel obligated to accept a drink offered by a colleague or superior, or to keep up with the group, even if it means drinking more than you want to.

**This kind of peer pressure can lead to binge drinking and can have long-term health consequences.**

## Strategies to stay in control



### Set your limits

Before you start drinking, decide how much you're going to have and stick to it.

### Skip the round

Politely decline to join the round, or opt for a non-alcoholic drink when it's your turn including water and soft drinks!



### Eat well

Food helps slow the absorption of alcohol, stopping it going to your head too quickly.

