

Alcohol

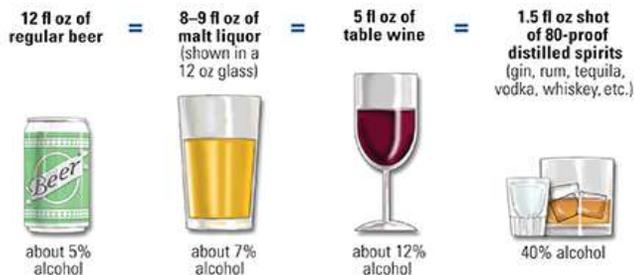
Nationwide, **60%** of college students drink alcohol regularly. At AU, **76%** do.
Approximately **two out of every three** college students who drink participate in binge drinking.

What is binge drinking?

For those assigned female at birth, binge drinking is consuming **4+** alcoholic beverages in 2 hours or less. For those assigned male, it's **5+**. Typically, this amount of alcohol in 2 hour brings blood alcohol concentration (BAC) levels to 0.08.

How to track your drinks

To correctly count the true number of drinks you've had, you need to know what a standard drink size is (see below). The amount of alcohol in your cup can vary greatly depending upon the size of your cup. That's why it's important to measure how much you're putting in. A solo cup, for instance, usually holds 16 oz. That's 4 oz. more than the standard drink size for beer, 11 more than wine, and 14.4 more than 80-proof liquor.



Signs Someone Drank Too Much

Mental confusion
Inability to wake up
Vomiting
Seizures

Slow breathing
Irregular breathing
Cold and/or clammy skin

What to Do

If you're on campus, call AU Police Department, which is the new name for Public Safety (**202-885-3636**). If off campus, call **911**. Immediately.

Why do we need to talk about this?

Binge drinking can have several negative consequences. Each year...

1,825 college students die from alcohol-related injuries

97,000 report experiencing an alcohol-related sexual assault

696,000 are assaulted by a student who'd been drinking

It can also lead to: issues at school and work; increased risk of depression and anxiety; brain and liver damage; increased risk of mouth, pharynx, larynx, esophagus, liver, colon, rectum, and breast cancers; increased risk of neurological and heart problems; sexual problems (such as the inability to have an erection); and more.

Strategies to Drink Safely

If you choose to drink, here are some tips you can use to stay safe and avoid binge drinking:

- Alternate alcoholic and non-alcoholic beverages—e.g., After you finish one beer, drink a glass of water.
- Avoid playing drinking games, or choose to play with water.
- Don't let anyone peer pressure you into drinking—You have every right to say no.
- Eat before and during drinking.
- Stay with friends you trust.
- Always have a designated driver or use a taxi/Uber/Lyft.
- Keep track of how many drinks you have.



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Sources:

1) Brochures and Fact Sheets. (n.d.). Retrieved August 01, 2017, from <https://pubs.niaaa.nih.gov/index.html>

2) Alcohol Overdose: The Dangers of Drinking Too Much. (n.d.). Retrieved August 01, 2017, from