

Bottletop - Mind, body and Soul - 10

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?

18

What do you do?

I am a College Student

How healthy are you?

I am physically healthy although I could exercise more. I try to watch what I eat but I do have lapses at times.

Where is your 'head at'?

Mentally I am fine.

Are you happy?

I am happy at certain points in my day and not as happy in others as emotions change all the time.

What is your attitude to drinking alcohol?

My views on drinking are quite laid back. I think that people can drink if they want to and, if they're ill because of it, it's their own fault and no one else.

If you drink alcohol how much do you drink?



I drink alcohol but I drink varied amounts depending on what I am doing at the time. For example if going out on a big night, I will drink a lot but if going out on a social night I might only drink a bit.

What is your favourite tippie? (no trade names)

My favourite tippie is probably a short & coke.

When do you drink?

I drink usually at night or the late afternoon and then continue through the night. Or if it's a special occasion, I will drink during the event or party.

What makes you drink?

I drink to socialise as getting drunk often helps to lower my inhibitions and help me to socialise.

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

I don't worry about the repercussions of drinking although I do know and think about them but as I am still young, I don't worry too much about them.

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

My last good experience of drinking was quite recent. It was when I went out with my friends and we just messed around and had a lot of fun.

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

My bad experience with drinking have been numerous and painful but they taught me my limits which I often ignore, but it's useful anyway.

What do others think about your drinking habits?

Other people are similar to me my views. My parents don't mind as I take the responsibility and not them.

Do you need to drink less, if so why?

I don't need to drink less as I feel that I don't drink that much and when I do it's not that often.

