

Binge Drinking

10 Things College Students Should Know

- 1.) Binge drinking is defined as five consecutive alcoholic drinks for a man, four for a woman.
- 2.) More than **1,700** college students **die** each year from alcohol-related accidents; mostly from falls, drowning, and automobile accidents.
- 3.) More than **70,000** college-age students are **raped** or sexually assaulted each year as a result of alcohol.
- 4.) Fighting increases when college students drink. More than **600,000** students a year are **assaulted** by another student who has been drinking.
- 5.) About **25%** of college students said that alcohol hurt their academic performance and led to **lower grades**.
- 6.) **8%** of students, 400,000 people, report to have unprotected sex while drinking, which puts them at an increased risk for pregnancy and diseases.
- 7.) More than **150,000** college students a year develop a **health problem** due to drinking. **6%** develop a **dependence** on alcohol.
- 8.) Drinking a large amount at one time can lead to alcohol poisoning, also called alcohol overdose. About **300** college students **die** from it each year. In general, a safe amount is only one drink an hour.
- 9.) People who drink can still have fun without bingeing if they **alternate** alcoholic with nonalcoholic drinks.
- 10.) Most college students do not binge drink. 66% say they drink moderately or not at all. **It's OK to say NO!**

GUIDELINES

For Low-Risk Drinking Options

- Eat before you drink. The food will help soften the blow by absorbing some of the alcohol.
- Don't try to quench your thirst with alcoholic drinks; this only makes you thirstier. Plain old water will do best when you are really thirsty.
- Sip, don't gulp. If you're male, you'll look cool. If you're a woman, you'll look refined. And no matter who you are, you will probably feel better the next morning.
- Choose drinks with food based mixtures such as vegetable and fruit drinks, which lower the risk of impairment.; water or carbonated drinks increase impairment. Also choose drinks with low alcohol content.
- Limit your drinking. No more than 2 drinks per day if you're a man, one if you're a woman. Don't drink everyday, not more than 4 days in a week.
- Don't "panic drink." In other words, slow the rate at which you put away the alcohol. It's not a race. Try to limit yourself to one drink per hour.
- Give yourself a break; alternate booze with nonalcoholic drinks.
- Be strong, don't give into immature jerks who try to "peer pressure" to get you to drink more then you want.
- Get involved in activities that don't include alcohol.