

Bottletop - Mind, body and Soul - 09

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?

17

What do you do?

I am a student

How healthy are you?

I would consider myself to be a physically and mentally healthy individual.

Where is your 'head at'?

My head is in a good place – doors are opening as others close. I have many opportunities to do or get involved in different things – I just need to push myself to achieve more.

Are you happy?

I am a happy, upbeat person who enjoys socialising being amongst friends and having a laugh. However, as with anyone certain things can happen that have an undesired effect on your personality. And they can take a bit more effort to overcome than you intended.

What is your attitude to drinking alcohol?

I see no problems in drinking alcohol – bearing in mind you are responsible and know your limits. If you want to drink you want to drink.



If you drink alcohol how much do you drink?

I do like to have the casual drink with my dinner for example! But when it comes to the social side if it's just a drink out or a trip to the pub, I'll drink a sensible amount. If its going to a club I do like to drink a fair amount and get drunk, but still knowing where I am and what I', doing.

What is your favourite tippie? (no trade names)

I would classify myself as a cider drinker! I also like a selection of sprits.

When do you drink?

I will sometimes have and enjoy a drink at home, otherwise when I go out and on social occasions.

What makes you drink?

Nothing makes me drink; I drink because I want to and because I enjoy it.

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

I don't worry about the effects at the moment as I would classify my drinking as a habit and I don't think deep enough to worry about my soul!

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

Quite recently at a friend's 18th I got drunk and had a lot of fun.

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

At a New Year's party I got absolutely drunk and threw up and slept through New Year's Day.

What do others think about your drinking habits?

As far as I know nobody has an opinion, I hope. They have no reason to; anyway, I'm not an absolute 'drunken piss-head'.

Do you need to drink less, if so why?

No, I don't need to drink less.

