

# Binge Drinking



= 5+ drinks on one occasion for males



= 4+ drinks on one occasion for females



of the alcohol youth  
consume is via  
binge drinking.

1 in 7 teens  
binge drinks.



100

Only 1 in 100 parents  
believes his or her  
teen binge drinks.

Parents' expectations are the  
**#3** reason NTHS teens choose  
not to use substances.

**YOU** can help your teen make the healthy choice  
to not use substances by:

- Talk early and talk often.
- LISTEN more than talk.
- Make sure your teen knows the facts about alcohol and other drugs.
- Remind your teen that MOST students are not using alcohol, marijuana and other drugs.

For more information visit:  
[www.newtrier.k12.il.us/underageddrinking](http://www.newtrier.k12.il.us/underageddrinking)