Earlham has a Medical Amnesty Policy, removing barriers to help-seeking and, thereby, increasing the likelihood that students who require emergency medical assistance as a result of high-risk alcohol consumption will receive medical assistance.

**WHAT IS BINGE DRINKING?**
A pattern of drinking that brings blood alcohol concentration levels to 0.08 grams per deciliter.

**FOR WOMEN:**
- Four drinks in two hours

**FOR MEN:**
- Five drinks in two hours

12 fl oz of regular beer = 8–9 fl oz of malt liquor (shown in a 12 oz glass) = 5 fl oz of table wine = 1.5 fl oz shot of 80-proof spirits (whiskey, gin, rum, vodka, tequila, etc.)

The percent of "pure" alcohol, expressed here as alcohol by volume (alc/vol), varies by beverage.

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**Solo Cup Fact.**

- 12 oz.
- 5 oz.
- 1 oz.

**ALCOHOL & ACADEMIC PERFORMANCE**

- 3.6 drinks (A) = 7.6 drinks (C) = 10.6 drinks (D/F)
- 5.5 drinks (B)
DID YOU KNOW

DRINKING SMARTER IS MORE FUN!

There are EASY ways to reduce your risk of a bad experience with alcohol (or other substances)!

- Stay with the same type of alcohol (82%)
- Use a designated river (83%)
- Set a drink limit & stick to it (70%)
- Alternate non-alcohol with alcoholic beverages
- Avoid drinking games
- Eat before and/or during drinking (82%)

EC Data
How Earlham Students are reducing their risk!