



Binge Drinking

Here at PSU, many students are unaware of the effects of consuming multiple alcoholic drinks in a short duration of time. Often times, those who abuse alcohol engage in poor behaviors and actions. (Violence, Sexual assault) Reducing the amount of students who binge drink here, at Plymouth State, will result in a healthier campus and community.

What is Binge drinking?

- The action of drinking 5 or more alcoholic drinks for men, or 3 alcoholic drinks for women, with the primary objective of becoming intoxicated.

College and Alcohol

- About 4 out of 5 college students drink alcohol.
- About 25 percent of students report alcohol having a negative effect on academics.

Be Aware!

- In 2013, 39 percent of college students engaged in binge drinking in the past month.
- 16.6 million adults were treated in a alcohol treatment facility in 2013
- 90 percent of Americans with substance abuse problems began drinking or using drugs before 18 years old
- Approximately 5,000 people under the age of 21 die as a result of underage drinking



Drink Responsibly my Friends

Karleigh
&
Derek

Think Smarter, Drink A Water

Concerned how much alcohol you consume? This list will help promote healthier behaviors

- **Limit the intake of alcohol**
- **Set a limit prior to drinking**
- **Avoid poor influences**
- **Learn from mistakes**
- **Develop new activities**



Is alcohol affecting your life? Want to quit?

Get Help Now

Plymouth State University
Counseling and Human Relations
8:00 AM to 7:00 PM

NH Alcohol Anonymous Hotline
800-593-3330

AA Meetings: Plymouth, NH
Congressional Church, Fridays at 8PM
St Matthew's Church, Thursdays at 11AM

The Plymouth House
Retreat teaching the 12 steps to treating alcoholism
(603) 536-5500



Karleigh and Derek

Bibliography/References

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