

# WHAT YOU SHOULD KNOW ABOUT BINGE DRINKING

Teens, on average, have 5 or more drinks on a single occasion. This is called **binge drinking**.

While teens tend to drink less often than adults, when teens do drink alcohol, they drink much more than adults. Teens most often undertake Binge Drinking, the most dangerous form of drinking alcohol.



**Binge Drinking is a Dangerous Way of Drinking Alcohol that Can Lead to Serious Problems and Even Death.**

## **Why?**

Adolescent teenagers brains are still forming and have not yet developed the “cut-off” mechanism that makes them sleep or pass out from excessive drinking.



Instead, teens can consume dangerous amounts of alcohol before they realize it's too late. Adults rarely suffer from alcohol poisoning, but excessive drinking can often bring teens to this dangerous medical condition.

**Binge drinking kills as many young people as all other drugs combined.**

*Find Out More at...*

**[www.BarringtonLEADS.org](http://www.BarringtonLEADS.org)**