

Drink Responsibly This Holiday!

BLACKOUT WEDNESDAY



Blackout Wednesday

marks the beginning of the holiday drinking season, and is considered the biggest drinking night of the year for many people, including college students.

Factors that contribute to the excessive drinking on this day include:

- College students home from school celebrating with old friends
- People seeking relief from their anticipated awkward family gatherings on Thanksgiving
- People with the day off on Thursday looking to blow off steam.



Binge drinking not only raises the risk of DUI charges but also significantly contributes to nearly half of all alcohol-related deaths in the U.S., making nights of heavy drinking potentially fatal.

How To Stay Safe:

- Know your drinking limit and stick to it
- Avoid binge drinking (5 or more drinks)
- Find a healthy way to deal with stress that doesn't involve alcohol
- Don't feel pressured to drink
- Never drink and drive, have a plan for getting home!

