



DID YOU KNOW?

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.)



about 5%
alcohol



about 7%
alcohol



about 12%
alcohol



about 40%
alcohol

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

Solo Cup Fact.



12 oz.

5 oz.

1 oz.

ALCOHOL & ACADEMIC PERFORMANCE

This table below describes the relationship between the average number of drinks consumed per week and grade point average.



82%

**STAY WITH THE
SAME TYPE OF
ALCOHOL**

**DRINK ONLY
ONE OR FEWER
DRINKS PER
HOUR**

83%

**USE A
DESIGNATED
RIVER**

**STAY WITH THE
SAME GROUP OF
FRIENDS**

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**

70%

**SET A DRINK
LIMIT & STICK
TO IT**

82%

**EAT BEFORE
AND/OR DURING
DRINKING**

**ALTERNATE
NON-ALCOHOL
WITH
ALCOHOLIC
BEVERAGES**