

A group of young adults, including men and women, are shown in a social setting, likely a party or festival. They are all smiling and holding beer bottles, suggesting a celebratory atmosphere. The image is overlaid with a semi-transparent light blue filter. The text 'Binge Drinking' is prominently displayed in the center, with the authors' names below it.

# Binge Drinking

**By Rajwa Almakawi and Carter Pason**

# Objectives

At the completion of this lesson, you will be able to:

- list at least three negative health outcomes as a result of binge drinking
- list at least three ways to prevent an overdose from alcohol



# What is binge drinking?

“A pattern of drinking that brings a person’s blood alcohol concentration (BAC) to 0.08g/dl or above.”

This can happen when:



IN



# Overview: Why talk about binge drinking among high schoolers?



In 2013, there were 119,000 emergency room visits due to injuries or harms related to alcohol.

Youth binge drinking cost 24 billion dollars in 2010.



We lost around 3,500 people under the age of 21 due to binge drinking.



Teenage binge drinking caused 1,848 fatal car crashes in 2017.



Teens who misuse alcohol are more likely to develop alcohol dependence and or continue to misuse it in adulthood.

# Let Us Do a Poll

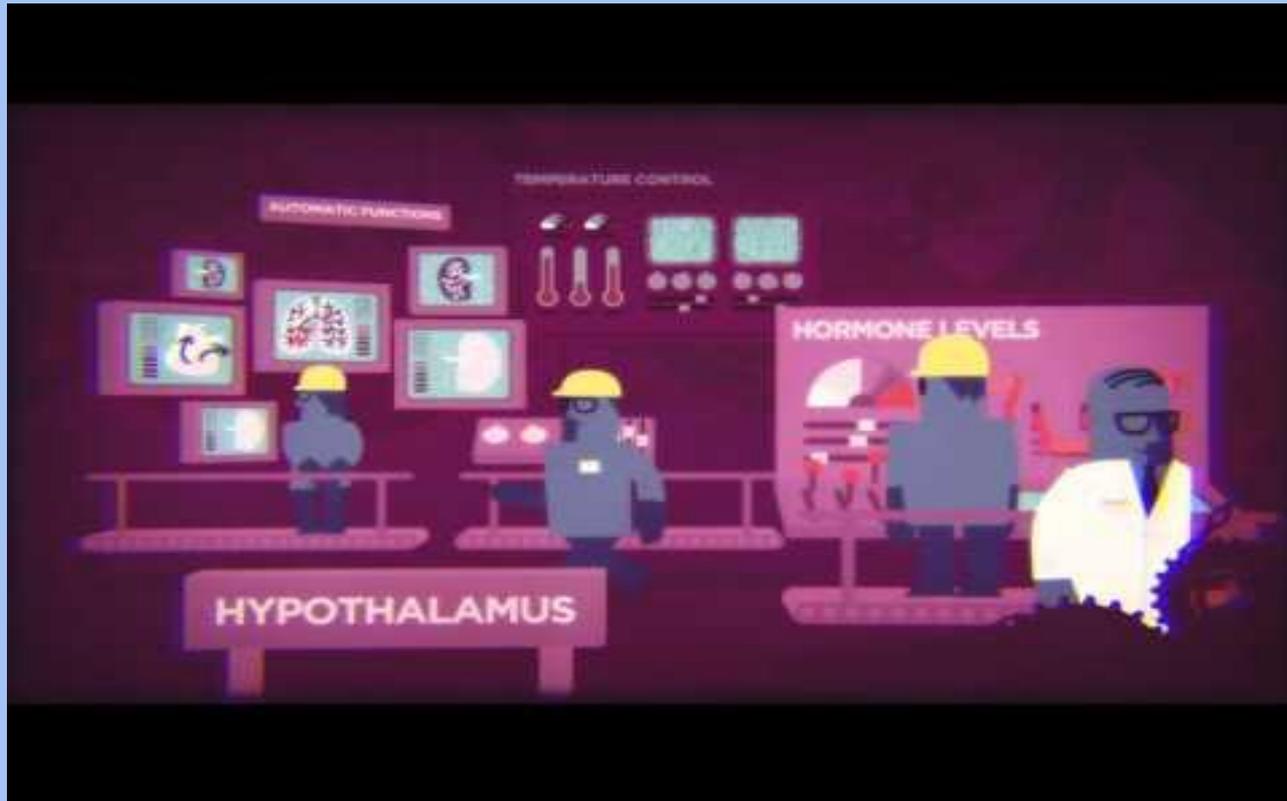


# Overview: Why talk about binge drinking among high schoolers?

- 2019: 13.7% of high school students reported that they were binge drinking.
- 2019: 4.2 million young people reported binge drinking at least once in the past month.
- 825,000 of them reported binge drinking on 5 or more days over the past month.
- 1 in 10 people reported binge drinking among those aged 16- 17 years old.



# Under Construction: Alcohol and the Teenage Brain



# Breakout Rooms

In your groups please discuss the following questions for about three minutes:

- How might what you just learned impact your decision making when it comes to drinking?
- Does the video change your perception of alcohol at all?



# Risks associated with binge drinking

Teens who engage in binge drinking have a higher risk of experiencing the following:

- School problems
- Social problems
- Legal problems
- Physical problems
- Alcohol-related motor vehicle crashes
- Unintentional injuries, such as burns, falls, or drowning.
- Alcohol poisoning.



# Risk reduction tactics



One alcoholic drink per one hour



Avoid mixing alcohol with energy drinks



Stay hydrated between drinks



Avoid drinks with unknown contents



Do not mix alcohol with any drugs



# Let Us Do a Poll



# Advice on Peer Pressure



Video from MTV Rise Above

# Advice on Peer Pressure

Read the Mini-article on ways to decline a drink when you wish to abstain from alcohol in the moment:

<http://riseabove.org.uk/article/the-drink-dodger-hit-list/>

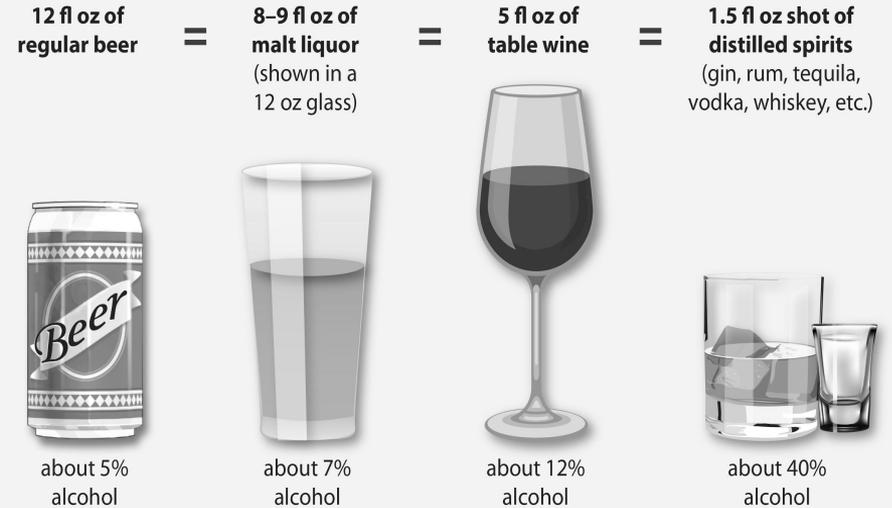


Let's Play !



# What is a standard Drink?

A standard drink is considered a beverage containing 0.6 fluid ounces of pure alcohol, or 14 grams.



Each beverage portrayed above represents one standard drink (or one alcohol drink equivalent), defined in the United States as any beverage containing .6 fl oz or 14 grams of pure alcohol. The percentage of pure alcohol, expressed here as alcohol by volume (alc/vol), varies within and across beverage types. Although the standard drink amounts are helpful for following health guidelines, they may not reflect customary serving sizes.

# What is alcohol poisoning?

Alcohol poisoning is when a person consumes too much alcohol within a short period of time and exhibits dangerous changes to heart rate, breathing, and body temperature. Alcohol poisoning is a critical issue as it can cause coma and death in some cases.



# Symptoms of alcohol poisoning:



**Confusion**



**Low body temperature**



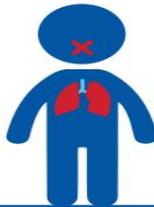
**Unconsciousness**



**Blue-tinged skin**



**Seizures**



**Irregular breathing**



**Puking**

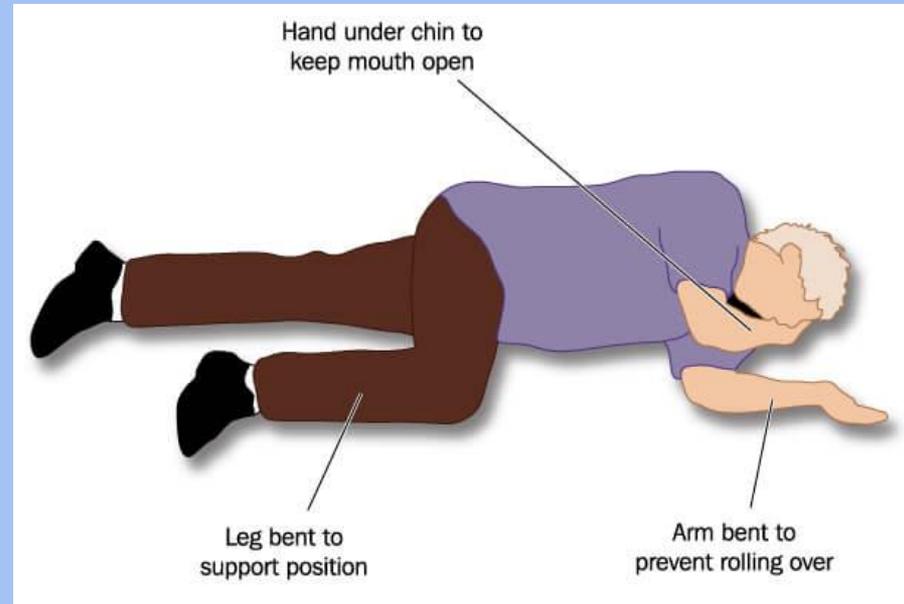


**Slow breathing**

## Steps to take in case someone is showing signs of alcohol poisoning:

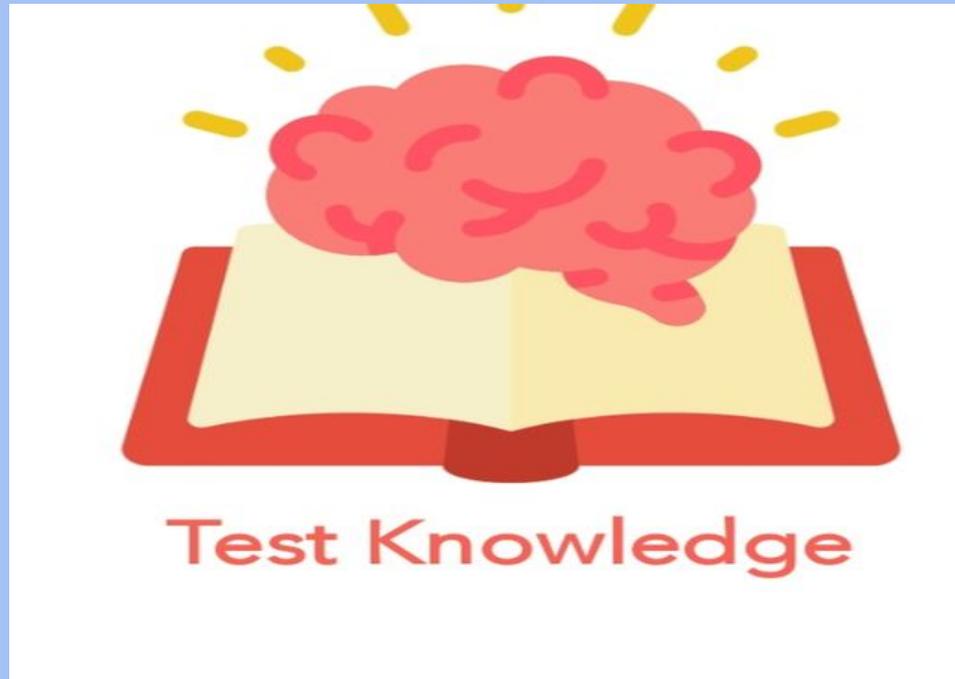
1. Call 911
2. Try to keep the person awake.
3. Keep the person informed of any touching or actions you may perform on them.
4. If they are able, have the person drink water.
5. Keep the person sitting if they are awake.
6. If the person is unconscious, put them in the recovery position.
7. Cover the person with a blanket or jacket.

### The Recovery Position



**To Wrap up:**

Test your knowledge using the provided Google form



## Resources for further information:



<https://kidshealth.org/en/teens/binge-drinking.html?WT.ac=ctg#catalcohol>



<https://www.alcohol.org/teens/binge-drinking-facts/>



National Institute  
on Alcohol Abuse  
and Alcoholism

<https://www.rethinkingdrinking.niaaa.nih.gov/>

## Resources for further information:



<https://www.thehotline.org>



<https://www.plannedparenthood.org/planned-parenthood-southeastern-pennsylvania>

## Resources for further information:



<http://www.mainlinecounselingpartners.com>



<https://www.rhd.org/LMCMS/>

## Adolescent & Young Adult Advocates

Integrity . Leadership . Community  
For more information call [610-520-7775](tel:610-520-7775)



<https://www.adolescentadvocates.com>