

RWU Policy:

Drinking games are prohibited. The campus prohibits anything designed for or manipulated to promote the rapid consumption of alcohol. This includes, but is not limited to: beer pong, funneling, Quarters or altered board games. Kegs, beer balls, ice luges and “jungle juice” are also in this category.



The Medical Amnesty Policy:

The Medical Amnesty Policy was created to promote community bystander behavior and safety of our students. It allows students to call for help when experiencing a medical emergency related to drug and alcohol intoxication without fear of disciplinary action. For more information, visit:

http://www.rwu.edu/depository/studentaffairs/Medical_Amnesty_Policy.pdf

RWU Resources

Public Safety
(401) 254-3611

Health Services
CSD 220
(401) 245-3156

Donna Darmody, Director of Health Education
CSD 210
(401) 254-3413

Counseling Center
CSD 200
(401) 254-3124

Sources Used:

<http://www.indiana.edu/~engs/articles/games.html>

<http://www.webmd.com/mental-health/alcohol-abuse/features/12-health-risks-of-chronic-heavy-drinking>

<http://www.charlatan.ca/2011/01/dangers-drinking-games/>

http://www.theplainsman.com/view/full_story/11066349/article-Study-reveals-danger-soaked-side-of-drinking-games

http://www.rwu.edu/sites/default/files/alcoholbrochure_under_21.pdf

The DANGERS of Drinking Games



When a fun night out can turn into dangerous binge drinking

 **HAWES**
The Health and Wellness Educators

Health Education Office
Center for Student Development
Room 211 (401) 254-3413

Why are they dangerous?

- Though many students agree that a round of beer pong or flip cup is just a fun part of partying with friends, studies have shown these games can be more harmful than they seem, resulting in problems much worse than a hangover.
- Average students end up consuming above their normal level when playing drinking games.
- The fast-paced nature of drinking games pressures you to drink a large amount of alcohol in a short amount of time.
- Drinking games:
 - *They reinforce peer pressures to drink heavily.
 - *Players glorify those who can "hold their liquor".
 - *They contribute to high-risk behavior.
 - *They encourage favorable attitudes toward the immoderate use of alcohol.
 - *They may lead to a diversity of negative consequences.



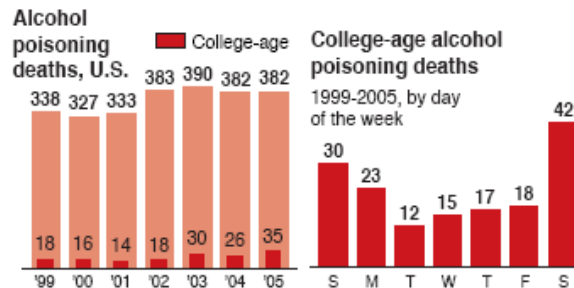
DANGER

Who is most effected?

- Drinking games on campuses mostly effect the large population of students under 21.
- Before students are able to go to the bars and drink legally, drinking games are something that students do when they're out at parties hanging out and drinking with people.
- There is an added danger for women—women are drinking the same amount as the men playing but end up having a much higher BAC level.

College-age drinking deaths are up

The number of deaths from alcohol poisoning of college-age people in 2005 was almost double what it was six years before. Most deaths occurred on weekends.



SOURCE: Centers for Disease Control and Prevention

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What drinking games can lead to:

- Binge Drinking
- Nausea & Vomiting
- Alcohol Poisoning
- Legal Issues
- Peer Pressure
- Hospitalization
- Decreased Judgment
- Unwanted Sexual Encounters
- Liver Damage
- Seizures
- Nerve Damage
- Death



How to avoid drinking games:

- 1) Stick to safe drinking consumption limits (stay below a BAL of .06).
- 2) Mingle with others who are not participating in the games.
- 3) Just say no!