

## The Dangers of Binge Drinking

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If you are a binge drinker, you should realize that not only could it make you an alcoholic it can also lead to death! This article will make you aware of the dangers of binge drinking, so it is important for you to pay attention. In most cases, binge drinking is more prevalent among teenagers and people in their early twenties but could occur a lot earlier. Binge drinking is not something to do just for fun.

Many people binge drink and do not know the seriousness of it. To most people their just drinking and having a good time with some friends, but that do not make it any less dangerous. People who die of binge drinking usually die of alcohol poisoning, which could shut down vital organs and even stop your heart. If you consider yourself a binge drinker it would be wise to stop right away before it turns into something you would not be able to control.

Binge drinking does not discriminate; it does not care if you are black, white, yellow or red. Parents being more knowledgeable when it comes to their children?s activities during college and parties are an effective weapon against binge drinking. Many teenagers agree that peer pressure is a major factor in them deciding to binge drink. Parents should talk to their kids at a young age about the dangers of alcohol abuse, and throughout their teenage years also.

Communication is the best defense against situations like these when it comes to your kids. Try anything within your power as a parent to prevent your kids from abusing alcohol. Let them know the dangers of alcoholism and the shame and hurt it can convey upon loved ones.

Nothing good can come out of binge drinking except alcoholism. Many binge drinkers who claim to only do it at parties or just for fun, usually become alcoholics or worse. Drinking and driving is also another effect of abusing alcohol. Young girls who engage in binge drinking at

parties are in danger of being sexually assaulted or worse. Excessive drinking is never good, there is nothing that can come out of abusing alcohol, even if you only do it once a month at parties. If parents fail to educate their children about the dangers of binge drinking, it could cost them their lives. If you feel like you need help with your teen then talk to someone at your local police station, they should have programs that you and your teen can attend.

<http://www.stopdrinkingadvice.org/guide/>

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