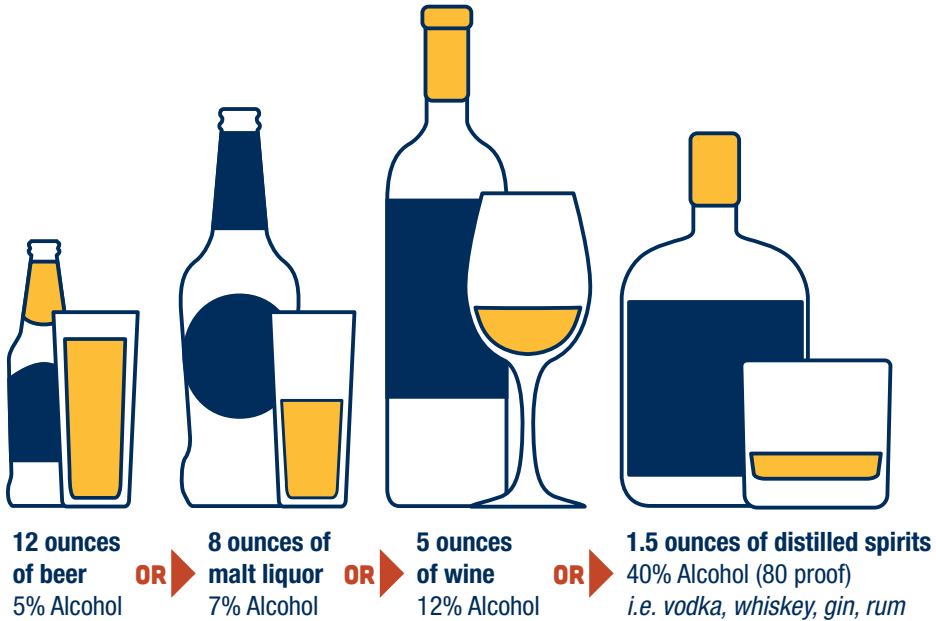


PARTY WITH A PLAN

A “STANDARD DRINK”

Source: *National Institute for Alcohol Abuse and Alcoholism.*



Too often, students underestimate how much they've had to drink because they aren't using standard measurements, and alcohol comes in so many different shapes and sizes. This is why it's so important to measure your drinks!

BINGE DRINKING

Source: *National Institute for Alcohol Abuse and Alcoholism.*

A pattern of consuming alcohol that brings a person's blood alcohol concentration (BAC) to 0.08 g/dL or above. This typically happens when biological males consume 5 or more drinks, biological females consume 4 or more drinks, in about 2 hours.

MODERATE DRINKING

Biological Females: 1 drink per day
Biological Males: 2 drinks per day

BINGE DRINKING

Biological Females: 4 drinks in 2 hours
Biological Males: 5 drinks in 2 hours

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