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# Reasons Not To Binge Drink in College

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# REASONS TO NOT BINGE DRINK IN COLLEGE



There are many reasons to not binge drinking college. These reasons will not only about yourself but others around you as well. This is because excessive drinking can effect people in more ways than one. Below are some consequences that binge drinking can cause for college students.

## FAILING CLASSES



About "1 in 4 college students report academic consequences from drinking" (NIH). This will happen when you miss classes, don't take time to study, do poorly on exams and do not go to class at all.

## ACCIDENTAL DEATHS



1,825 college students age 18-24 die of accidental, alcohol-related injuries (Clarity Ways). This can be anything from falls while intoxicated to car wrecks.

## SEXUAL ASSAULTS



The number of college students who are sexually assaulted or are victims of date rape because of excessive alcohol consumption: 97,000 (HRF).

## LONG TERM HEALTH RISKS

- More than 150,000 students develop an alcohol-related health problem every year (HRF).
- High blood pressure
- Learning and memory problems

## LONG TERM HEALTH RISKS

- Mental Health problems
- Liver disease
- Heart disease
- Stroke
- Alcohol dependence

