

Just the Facts



youth
service
bureau

BINGE DRINKING



Estimates show that youth consume more than 90% of their alcohol by binge drinking

Binge drinking is defined as consuming 5 or more drinks within a few hours.

The body can only rid one alcoholic drink per hour.

Teens drink less often than adults do, but tend to drink more by binge drinking.

Due to brain development, teens feel the effects of alcohol at a slower rate than adults. Therefore, they may binge drink in order to experience intoxication faster because they aren't feeling the effects.

Binge drinking can quickly lead to alcohol poisoning, in which the heart and lungs stop working.

RISKS OF BINGE DRINKING

- Alcohol poisoning – heart and lungs stop working
- Impaired judgment
- Increased risk of physical or sexual violence
- Injury or death

Helping youth and families learn the skills they need to be more successful at home, in school and throughout the community.

www.yzb.net