



CONTACT INFORMATION

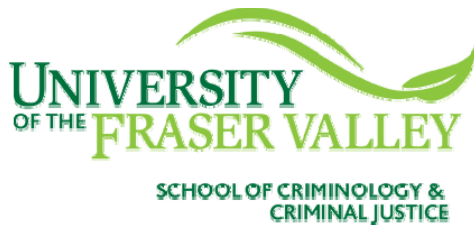
University of the Fraser Valley
Room A 203-33844 King Road
Abbotsford, BC V2S 7M8

Phone: 604.870.5940

Fax: 604.870.5927

Toll Free: 1.800.388.8755

www.bccsr.ca



Hours of Operation

Monday-Friday

9:00am - 4:30pm

Saturday, Sunday and Holidays
CLOSED



PARTNERS:

On November 25, 2005, the BC Centre for Social Responsibility officially opened at the University of the Fraser Valley (UFV).

This provincial resource centre at UFV coordinates, facilitates research, and evaluates programs with a focus on anti-social behaviors, such as alcohol misuse, gaming, and internet addiction prevention, FASD strategies, and social responsibility. This is a joint initiative of the Ministry of Labour and Citizenship Services, Office of the Chief Information Officer, and UFV.

Through research, referrals and resources the BC Centre for Social Responsibility supports:

- Government Ministries
- Provincial and Community Organizations
- Law Enforcement
- Academics and Education Partners
- Local Health Authorities
- The Public



The BC Centre for Social Responsibility is also co-located with Simon Fraser University for research, and is housed in the UFV School of Criminology and Criminal Justice.



BINGE DRINKING



Facts and Resources

Binge Drinking: Information for Students, Parents, and the Public

What is Binge Drinking?

Binge Drinking occurs when a male has 5 or more drinks or a female has 4 or more drinks in one sitting. It also characterized by drinking for the purpose of getting drunk.

Who Binge Drinks?

Youth between the ages of 15 and 25 are the most typical binge drinkers, especially those who attend a university or collage.

“A 2005 Ontario survey of students in grade 7-12 reported that 23% of students binge on alcohol at least once in the past month.”

“25% of Canadians between 12 –19 years of age binger drink more than 12 times a year.”

What are the dangers of Binge Drinking?

- Car accidents
- Sexual assault
- Unwanted pregnancy
- Sexually transmitted infections
- Violence
- Alcohol poisoning
- Coma
- Cardiac arrest
- Death

What are the long-term effects of Binge Drinking?

- Alcohol dependency
- Liver damage
- Cancer
- Heart disease
- Stoke
- Heart
- High blood pressure
- Brain damage

How can I drink responsibly?

- Do not drink to get drunk
- Drink a glass of water between each drink of alcohol
- Pace your drinking
- Sip drinks rather than gulping
- Stay away from drinking games
- Don't drink on an empty stomach
- Know you limit
- Don't give in to peer pressure
- Always plan a safe ride home

Resources

McGill Student Health Services
www.mcgill.ca/studenthealth/information/drugs/alcohol

For more information on this and other topics visit the BC Centre for Social Responsibility at: www.bccsr.ca