

Drug Related Behaviour Cards

Kim

It feels odd going into a social situation unless I've had a few drinks. Drinking makes me feel normal.

Andy

It was a fantastic feeling, just fantastic. I felt really warm and wanted to kiss everybody in the club. At the same time I thought *Is this supposed to happen* and *Is something bad about to happen?*

Jake

The first few times I tried smoking cigarettes it was disgusting. But I kept doing it because my friends were doing it. I don't think of it as a drug because lots of people smoke. I just used to smoke when other people were smoking – stupid really! So I stopped and now I'm just not interested.

Mike

I always go to the pub on a Friday night with my friends. We often get really pissed up and have a good laugh. We then go back to Tony or Jamahl's – maybe via the kebab shop – and keep drinking in front of the TV until we fall asleep. We all feel pretty rough in the morning after one of those nights.

Tina

Cannabis isn't supposed to be physically addictive is it? But it can definitely be psychologically addictive. Me and my boyfriend would always roll a spliff before going to sleep – it was a sort of bedtime routine: 'we can't sleep unless we have a smoke.' But it's just because you've conditioned your mind to think that. Since I split up with my boyfriend I don't really smoke much anymore.

Drug Related Behaviour Cards:continued

Ali

It was certainly different! I felt a bit daft huffing a deodorant but then I got the complete giggles and didn't care anymore. Felt sort of dreamy. It wore off quite quickly though and I got such a bad headache. Then I heard it can kill you just like that, even the first time – I didn't try it again after that!

Bella

Usually me and the girls get some vodka in and get a bit drunk before we go out but I was so excited that my new boyfriend was meeting us there that I didn't drink any. In the end I just had one glass of wine all night - and felt great the next morning. No embarrassing moments to cringe over and I could see Ian was impressed!

Steve

Sometimes, if it's someone's birthday or a special occasion we get quite drunk at the pub and then go out clubbing 'til the early hours. Most weekends I have a couple of pints at the pub with my mates and play pool or darts or something.

Billy

I always have a cigarette first thing in the morning with my coffee and one on the way to work as well. Then I don't smoke again until lunch time. There's a park near work so I usually go and smoke there and have lunch. It's the evening when I smoke the most – I love sitting down in front of the TV, relaxing. If Julie comes round we can get through quite a few fags, chatting and smoking – they just go together so well!

Remi

I'll have the odd glass of wine or a pint at the pub but that's about it. My parents don't really drink. I go to the gym quite a lot and there's a good crowd there who don't need to drink to have a good time. We have a laugh, go round each other's houses, go to parties – all the same things people who drink do, just without the vomit and the fights.
