

# College Drinking Facts vs. Fiction

**Fiction: "Everybody drinks."**

**Fact: 49%** of incoming FRESHMAN at UD in 2007 and 44% of incoming FRESHMAN at UD are making the choice to abstain from alcohol.

(Statistics from AlcoholEdu)

**Fiction: "Everyone drinks to get drunk."**

**Fact: Over half of the incoming FRESHMAN students surveyed at the University of Delaware in 2007 & 2008 reported drinking without getting intoxicated (low risk drinking)**

(Statistics from AlcoholEdu)

## What is Low Risk Drinking?

- Setting limits on how much you will drink.
- Eating before and during drinking.
- Drinking no more than one drink per hour.
- Always knowing what you are drinking.
- Alternating alcohol-free drinks throughout the evening.
- Knowing how you will get home safely before going out.
- Realizing that abstaining is acceptable and the safest choice.
- Remembering that the legal drinking age is 21.

**Fiction: "There is nothing else to do."**

**Fact: ALTERNATIVES TO ALCOHOL USE @ UD include:**

- UD Student Events Page <http://www.udel.edu/calendar>
- Wellspring Request a Program <http://www.udel.edu/wellspring>
- Alternative SPRING BREAK <http://www.udel.edu/CBC/>
- Volunteer & Community Service Options <http://www.udel.edu/CSC/volunteerpage.html>