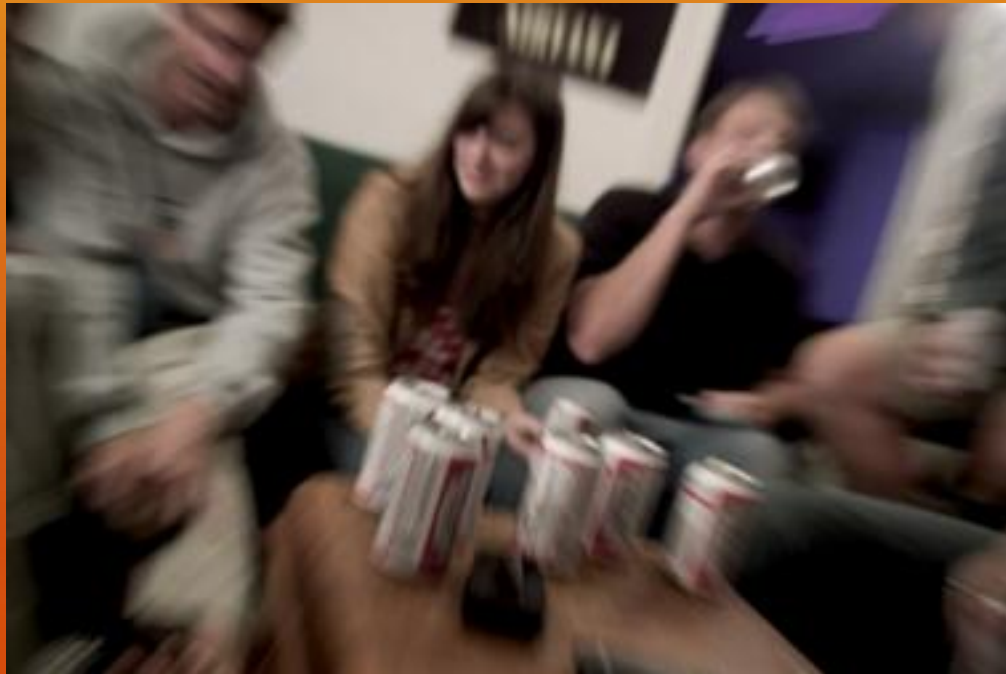


# Binge Drinking on a College Campus



# What is Binge Drinking?

- Binge drinking is when a person consumes an excessive amount of alcohol within a **short period of time**.
  - For Men, **5** drinks in a row is equal to a Binge.
  - For Women, **4** drinks in a row is equal to a Binge.



# Statistics

- Binge drinking is **more common among men** than women.
- **90%** of alcohol that is consumed by those under the age of 21 in the U.S. is in the form of **binge drinks**.



# What is Considered a Drink?

- 12 ounces of a Beer or Wine Cooler
- 8 ounces of Malt Liquor
- 5 ounces of Wine
- 1.5 ounces of 80 proof Hard Alcohol





# Dangers of Binge Drinking



what's your poison ?

BINGE DRINKING, FUN ISN'T IT ?

If you drink more than 4 or drinks in one sitting, then you are a fully qualified binge drinker. This means you're likely to suffer from memory loss, kidney damage, and dancing like a complete prat!

- Alcohol Poisoning
- Liver Disease
- Neurological Damage
- Unwanted Pregnancy
- Sexually Transmitted Diseases

# Danger Signs of Alcohol Poisoning

- Vomiting
- Confusion
- Irregular heart beat
- Slow breathing
- Pale/blue tinted skin



**\*If these symptoms are present, call 911 immediately.**

If you or someone you know has a problem with binge drinking, feel free to call Stonehill's **Counseling and Testing Center** at (508)565-1331

# Sources

<http://www.cdc.gov/alcohol/fact-sheets/binge-drinking.htm>

<http://www.mayoclinic.com/health/alcohol-poisoning/DS00861/DSECTION=symptoms>

[http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Alcohol and teenagers quiz](http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Alcohol_and_teenagers_quiz)

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