

## Low-risk drinking vs. High-risk drinking Know the Difference

### Low-risk drinking includes:

Thinking about whether you will drink and what you will drink before the party

Being 21 or older

Always knowing what you are drinking

Drinking no more than 1 drink per hour; maximum 3 for women, 4 for men

Alternating alcohol-free drinks throughout the evening

Eating a meal before drinking

Knowing how you will get home safely before you go out, always stay with a group of friends

Those who don't drink at all have the lowest risk

### High-risk drinking includes:

Chugging, drinking games, shots, drinking anything out of a punch bowl, trough, hose or funnel

Drinking to get drunk

Drinking too much or too fast on an empty stomach

Driving after drinking or riding with someone under the influence

Not knowing what is in your glass or leaving it unattended

Going to parties where people drink too much/too fast

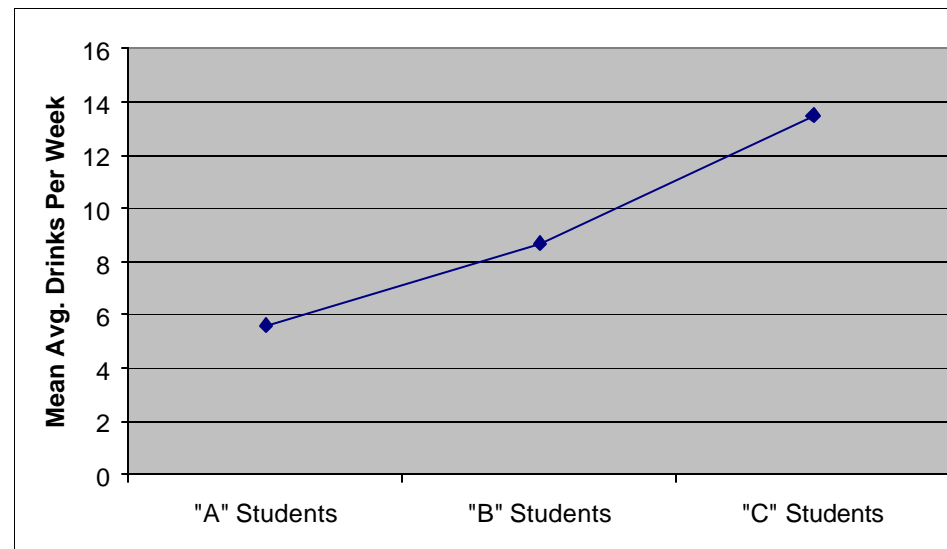
Mixing alcohol with any medication or illegal drugs

Mixing alcohol with high-energy/high caffeine drinks (e.g., Red Bull)

## Know the FACTS...

At CSB/SJU we know that there is a direct correlation between the amount of alcohol consumed and GPA:

**Average Number of Drinks per Week by Grade Point Average**



### Because of alcohol use, CSB/SJU students report...

- 48% have had a memory loss
- 51% have done something they later regretted
- 29% have driven a car while under the influence
- 22% have been in trouble with the police or campus authorities
- 19% of CSB/SJU student have performed poorly on a test or important project
- 17% have been hurt or injured
- 16% have been taken advantage of sexually