

## Bottletop - Mind, body and Soul - 06

*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](http://www.drinkaware.co.uk) for more information.*

*Are you a girl or a boy?*

Boy

*How old are you?*

19

*What do you do?*

I am a performing arts student and part-time barman.

*How healthy are you?*

I do weight lifting but not to excess. I would say I am active

*Where is your 'head at'?*

I am focused on myself and what I want to do.

*Are you happy?*

I think so. I can be a bit stressed at work but never at college. I am happy.

*What is your attitude to drinking alcohol?*

I like alcohol but I don't need it. I would not go out of my way to drink as I want to be healthy.

*If you drink alcohol how much do you drink?*



I drink about 1-2 times a week. I drink on average 2 or 3 drinks at one time.

*What is your favourite tippie? (no trade names)*

Proper beer.

*When do you drink?*

Friday nights I might drink

*What makes you drink?*

I am mostly a social drinker. I go for atmosphere, not be get 'rat arsed'. I guess I like my beer with meals.

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

I am not sure if I drink enough to worry about it. I do think about it sometimes.

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

I had a good experience when I went to a barbecue. It was a very relaxed atmosphere. I hate nightclubs, but like pubs.

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

To tell the truth, I really can't think of one. I don't think I have had a bad experience drinking. I think that people my age do go out alot and do go out and get drunk to have fun. I can't say I have every been stupidly drunk.

*What do others think about your drinking habits?*

They don't mind really. Most of my friends are just like me, you do what you want. Mum doesn't mind it. She knows I won't go crazy.

*Do you need to drink less, if so why?*

To be honest, I don't think I do. I have my guidelines in terms of drinking and I monitor it.

