



## **HOW DOES YOUR ALCOHOL USE COMPARE TO BENTLEY PEERS?**

Over the past two weeks, did you drink any alcohol?

- Yes
- No

During the past two weeks, how many times did you have 4 (female/intersex) or 5 (male) drinks in a single session?

- 0
- 1
- 2
- 3-5
- 6-9
- 10 or more
- I don't know

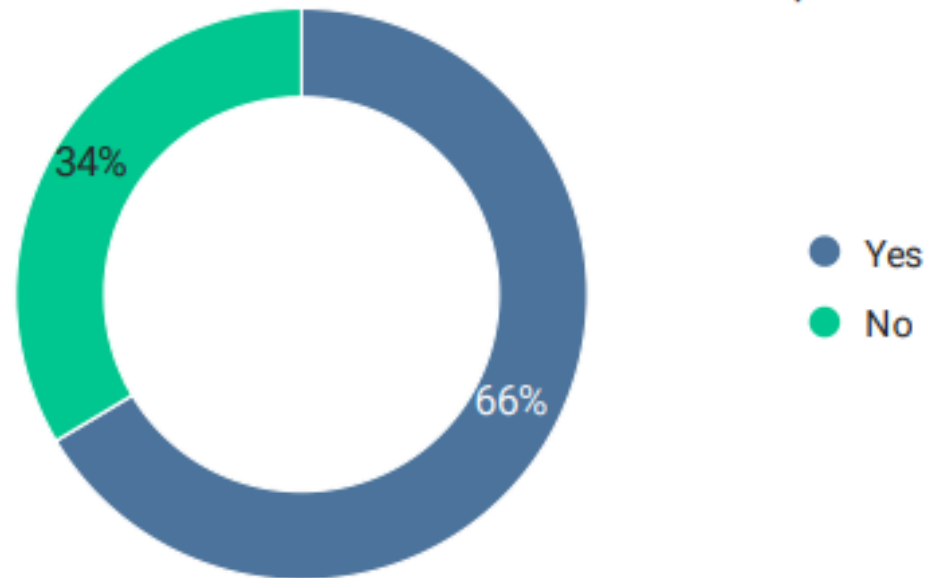
What percentage of your Bentley Peers do you think have used alcohol in the past two weeks? How many have used more, or less, than you? On the following pages, your answers will be compared to your peers using the 'Bentley University Healthy Minds' Survey as directed by the JED Foundation, during October 2023.

# HOW DOES YOUR ALCOHOL USE COMPARE TO BENTLEY PEERS?

## ALCOHOL USE

Over the past 2 weeks, did you drink any alcohol?

416 Responses



About 1/3 of your peers did not drink any alcohol at all over the past 2 weeks (October 2023.)

# BINGE DRINKING BEHAVIOR\*

The following question asks about how much you drink. A "drink" means any of the following:

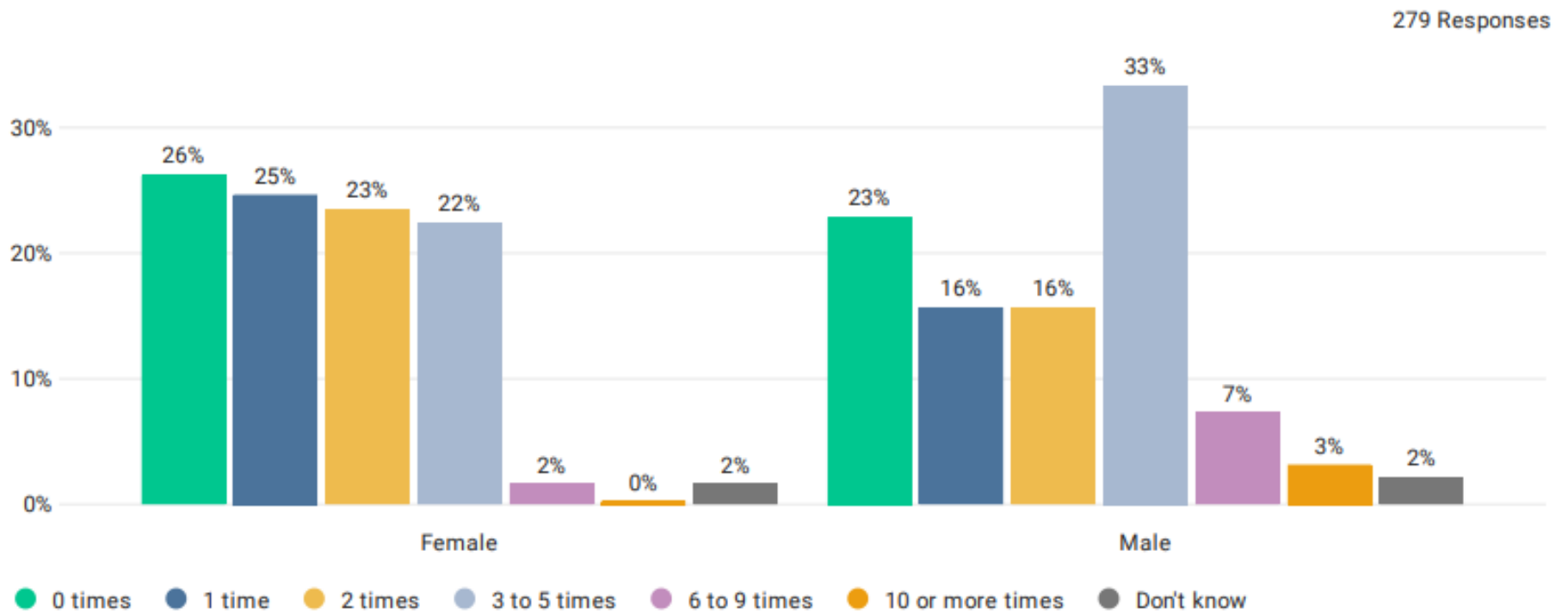
A 12-ounce can or bottle of beer

A 4-ounce glass of wine

A shot of liquor straight or in a mixed drink

During the last two weeks, how many times have you had 4 (if female or intersex), 5 (if male) or more drinks in a row?

\*Among students with alcohol use



This chart represents of all students who reported some alcohol use in the past two weeks (66%), how often they 'binge drank,' defined as 4 or more (female or intersex) 5 or more (male) drinks in a single sitting.

As you can see from these numbers, about ¼ of drinking students, regardless of gender did not reach the point of a single 'binge drinking' episode.

**For drinking women,** another 26% binge drank just once, another 23% binge drank twice, and 22% binge drank 3-5 times. The final 2% binge drank 6 to 9 times, while 2% reported they didn't know. These numbers mean that if, as a woman, you binge drank 3-5x or more in the past two weeks, you are in the top 15% most drinks consumed of all female drinkers at Bentley U.

**For drinking men,** 23% reported no binge drinking episodes at all, while 16% reported either one or two episodes respectively. About 1/3 of all drinking men reported 3-5 drinking episodes. 7% reported 6 to 9 binge episodes, 3% reported 10 or more, while another 2% didn't know. This means that if, as a man, if you binge drank 3-5x or more over the past two weeks, you are in the top 25% most drinks consumed of all male drinkers at Bentley U.

I hope these numbers have helped you put your habit in context.

To speak more about this or to seek professional Mental Health support, please contact us at the Bentley Counseling Center. You can call us at 781-891-2274, or visit us online at:

<https://www.bentley.edu/university-life/student-health/counseling-center>