

37 • Drinking



According to the British government, men should drink no more than 21 units of alcohol per week and women no more than 14 (An alcohol unit is a glass of wine or beer).

What do you think of these recommendations?

Why do people drink alcohol? Check the boxes which are relevant to you.



<input type="checkbox"/>	I never drink alcohol.
<input type="checkbox"/>	I drink alcohol when I go out with friends.
<input type="checkbox"/>	I drink alcohol to help me relax and deal with stress.
<input type="checkbox"/>	I drink alcohol when I want to celebrate something.
<input type="checkbox"/>	I drink alcohol because other people want me to.
<input type="checkbox"/>	I drink alcohol when I am bored.
<input type="checkbox"/>	I drink alcohol because I like the taste.
<input type="checkbox"/>	I drink alcohol because everyone I know drinks it.
<input type="checkbox"/>	I drink alcohol because it is cool.
<input type="checkbox"/>	I drink alcohol because I like to get drunk.
<input type="checkbox"/>	I drink alcohol because I am shy/ because it gives me courage to do things.
<input type="checkbox"/>	I drink alcohol because it makes life more interesting.
<input type="checkbox"/>	I don't really know why I drink alcohol; I just do.
<input type="checkbox"/>	I drink alcohol because I am addicted to it.
<input type="checkbox"/>	I drink alcohol when I eat something good.
<input type="checkbox"/>	Other reasons for drinking alcohol

Work with a partner or in a small group. Compare your answers and discuss; for example, if you drink alcohol to celebrate something, why do you drink alcohol and not something else? If you never drink alcohol, is there a special reason for this? If you like to get drunk, why do you like to get drunk? Discuss with your partner(s).