

Drinking Game Dangers

Drinking games have been part of college drinking culture for centuries. Believe it or not, ancient Greek and Roman youth played games at banquets and university students played drinking games during medieval times.

Despite the prevalence of drinking games throughout history, this is not harmless fun. In fact, modern twists on the games and the influence of social media are leading to dangerous, and in some cases, deadly consequences. With 80% of college students participating in drinking games, it is important to learn the facts.

Approximately two of five U.S. college students engage in heavy episodic drinking. And researchers say students that participate in drinking games have increased levels of drinking and drinking-related problems compared to non-players.

Drinking Games:

- Prevent you from controlling how much you drink.
- Are often linked with hazing.
- Can cause you to binge drink without realizing it.
- Can lead to unwanted sexual behavior.

According to one study that examined the effects of pre-gaming and drinking games on college students:

- Approximately 31% of students who were referred for an alcohol violation on campus reported pre-gaming on the night of their referral incident.
- 48% of students who were referred for an alcohol violation on campus reported playing drinking games on the night of their referral incident.

Approximately 31% of the 8 million college students in the U.S. meet the diagnostic criteria for alcohol abuse and drinking games play a significant role.

Questions to ask yourself:

- Do drinking games cause you to consume more alcohol than you originally planned?
- Do you rely on drinking games or pre-gaming to reduce social anxiety?
- Have you ever engaged in risky or unplanned sexual behavior after participating in drinking games or pre-gaming?

Protect yourself and your friends. Practice responsible drinking behavior.

