

Wellness Programs

DID YOU KNOW?

Earlham has a Medical Amnesty Policy, removing remove 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





five drinks in two hours

12 fl oz of regular beer

about 5%

alcohol







about 7% alcohol

5 fl oz of table wine



about 12% alcohol

1.5 fl oz shot of 80-proof spirits

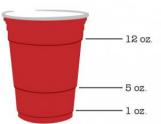
(whiskey, gin, rum, vodka, tequila, etc.)



about 40% alcohol

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

Solo Cup Fact.





82%
STAY WITH THE
SAME TYPE OF
ALCOHOL

STAY WITH THE SAME GROUP OF FRIENDS DRINK ONLY
ONE OR FEWER
DRINKS PER
HOUR

83% / USE A _ DESIGNATED RIVER \

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)!

EC _ Data _

How
Earlham
Students
are
reducing
their risk!

AVOID DRINKING GAMES

82%
—EAT BEFORE —
AND/OR DURING
DRINKING

70%

SET A DRINK

LIMIT & STICK

TO IT

ALTERNATE
NON-ALCOHOL
WITH
ALCOHOLIC
BEVERAGES