



## Binge Drinking (more than four drinks in two hours...)

...Can cause problems

Alcohol advertising makes “getting wasted” look fun or sexy,

But even if you’re 21 and even if you don’t drink and drive, binge drinking can lead to serious problems:

- academic or work problems
- injuries
- assaults
- unsafe sex
- date rape

For tips to cut down on heavy drinking,  
visit [www.niaaa.org](http://www.niaaa.org)



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Funded by the Maine Office of Substance Abuse



One STANDARD  
DRINK is equal to:

**BEER or COOLER**

12 oz.



~5% alcohol

**MALT LIQUOR**

8-9 oz.



~7% alcohol

**TABLE WINE**

5 oz.



~12% alcohol

**80-proof SPIRITS  
(hard liquor)**

1.5 oz.



~40% alcohol