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.