

**March Madness**

**What is binge drinking?**

Binge drinking refers to consuming a large amount of alcohol quickly.  It’s a practice that pushes up blood alcohol levels fast.  For men, binge drinking is typically five or more drinks in two hours.  Women reach a blood alcohol level of .08 or more with four drinks in two hours or less.

**Why is binge drinking risky?**

Teenagers who binge-drink even once are at higher risk of: getting alcohol poisoning. not being able to look after themselves while drunk. taking dangerous risks and having accidents – for example, being killed on the road while walking home drunk.

**What can you do to help stop?**

Stop Teenage Drinking:  10 ways to keep your kid safe

1. Talk to your kids, not at them.
2. Education is key.
3. Help teens understand the risk
4. Get involved
5. Be a positive influence
6. Eliminate Temptation
7. Be aware of the warning signs
8. Establish clear rules
9. Teach refusal skills
10. Create and commit to a family pledge.

For general questions about the FCPS Substance Abuse Prevention Program, please contact the Office of Student Safety & Wellness at: (571) 423-4270.

**For further Information & support:**

Michael McNulty

**Substance Abuse Prevention Specialist**

[mpmcnulty@fcps.edu](mailto:mpmcnulty@fcps.edu)