

# STAND OUT POUR IT OUT.

SOCIAL

&

BINGE

DRINKING

If you know a peer who doesn't drink on a normal basis but likes to consume alcohol in social settings (like at parties), then you know someone who participates in social drinking. If you're ever invited to go somewhere to participate in "pre-gaming," this is a current trend where peers consume alcohol before a social event. It poses extremely high risks to underage consumers.

When you watch several episodes of a Netflix show back-to-back, it's referred to as bingeing, or consuming a lot of media in a relatively short amount of time. This same idea of bingeing is applied in situations where consumers are drinking excessive amounts of alcohol in a short span of time and typically results in the consumer's blood-alcohol levels (BAC) to surpass the legal limit of 0.08%.

Believe it or not, binge drinking is the most common pattern of alcohol consumption seen in underage drinkers. It is strongly associated with all the same negative health effects of occasional drinking with additional risks: students that binge drink statistically struggle with performing well in school and put their health in danger through other behaviors like riding with intoxicated drivers, experimenting with dangerous drugs and other substances, falling victim to dating violence, and experiencing increased symptoms of mental illness.

One of the biggest reasons why teens consume alcohol when they're underage is because they face peer pressure to do so, or believe that all of their friends and classmates are consuming, too. There are several different circumstances teens might find themselves in where others are illegally drinking or pressure the teen to take part in it, such as social drinking and binge drinking.

