



21-Year-Old College Student Recommends Establishing Limits Before Drinking

Personal Details:

- **Name:** Jennifer M
- **Age:** 21
- **Occupation:** Student at University of Wisconsin
- **Location:** Madison, WI

How are you exposed to binge drinking?

Well, as a college student, I'm exposed to binge-drinking all the time. Sorority parties, frat parties, keggers. Seems like there are parties to go to every weekend...if you want to do that.

Based on your experience, what are the risks associated with binge drinking?

It seems that there are a lot of risks. There's no doubt that bad things can happen if you drink too much. As a woman, I'm always concerned about being a victim of a sexual assault or a rape. Binge-drinking obviously increases the chances of that.

Can you describe a specific situations you've been in that highlights these risks?

When I was a freshman, some friends and I went to a fraternity rush party. I'd had a rough week of studying and I was anxious to put the week behind me. I drank too much, way too much, at the party. I woke up about 3 a.m. in a bedroom of the party house. I didn't know how I got there or when I got there, but I quickly figured out that I must have passed out. I immediately checked my clothes to make sure I hadn't been assaulted. Thankfully, my friend Holly had been checking in on me to make sure I was OK. And I was OK, but I realized I may have been lucky with that, considering how drunk I'd been.

What lessons did you learn?

Well, I learned quickly to moderate my drinking at parties. I didn't like the idea of being so vulnerable.

continued on next page...