

Do You Know What BINGE DRINKING Is?

Binge Drinking Is...

- Drinking a lot of alcohol in a short amount of time
- Reaching a very high blood alcohol level
- Experiencing cognitive and physical problems as a result of excessive drinking

Binge drinking isn't just about the number of drinks consumed, but also the time frame in which it is consumed:

- When a man consumes 5 or more drinks in a two hour period.
- When a woman consumes 4 or more drinks in a two hour period.

Signs of a Problem Drinker...

- Binge drinks
- Drinks alone
- Drinks often
- Drinks to get drunk
- Increased tolerance
- Neglects responsibilities
- Misses all or part of work or school because of alcohol
- Experiences blackouts (loss of memory when awake).
- Changes in personality while drinking



MYTHS AND FACTS about Alcohol

MYTH: "I can sober up quickly if I have to..."

FACT: It can take up to 2 hours to process one drink.

MYTH: Beer doesn't have as much alcohol as hard liquor.

FACT: 12 oz. of beer = 1 shot of 80-proof liquor = 4.5 oz. glass of wine

MYTH: The more you drink the better you feel!

FACT: Alcohol is biphasic. At low levels it produces feelings of euphoria; at high levels it produces unpleasant inebriating effects, such as vomiting, mood changes and passing out.

MYTH: "I can drive well enough after a few drinks..."

FACT: 50% of all crashes among 18-24 year olds involve alcohol.

Tips for PARTYING

There is no such thing as "safe" consumption of alcohol however here are some tips for reducing your risk of being harmed.

- Plan ahead. Set a limit and stick to it.
- Always have a designated driver.
- Eat before and while you drink to help slow the absorption of alcohol.
- Do NOT play drinking games. You consume alcohol too fast to realize how intoxicated it is making you.
- Know how much alcohol you are drinking. 1 drink = One 4.5 oz. glass of wine, one 12 oz. beer, 1 shot of 80-proof liquor. Mixed drinks may be more than 1 serving!
- Use the buddy system. Stick together and make sure you look out for each other.
- Keep an eye on your drink to protect yourself from date rape drugs – both men and women are at risk of being drugged.
- Don't drink from punch bowls or pitchers – they are easy to drug and it is difficult to keep track of how much you are drinking.
- Look around and notice that not everyone is getting trashed – only a few people are really drinking heavily, and they are often doing something embarrassing! It's okay not to drink.



"Most NMSU students drink responsibly."