

Responsible drinking

Helping people make informed choices about alcohol.



Binge Drinking

'Binge' or 'extreme drinking' is irresponsible and dangerous.

Whether labelled 'binge drinking', 'extreme drinking' or 'heavy episodic drinking', any pattern of drinking that involves rapid intoxication or intoxication for an extended period of time carries the potential for considerable social, psychological and physical harm, and should be avoided.

While there is no universal scientific or medical definition of what constitutes 'binge' or 'extreme' drinking, it usually means drinking excessive amounts of alcohol in a short period of time. Whatever the definition, the important thing is what can be done to prevent it.

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Binge drinking can take a toll on the take body and be dangerous. It can cause or action contribute to:

- Alcohol poisoning
- Accidents, including car accidents
- Brain or neurological damage
- Gastrointestinal tract damage
- Risky behaviour (such as unprotected sex)
- Alcohol dependence
- Stroke or cardiovascular problems
- Poor academic performance.
- Absenteeism

Binge drinking not only affects the person who is drinking but it can affect others who are exposed to, and who may rely on, them. If a binge drinker fails to make responsible choices, those who either are not drinking or who drink responsibly can be subjected to problems ranging from rude or loud behaviour to accidents caused by drunk driving.

Take action

Binge or extreme drinking can happen at any stage of your life; it's not just a problem for underage drinkers.

No matter how old you are, it's irresponsible and dangerous. You shouldn't binge drink.

www.aboutalcohol.com

These sites contain further information that you may find useful.

Other websites

www.alcoholinfo.nl
www.jellinek.nl
www.trimbos.nl
www.drinkaware.co.uk
www.aa-nederland.nl
www.tactus.nl

www.alcoholondercontrole.nl
www.spreekbeurten.info/alcohol
www.alcoholenik.nl
www.stichting-be-aware.nl
www.verslaving.nl
www.laetzenietverzuipen.nl



For people above legal drinking age only



Don't drink and drive



Don't drink while pregnant

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