

# Alcohol Effects. Don't be Proof.

Binge (drinking more than five drinks for men or four drinks for women in less than two hours) and heavy drinking result in more than a hangover. A national survey reports that students who consume more than three drinks per week have disproportionately lower grade point averages than those who abstain.

With a new class schedule, meeting roommates and classmates, seeing friends you haven't seen all summer (not counting Facebook) – Block Party, it is important to stay out of the mix of excessive drinking.

## The consequences of drinking on campus' each year:

### Non-Bingers

**Bingers** (5 drinks for men, 4 for women, within 2 hours)

**Frequent bingers** (at least 3 times in the last 2 weeks)



**Get a Safe Ride for Free**  
**Trolley service the night of**

**BLOCK PARTY**

From 7:30 – 10:30 p.m.

**UCR Safe Ride Program**  
**(951) UCR-TAXI**

\*Harvard Public Health Review

## Know your limit.

21 and over: <0.08% BAC

Under 21: 0.00% BAC

**UCR Police**  
**Department will**  
**be conducting:**

- DUI Checkpoints
- Party Patrols
- Saturation Patrols

**the Well**

**GOLDENARCHES**  
PEER HEALTH EDUCATION PROGRAM

UNIVERSITY OF CALIFORNIA  
**UCRIVERSIDE**

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