

It's Normal not to Drink or to Drink Moderately

Contrary to popular belief, not all college students drink. Many college students have never consumed alcohol.

- 70.8 percent of IUP students report they drink once a week or less.
- 20.8 percent of IUP students report they never drink alcohol.
- 65 percent of IUP students report when they do drink they drink four drinks or less.

and take steps to stay with them.

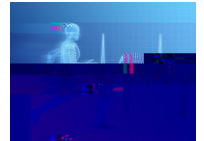
- **Make a plan and set a limit** It's tough to know when to stop when your judgment is impaired. Make decisions about drinking before you start
 - **Eat before you drink** and while your drinking. Food slows down alcohol absorption
 - **Space and pace** your drinks
- **Avoid drinking games**
- **Keep track**
- **Remember** 1 drink = 12 oz. beer, 4 oz. wine, 1 oz. liquor



Blackouts Aren't Normal

This is different from "passing out" which

The following are signs that warn your body when you have consumed too much alcohol. Some of these are protective mechanisms your body uses to protect you from dangerous consequences of drinking.



- **Vomiting, blacking out and passing out** drink
- **A hangover**
- **Alcohol-related injuries** (falls, motor vehicle wrecks, etc.) are some of the negative consequences of drinking too much
- **The depressant effects** system. Breathing will stop and the person can die