

# The decision on whether to drink or not

Any or many of these thoughts will cross your mind and be part of a decision about whether to drink or not and, if drinking, how much, where and with whom.

## ? Special occasion

Parties or celebrating a birthday

## ? Cost

Is it affordable?

## ? Taste

Does it taste nice?

## ? Curiosity

What's it like?

## ? Religion and beliefs

Is it right?

## ? Health harms

More risks when underage

## ? Belonging

Can it make someone feel part of a group

## ? Keeping in control

Will it increase the chance of regretting behaviour?

## ? Side effects

Combination with other drugs / medications?

## ? Who with

Family/ friends/ strangers?

## ? Responsibility

Looking after the safety of others

## ? Stress

Will it help cope with stress, or make things worse?

## ? Romance

Will it make someone attractive or embarrassing?

## ? Allergy

Possible intolerance to alcohol?

## ? How much to drink

None / a little / a lot

## ? Fitness

Will it affect sporting performance?

## ? Calories

Effect of extra calories in an existing diet?

## ? Pregnancy

Does it increase the risks?

## ? Boredom

Is there anything else to do?

## ? Confidence

Will it help someone to mix and make friends?

## ? Supply

Is it available without breaking the law?

## ? Trust

Keeping promises to parents

## ? School work

Will it affect exam performance or getting a good job?

## ? Getting hurt

Accidents, fights

## ? My age

Breaking the law and the potential impact

