**Ten Things I Wish I Knew Before Binge Drinking in College**

*Nights out may seem fun, but they will affect you*

You are finally independent. You don’t have to worry about curfew or hide alcohol bottles.

You don’t think about the negative effects of binge drinking, because it’s social. No one is there to tell you not to go.

Here are some tips to drink responsibly, without cutting it out cold turkey.

1) Drinking costs money, and often a lot of it

Alcohol is *expensive,* it will take a good chuck of your money. Without binge drinking, you will save money.

2) It’s never fun to forget what you said and did

Have you ever woken up one morning and forgot what you did? Not remember who you spoke to or what you said? Woken up in your clothes and thought “why?”

Well, it is humiliating, embarrassing, and often times humbling. Being able to drink less and remember more ensures there are only good memories.

3) Being the drunkest one at the party is embarrassing

Leaving the frat party or bar because you’re kicked out is never fun. You don’t want your friends to resent you and take you home.

Control yourself, it is not that hard. Drinking too much changes you.

4) Gaining weight is an obvious

It’s never fun to eat healthy during the day but binge drink. Your progress will go out the door because drinking is so many calories.

While you may not gain weight from alcohol, [Better Health](https://www.betterhealth.vic.gov.au/health/healthyliving/Alcohol-and-weight-gain) explains the added hunger from drinking.

5) Your risk for injury is so much higher

Drunk injuries are real. Would you want to wake up with a broken ankle?

A [University of Wisconsin](https://onlinelibrary.wiley.com/doi/full/10.1111/j.1530-0277.2009.00981.x) study found that women who heavily drink 11 days a month have a 30 percent chance of alcohol-related injuries over six months.

By cutting down days of binge drinking, you will lower your chance of injury.

6) You’re allowed to say no

Just because a lot of students binge drink does not mean it’s for everyone. Don’t pressure yourself or let people pressure you.

[Healthline](https://www.healthline.com/health/alcohol/say-no-to-alcohol#have-excuses) suggests having excuses ready. Some examples are: having class the next day, still hungover from the night before, and having to see family for breakfast.

7) Moderately drinking is pretty cool

Getting a drink with your friend after a long day is fun. Take advantage of those nights.

8) You won’t get “hangxiety”

[The Guardian](https://www.theguardian.com/lifeandstyle/2019/jan/27/hangxiety-why-alcohol-gives-you-a-hangover-and-anxiety) states that after two drinks, you chill out and block conversations with the brain. Once there is no blockage, you’ll wake up more anxious than ever.

9) There are other ways to make friends

Going to parties is not the only way to make friends. You can make friends with people on your hall or in class.

10) You *can* be an alcoholic in college

Plot twist! Around 9 percent of full-time college students have [Alcohol Use Disorder](https://www.niaaa.nih.gov/publications/brochures-and-fact-sheets/college-drinking).

These tips will help you make the most of your college experience. Hopefully the next time you consider binge drinking, you’ll remember there are alternative options.

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