

Bottletop - Mind, body and Soul - 05

Bottletop asked groups of young people some questions about their views, experiences and habits of drinking alcohol. Called Mind, Body and Soul the following answers represent an honest account. Please note that we do not necessarily agree with all or any of these responses and you should make yourself aware of the legal, health, safety and social consequences of consuming alcohol.

Visit www.drinkaware.co.uk for more information.

Are you a girl or a boy?

Boy

How old are you?

19

What do you do?

Student and radio broadcaster.

How healthy are you?

As far as mental health is concerned, I consider myself to be in a good mental state. Physically I am probably considered to be in the upper reaches or possibly above average for a person of my age/gender/build.

Where is your 'head at'?

I'd say I'm in a very good 'space' at the moment. Everything seems to be slipping into place and the right doors are opening at the right time.

Are you happy?

I would say that I am very happy as I feel my life and career are both on track. The slightly unhappy aspect of my life is I'm single.

What is your attitude to drinking alcohol?

I suppose my attitude to drink and drinking would be thought of as controversial because my religious beliefs state that one should not partake in alcohol, however as a teenager it seems that one much drink as much as one can. I feel this to be unnecessary and that by all means drink but one should know their limits.

If you drink alcohol how much do you drink?



If I drink it tends to be only a half pint, pint or couple of glasses.

What is your favourite tippie? (no trade names)

My favourite tippie is wine (white & rose), shandy and cider. Port is quite nice too!

When do you drink?

I only tend to drink in small amounts in social situations.

What makes you drink?

To be social and fit in.

Do you worry that your drinking habits may harm your body, mind or soul?

I don't worry about my drinking habits.

Give an example of when you had a good experience of drinking

An example of a good experience I've had with alcohol is when I socialised with lots of people in my village.

Give an example of when you had a bad experience of drinking

There is no single occasion that are 'bad', but I have experienced first-hand (a passenger) drink driving.

What do others think about your drinking habits?

I think people see my drinking habits as old fashioned and middle aged.

Do you need to drink less, if so why?

No

