

You don't have to binge

- **Avoid drinking games.** The point of drinking games is to get drunk and to get drunk fast. The same goes for pounding or funneling your drink— it gets you drunk quickly.
- **Slow down!** What's the rush? Think about drinking for quality, not quantity. Need help slowing down? Space your drinks by alternating with nonalcoholic beverages. Nurse your drink and make it last.
- **Eat first.** With food in your stomach, alcohol gets absorbed more slowly. This will keep you from getting intoxicated as quickly.
- **Learn more** about how alcohol affects you. Check with the Alcohol, Tobacco, and Other Drugs Program to get a blood alcohol chart for a person of your size and gender. Or go to bloodalcoholcalculator.org
- **Consider the consequences.** Think about the risks of getting drunk. Especially the risks of binge drinking.

Need help
controlling
your drinking?

Contact:

Alcohol, Tobacco, and Other Drugs Program

Center for health and Well-Being

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BINGE DRINKING



What is Binge Drinking?

Binge drinking can include:

- Drinking a lot in a short amount of time
- Drinking a lot . . . Period
- Reaching a very high blood alcohol level
- Experiencing problems as a result of your drinking

Binge drinking isn't just about how many drinks you have.

Do you drink?

70.8 percent of IUP students (and 85.6% of residence hall students) report they drink once a week or less

65.1 percent of all IUP students (and 80.9% of residence hall students) report when they do drink they drink 4 drinks or fewer

Most IUP students make low risk drinking choices and do not binge drink

What's wrong with binge drinking?

Tolerance

Tolerance means that over time you have to drink more to get the same effects you used to get.

Tolerance is NOT a good thing.

It results in greater health risks, make drinking much more expensive, and tolerance is a warning sign that a person is becoming dependent on alcohol.

Blackouts

Ever hear of someone who can't remember the night before, or can't remember how he or she got home from a party?

This seems funny and makes a good story but really it is SCARY. When a person drinks, alcohol enters the bloodstream through the stomach and small intestine. Then alcohol goes to every organ of the body, including the brain. Imagine how much a person's brain has been affected to have these memory lapses that can last forever.



Frequent binge drinking can lead to long-term problems with alcohol

Making mistakes

If a person drinks enough, the alcohol in the brain gets in the way of his/her ability to process information. People in this state can't think clearly or use good judgment. The likelihood that they'll get behind the wheel, go into a stranger's bedroom, or won't bother with safe sex increases greatly.

Binge drinking increases the risk of:

- Legal problems
- Unplanned pregnancy
- Transmission of STD and HIV
- Acquaintance rape
- Alcohol-related injuries or death

Don't Drink If

- You really don't want to
- You're upset, anxious or angry
- There's a chance you might need to make a decision about sex
- You're pregnant or think you might be
- You'll be driving
- You're taking certain medications. Ask your health care provider for guidance about drinking and medications