April is Alcohol Awareness Month!

- Alcohol is the most commonly used addictive substance in the United States: 1 in every 12 adults suffer from alcohol abuse or dependence
- About 4 out of 5 college students drink alcohol. About half of college students who drink also consume alcohol through binge drinking
- 1,825 college students between the ages of 18 and 24 die each year from alcohol-related unintentional injuries
- More than 690,000 students between the ages of 18 and 24 are assaulted by another student who has been drinking
- 599,000 students between the ages of 18 and 24 receive unintentional injuries while under the influence of alcohol
- About 25% of college students report academic consequences from drinking

Standard drink size

Binge drinking is a pattern of drinking that brings blood alcohol concentration (BAC) levels to 0.08. This typically occurs after 4 drinks for women and 5 drinks for men in about 2 hours. But how much is one drink?

<table>
<thead>
<tr>
<th>Drink Type</th>
<th>Standard Drink Size</th>
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<tbody>
<tr>
<td>12 fl oz of regular beer</td>
<td>1.5 fl oz of 80 proof liquor</td>
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<tr>
<td>5 fl oz of table wine</td>
<td>LIT, jungle juice, mixed drinks: BEWARE! Could be several drinks in one</td>
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</tbody>
</table>

What can I do to reduce risk when drinking?

- Skip pre-gaming
- Set a drink limit and keep track
- Eat before and during drinking
- Do not mix alcohol with drugs
- Stay away from drinking games
- Take less money out to bars
- Sip, do not chug, your drinks
- Drink water/other drinks with alcohol
- Avoid shots of hard liquor
- Do not leave your drink unattended
- Beware of unfamiliar drinks
- Appoint a designated driver

BGSU Counseling Center

- Individual, group and couples counseling
- Workshops and events on campus
- Crisis Intervention
- Start services by coming to our Walk-In Hours: Mon - Fri: 1:30pm - 4:00pm

Where: 104 College Park
Phone: 419-372-2081
Hours: Mon - Fri 8:00 - 5:00