

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.

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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