



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:

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