

# KNOW **THE** BUZZ

ON UNDERAGE DRINKING

**COLLEGE  
EDITION**

- **CONSEQUENCES OF COLLEGE DRINKING**
- **CHARACTERISTICS OF AN ALCOHOL USE DISORDER**
- **RESOURCES AVAILABLE**



Tri-County Community Action Agency  
Southern Providence County  
Regional Coalition  
Cranston • Johnston • North Providence • Scituate • Smithfield

# COLLEGE DRINKING 101

**KNOW  
THE  
DANGERS**

Harmful and underage college drinking are significant public health problems, which can take an enormous toll on the intellectual and social lives of students on campuses across the United States.

Drinking at college has become a ritual that students often see as an integral part of their higher education experience. Many students come to college with established drinking habits, and the college environment can exacerbate the problem. According to a national survey, almost 55 percent of college students 18-22 drank alcohol in the past month, and more than 33 percent of them engaged in binge drinking during that same timeframe.<sup>1</sup>

## NOT ALL RIC STUDENTS DRINK EVERY WEEK

**14.4% OF STUDENTS AT RIC DRINK ONCE PER WEEK**

**2.4% OF STUDENTS AT RIC DRINK MORE THAN ONE TIME PER WEEK**

**\*Data is from RIC CORE survey taken February 2020 by students under the age of 21**

**A STANDARD DRINK =**



**ABOUT  
20%**

**OF COLLEGE STUDENTS  
MEET THE CRITERIA FOR  
AN ALCOHOL DISORDER**

## CHARACTERISTICS OF AN ALCOHOL USE DISORDER:

- The need for an excessive number of drinks in order to get drunk.
- Drinking in secret or downplaying the number of drinks.
- The feeling or appearance that every day involves either drinking or recovering from hangovers.
- Drinking early in the day, every day.
- Using any excuse to drink.

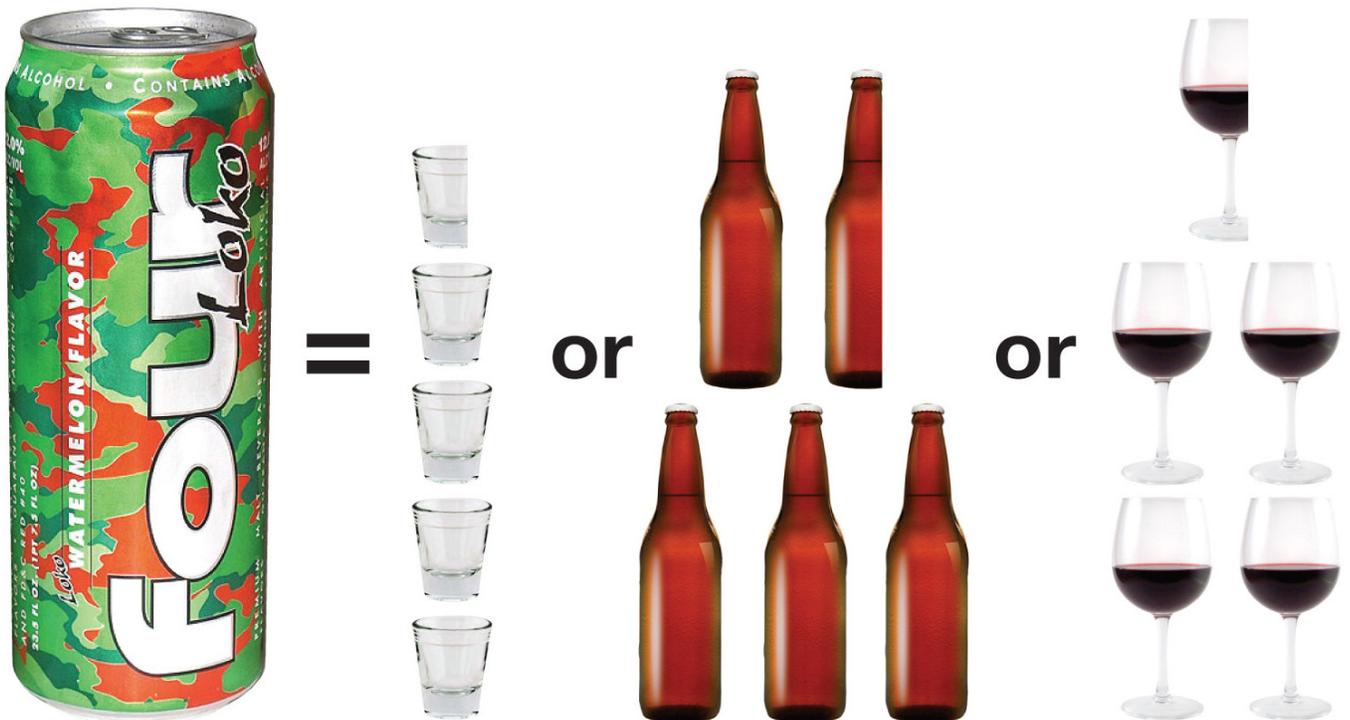
# HOW MANY SERVINGS OF ALCOHOL ARE YOU DRINKING?

## Did You Know?

1 drink doesn't mean 1 serving. ABV Alcohol by volume is the standard measurement, used worldwide, to assess the level of alcohol. The higher the ABV percentage the more alcohol you are consuming.



Just how much **FUEL** is there in one can of Four Loko?



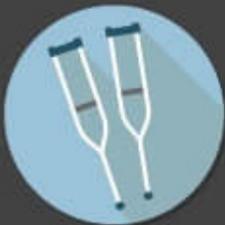
One 23.5oz can of Four Loko at 12 percent alcohol by volume contains the same amount of alcohol as 4.7 shots of 80 proof vodka, 4.7 bottles of beer or 4.7 glasses of red wine.

# CONSEQUENCES OF UNDERAGE COLLEGE DRINKING

Drinking affects college students, their families, and college communities at large. Researchers estimate that each year:

## Alcohol is linked to over

  
**1,800+**  
student deaths annually



A reported **600,000** college students suffered alcohol related injuries



Over **97,000** college students have been victims of alcohol related sexual misconduct



Over **150,000** college students have developed a health problem related to alcohol intake



## IF YOU MAKE THE DECISION TO DRINK, MINIMIZE THE RISK

- Alternate with a glass of water
- Make sure to eat a full meal before
- Sip drinks slowly
- Don't mix with other drugs (mixing alcohol with Xanax or Klonopin is especially problematic and can lead to death)
- Plan ahead with a safe ride home (ie. uber, lyft, public transportation)
- Don't leave your friends
- Don't accept drinks from someone you don't know
- In Rhode Island, sexual contact or intercourse with an intoxicated individual can be considered rape
- Be aware of how many servings of alcohol you are consuming. 1 Drink doesn't always mean one serving

# ACADEMIC PROBLEMS

PARTY  
TUESDAY!  
9PM!!

MATH  
TEST  
WEDNESDAY!!

## 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.

In a national survey of college students, binge drinkers who consumed alcohol at least 3 times per week were roughly 6 times more likely than those who drank but never binged to perform poorly on a test or project as a result of drinking (40 vs. 7 percent) and 5 times more likely to have missed a class (64 vs. 12 percent).

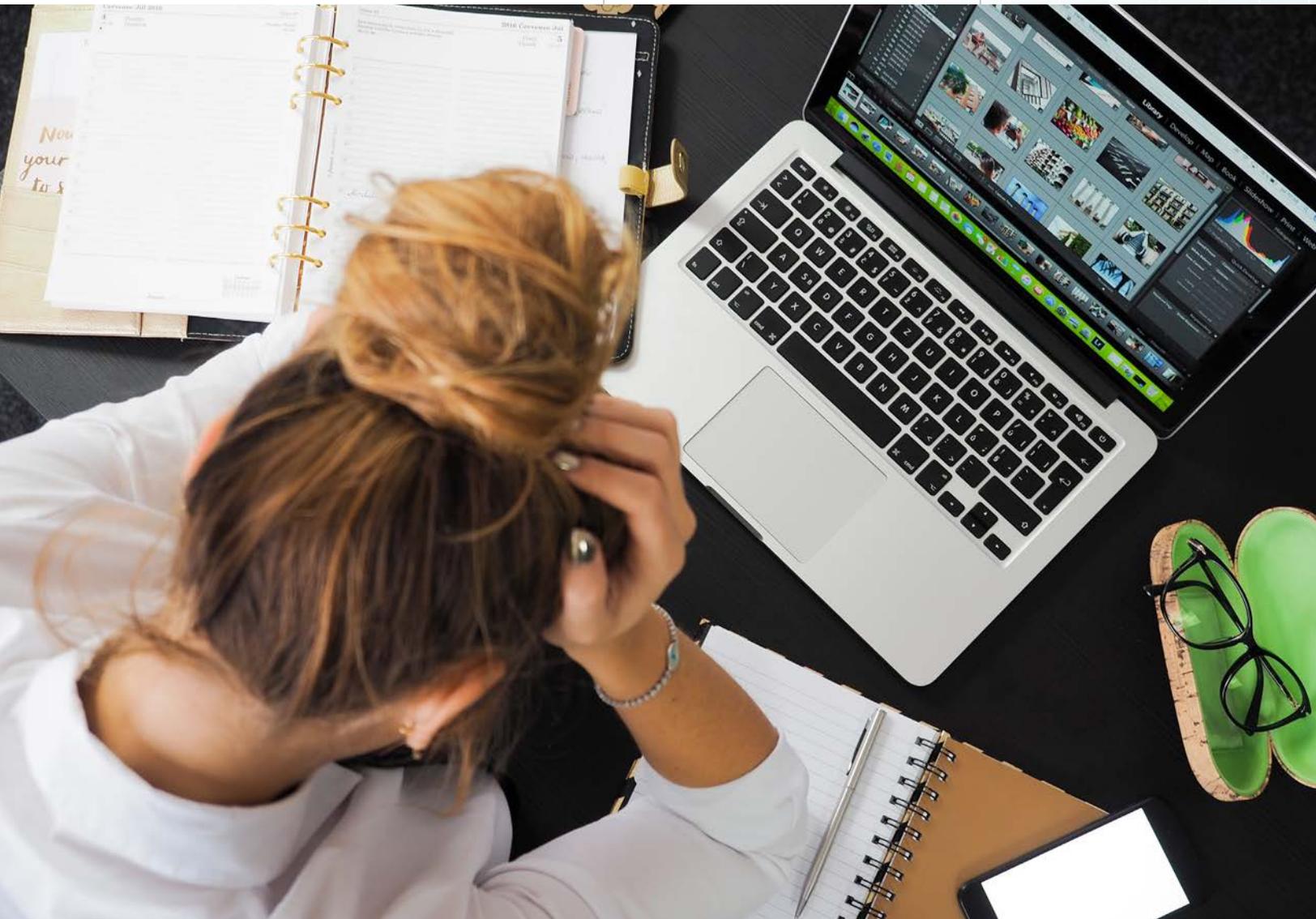
### ALCOHOL USE DISORDER

About 20 percent of college students meet the criteria for an AUD.

### OTHER CONSEQUENCES

These include suicide attempts, health problems, injuries, unsafe sex, and driving under the influence of alcohol, as well as vandalism, damage, and involvement with the police.

[Read the full article here.](#)



# ATTENTION STUDENTS! RESOURCES ARE AVAILABLE

## RIC HEALTH CENTER

(401) 456-8055

BROWNE HALL

OFFICE HOURS:  
MONDAY - FRIDAY  
7:30 A.M. - 4 P.M.

Students should call the Counseling Center to schedule an appointment. Staff is available Monday-Friday 8:30am-4:30pm.



## RIC HOPE Line

Any time of day or night, you can call the RIC HOPE Line and speak with a licensed clinician. **401-456-HOPE (4673)**

The HOPE line is in addition to the counseling center and has been established to provide continuous support to our campus community.

If you are in need of immediate support, please dial 911 and proceed to your local emergency room.



## Tri-County Community Action Agency Health Center

- Primary Care
- Dental
- Mental Health
- Birth Control options
- Substance Abuse Services
- STD Testing
- Counseling

401-519-1940



RHODE ISLAND COLLEGE



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[www.spcregionalpreventioncoalition.org](http://www.spcregionalpreventioncoalition.org)

SPCR is a federally funded organization providing mental health promotion and substance use prevention.