

Bottletop - Mind, body and Soul - 11

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?

Girl

How old are you?

18

What do you do?

I go to college and work part-time at a bar.

How healthy are you?

I would say I'm quite healthy but could eat a bit more veg. My head is in a good place at the moment and I'm very happy

Where is your 'head at'?

I would like to get a bit more out of life.

Are you happy?

I am happy and contented.

What is your attitude to drinking alcohol?

My attitude towards drinking is that I think it is OK in moderation but in general everyone seems to binge drink way too much.

If you drink alcohol how much do you drink?

When I drink I tend to drink a small amount, I mean maybe two glasses, maybe three, depends on the occasion, how much.



What is your favourite tippie? (no trade names)

My favourite tippie would probably be white rum and coke.

When do you drink?

I tend to drink when I go out with friends or for a meal.

What makes you drink?

Nothing makes me drink I just enjoy it every now and again.

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

I do worry about the effects of alcohol has on my body so try not to.

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

I met up with some friends, I don't go out very often, and we had a few drinks at a bar and went to a gig at a club. It was lots and lots of fun, although my friend threw up.

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

When I was about 13 at a rave in a barn with a lot of people I didn't know. My friends and I robbed a bottle of Vodka from the adults and sat at the top of a stack of straw bales to drink it. We got very drunk and the last thing that I can remember was falling from the top of the stack. When I woke up I was at my friends house covered in sick.

What do others think about your drinking habits?

I do not think my friends think anything bad about my drinking habits.

Do you need to drink less, if so why?

I do not feel that I need to drink less. If I did drink too much I would make sure I cut down because I would not want it to affect my body.

