

What is a Drink?

A standard drink is:

- ☯ One 12-ounce bottle of beer* or wine cooler
- ☯ One 5-ounce glass of wine
- ☯ 1.5 ounces of 80-proof distilled spirits (a shot)

*Different beers have different alcohol content. Malt liquor has higher alcohol content than most other brewed beverages.

<http://www.collegedrinkingprevention.gov/OtherAlcoholInformation/whatYouDontKnow.aspx>

Did you know?

Approximately 1,700 college students between the ages of 18 and 24 die each year from alcohol-related unintentional injuries, including motor vehicle crashes.

More than 97,000 students between the ages of 18 and 24 are victims of alcohol-related sexual assault or date rape.

About 25 percent of college students report academic consequences of their drinking including missing class, falling behind, doing poorly on exams or papers, and receiving lower grades overall.

http://www.healthyminds.org/cmh_07.cfm

American Psychiatric Association