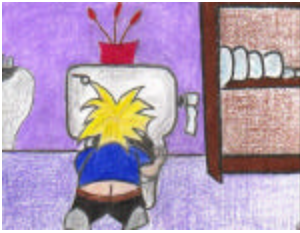
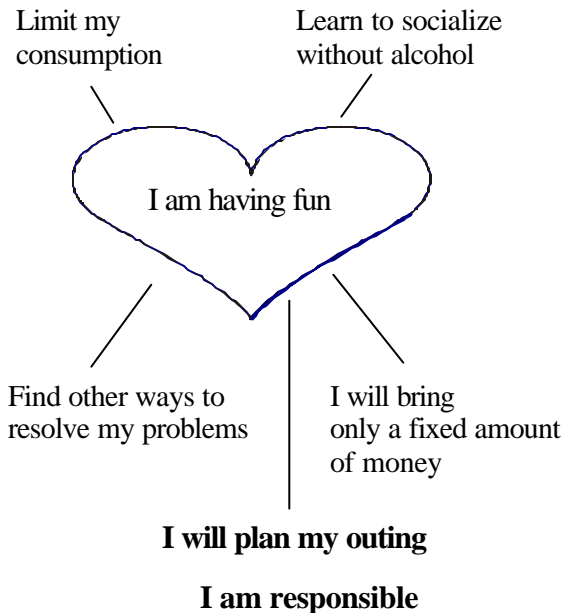


What are the consequences of “binge drinking”?

- drinking and driving
- unplanned, unprotected sex
- accidental deaths
- suicidal thoughts
- acts of violence (homicide, physical violence, rape, aggression)



Ways to Prevent Excessive Consumption of Alcohol



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Thanks to:

This message has been brought to you by the Sudbury FOCUS Community Project. We would like to thank the 4th year Laurentian University Nursing students, class of 2000-2001. Thanks to professors Anita Pelletier and Manon Lemonde, as well as artists Ronald Cheffer and Diane Brown.

Resources

Allen, B.A. & Narbonne-Fortin, C., ARF (Addiction Research Foundation, 1996)

http://www.camh.net/press_releases/student_drug_uses/151199.html

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Get Hammered:



Why not?

Has this ever happened to you?

- Missed classes?
- Embarrassed to see your friends the next day?
- Having “black outs”?
- Waking up in a bed with a stranger?
- Having the police visit you the next day?

“I didn’t drink that much...”

These situations often describe the practice of “binge drinking”.



“Binge drinking”? What is it?

According to the Ontario Health Status report (2000), binge drinking is the “periodic consumption of excessive amounts of alcohol, 5 drinks or more in one occasion.”

For men: it is the consumption of at least 5 alcoholic beverages, consecutively.

For women: it is the consumption of at least 4 alcoholic beverages, consecutively.

Therefore, what consists of a “drink”?

1 - 12 oz. beer (341ml)

2 - 12 oz. cooler (341ml)

1½ oz. hard liquor (43ml)

5 oz. of wine (142ml)

Reality is ...

- most students do not know what “binge drinking” is
- northern Ontario reports the highest rate of alcohol use at 77.6%
- 86% of drinkers have suffered some kind of negative consequences as a result of their alcohol consumption.

What is the purpose of “Binge drinking”?

Reduce stress



Peer pressure/to be popular



To “let loose”



To socialize



To forget your problems

Who is vulnerable to “Binge drinking”?

**Everyone, especially young adults
ages 18-24.**