

1. The Substance Abuse and Mental Health Services Administration (SAMHSA), which conducts the annual National Survey on Drug Use and Health (NSDUH), defines binge drinking as 5 or more alcoholic drinks for males or 4 or more alcoholic drinks for females on the same occasion (i.e., at the same time or within a couple of hours of each other) on at least 1 day in the past month.  
(<https://www.ncadd.org/about-addiction/alcohol/facts-about-alcohol>)
2. Drinking can lead to poor decisions about engaging in risky behavior, including drinking and driving, sexual activity (such as unprotected sex), and aggressive or violent behavior.  
([www.ncadd.org/about-addiction/alcohol/facts-about-alcohol](http://www.ncadd.org/about-addiction/alcohol/facts-about-alcohol))
3. Although drinking by persons under the age of 21 is illegal, people aged 12 to 20 years drink 11% of all alcohol consumed in the United States. More than 90% of this alcohol is consumed in the form of binge drinks. ([www.cdc.gov/alcohol/faqs.htm#alcoholismAbuse](http://www.cdc.gov/alcohol/faqs.htm#alcoholismAbuse))
4. Women who drink alcohol while pregnant increase their risk of having a baby with Fetal Alcohol Syndrome (FAS), which causes mental retardation and birth defects.  
(<https://www.cdc.gov/ncbddd/fasd/index.html>).
5. About 1 in 4 college students report academic consequences from drinking, including missing class, falling behind in class, doing poorly on exams or papers, and receiving lower grades overall.  
(<https://pubs.niaaa.nih.gov/publications/AlcoholFacts&Stats/AlcoholFacts&Stats>)

