What You Should Know

MISPERCEPTIONS

The last time they partied/socialized, 72% of Dartmouth students had 0-4 drinks. Of those students, 25% chose to have 0 drinks*

As a population, we tend to overestimate unhealthy behaviors & underestimate low risk behaviors. Most Dartmouth students engage in healthy & protective behaviors!

MAXIMIZING THAT “FEEL GOOD” FEELING

There’s a cultural myth that the more you drink, the more fun you can have. The buzz—the positive, slight euphoria most people want from drinking—is associated with BACs 0.00 to 0.05

0.05 BAC is where we reach the point of diminishing returns. At higher BACs, a person’s body will no longer be able to achieve those most “fun” effects & is more likely to accumulate negative ones like impaired judgement, vision & motor skills; slurred speech; emotional flux; vomiting; hangovers, etc.

*Data from the 2016 Dartmouth College Health Survey. N=268 Respondents