

## Bottletop - Mind, body and Soul - 08

*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?*

18

*What do you do?*

I am an actor, 2<sup>nd</sup> year ND in Performing Arts. My other interests are expeditions and work in foreign countries.

*How healthy are you?*

I try consciously to eat healthily and live an active lifestyle. I would like to be slightly slimmer than I am at the moment.

*Where is your 'head at'?*

The fact that I make mistakes in life means I am distracted. I know that my focus is shared and it is because I am sick of living in a western society in a little materialistic bubble. Spending money on alcohol or music or fast food is so bad. Everybody can do it, everybody does it but I want to be the one to stop it. I need to get out of Britain and see the world and make a difference.

*Are you happy?*

Generally yes, with friends and family

*What is your attitude to drinking alcohol?*

The fun loving teenager in me says that drinking is good, a way to relax and be like your friends. The other guy is the one telling that going out drinking is conformist and shows a weakness to substance addiction.



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

I don't usually drink in the week and at weekends I will drink for one night to get drunk. Sometimes I regret the night before when I wake up tasting sick. I realise what sort of night it was by the rings under my eyes and the stains on my shoes.

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

A short with a mixer

*When do you drink?*

Weekends mostly.

*What makes you drink?*

The social aspect of it all. The desire to something irrational and make it 'acceptable' to act like a willy!

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

I don't think that is the case unless you are an alcoholic. I could quite easily never drink again if I know it was going to have some kind of long-term negative effect on me.

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

New Year's Eve, my birthday. At the countdown we all stood outside my house with bottles of fizzy wine. Nobody was sick and everybody was having a good time.

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

Passing out on my door matt with the door open after drinking a whole litre of whiskey and trying to walk home at three in the morning. I was fifteen years old!

*What do others think about your drinking habits?*

People think I should drink more. People drink too much. My mum keeps me on track.

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

No I don't need to drink any less. I would not consider becoming an alcoholic as a career choice.

