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The Relationship of UK University Students with Alcohol: Binge Drinking and its Risks

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1. INTRODUCTION

1.1 Background

Nowadays, Great Britain has a specific problem with the consumption of alcohol, and two phenomena have rapidly increased over the last decade: binge drinking and drink spiking. The drink culture which has recently developed in Britain accepts the fact of being excessively drunk in public and therefore the possibility of causing harm to both others and selves. This misuse of alcohol, together with its abuse, cause the National Health Service (NHS) to spend a large amount of money every year on alcohol treatment. Not only adults drink but also young people, and underage drinking is more and more frequent: underage drinkers consume alcohol not only in the presence of their family, for example during family meals, but also with older friends who are allowed to buy alcohol. A particular cause of concern is the way students consume alcohol during the years they spend at university in Britain, which is part of the subject of analysis of this study, and the perception that British university students have of binge drinking, drink spiking and alcohol-related risks such as sexual assault, physical assault and robbery. Moreover, importance should be given to the first approach to alcohol, as people in Britain tend to drink for the first time at a young age, and to any differences that might exist between males and females in terms of alcohol consumption.

1.2 The study

The purpose of this study is to better understand the consumption of alcohol among British university students and the risks associated with alcohol-related phenomena such as binge drinking and to a lesser extent drink spiking. The study will start with a review of relevant

literature based on academic papers and official surveys and articles retrieved from the press. In particular, after examining the role of alcohol in the United Kingdom, its benefits and its risks, a few definitions of binge drinking will be presented and the change in the meaning of the term “binge drinking” will be examined. Moreover, the current recommendations of the NHS in terms of alcohol intake will be presented together with the unit-based approach used to define binge drinking. Then, the literature review will go on to focus on the use of alcohol by non-student adults, young people and university students in Britain. In particular, with regard to university students, the reasons why they drink alcohol and the phenomena of binge drinking and NekNomination, which is an online drinking game, will be analysed. Furthermore, the focus will be put on pre-drinking and the way colleges and universities can help students in order to avoid alcohol-related risks. Finally, the literature review will also provide an analysis of alcohol-related risks, i.e. drink spiking, rape, physical assault and, to a lesser extent, health risks and accidental death, and some alcohol strategies will be presented.

Following the review of relevant literature based on academic papers and official surveys and articles retrieved from the press, this dissertation will report the results of a survey carried out in February 2015 in Durham (UK) in the form of a series of anonymous qualitative face-to-face interviews with thirty university students in the UK and thirty adults outside the student population yet closely connected to students activities – college porters and pub and bar landlords and staff.

The students, both undergraduate and postgraduate home students, were recruited in college bars, Durham Students’ Union bar, pubs, private houses and through networking. The college porters and pub and bar landlords and staff, on the other hand, were recruited in Durham colleges and in pubs and bars in town, especially the ones that offered student discounts, as they were those where students were more likely to go to.

The students (15 males and 15 females) were asked about their

previous and present drink habits, their first and most recent experiences of alcohol, the types of alcohol that they usually consume, their average alcohol intake every time they drink and the differences between the drink habits they had when they lived in college and the ones they had now they lived out in case they were livers out. Moreover, they were asked about the changes in their drink habits towards the years they had spent at university in case they were not first year students, their participation in pre-drinking sessions and drinking games, their reasons for drinking alcohol and pre-drinking and their opinion on binge drinking and the definition they would give of it. Finally, they were asked about their knowledge about drink spiking and their opinion about alcohol-related risks such as sexual assault, physical assault and robbery. The college porters and pub and bar landlords and staff (15 college porters and 15 pub and bar landlords and staff), on the other hand, were asked questions in order to better understand their knowledge and opinion about the drink habits of British university students, i.e. the reasons why students like drinking alcohol, the reasons why students pre-drink before their nights out and their opinion about drinking games. Moreover, they were asked about their knowledge about binge drinking and drink spiking and the risks they may lead to. Finally, they were asked if a student had ever shared with them any alcohol-related experience they had had and whether or not they had ever witnessed any alcohol-related episode such as sexual assault, physical assault or robbery and if they had, what they had done.

The topic analysed in this study is gaining more and more importance in the United Kingdom because there seems to be a well-defined drink culture related to university students. University students in Britain are expected to drink, and the phenomenon of binge drinking, which is often related to the participation in pre-drinks and drinking games, is rapidly increasing, especially among first year undergraduate students. Indeed, since they live in college, they are more likely to participate in parties and go to the college bar to drink with their friends whenever they want to and their exams do not count

towards their degree, so they tend to enjoy themselves more than older students. Moreover, the misuse of alcohol can lead to drink spiking, which often causes sexual assault, especially when so-called date rape drugs are used for spiking the victim's drink. Even though sexual assault is a significant alcohol-related risk, physical assault and robbery are not to be considered as minor risks and must be taken into account when studying phenomena related to the consumption or misuse of alcohol, especially amongst young people. Like binge drinking, drink spiking and its risks are a case of concern in Britain, in particular when related to university students. Therefore, research needs to be carried out in order to better understand such phenomena and risks, so that solutions or ways to tackle the problem can be found.

The study is organised as follows. First of all, the relevant literature on the subject is presented. Starting from an analysis of the phenomenon of binge drinking, the review of literature continues with the analysis of the alcohol consumption in the United Kingdom, divided in the use of alcohol among adults, young people and university students, and finally alcohol-related risks such as accidental death, sexual assault, physical assault and robbery and alcohol strategies that have already been introduced are discussed. Then, the results of the survey that was carried out in Durham are presented and discussed in order to find similarities between students and non-student adults and between the results of the survey and what affirmed in the review of literature.

2. USE OF ALCOHOL IN THE UK

2.1 The role of alcohol

Alcohol in the United Kingdom has a particular social function: it serves as a social lubricant and, as affirmed by Deborah Coughlin – a writer, producer and director – in a video posted in *The Guardian* on 29th July 2015, British people have “a massive drink problem. We [the Brits] are a nation of go on, don’t be boring, it’s just one more beer”¹. She also states that “9 million of us [the Brits] drink more than the recommended daily amount, making Britain the binge drinking capital of Europe” and that British people can find an excuse to drink some alcohol for every situation, such as when they are celebrating, commiserating or when they are just bored. Therefore, in Britain, people use alcohol as a way to facilitate social bonding, not only when they are celebrating but more simply when they are spending time with other people. “This perception of alcohol as a quintessentially ‘social’ substance is reinforced by the practices associated with its consumption at rites of passage – the rituals of pouring, sharing, toasting, round-buying etc. – which serve to define and regulate social relationships, to promote conviviality and to build and strengthen interpersonal bonds” (Social Issues Research Centre, 1998: 47).

The consumption of alcohol has a number of benefits and risks. According to Peele and Brodsky (2000: 241),

moderate drinkers have been found to experience a sense of psychological, physical and social well-being: elevated mood; reduced stress (under some circumstances); reduced psychopathology, particularly depression; enhanced sociability and social participation; and higher incomes and less work absence or disability.

¹ Coughlin, Deborah, *et al.*. 2015. “I used to drink too much. We Brits have an alcohol problem.” *The Guardian*, July 29th 2015. Available at: <<http://www.theguardian.com/commentisfree/video/2015/jul/29/drink-too-much-britons-alcohol-problem-video>>. Accessed: September 15th 2015.

Moreover, when consumed with moderation, alcohol makes people “talk more easily and feel less tired. According to some researchers, moderate alcohol use protects against cardiovascular diseases”².

On the other hand, Peele and Brodsky (2000: 241) affirm that heavy drinking worsens psychological experiences. Moreover, an excessive consumption of alcohol increases the risk of diseases such as “infection of the liver, liver cirrhosis, sleeping disorders, sexual problems, infection of the oesophagus, infection of the stomach, infection of the pancreas [...] cancer of the mouth, throat, larynx, intestines and breasts; hypertension and heart problems”³. Furthermore, alcohol can make people aggressive and irresponsible. Finally, the consumption of alcohol during pregnancy “may affect the development of the foetus’s central nervous system, and may result in low birth-weight” (Foster and Marriott, 2006: 288).

2.2 Binge drinking

Nowadays, binge drinking is a matter of concern in the United Kingdom. The Prime Minister of the United Kingdom of Great Britain and Northern Ireland, David Cameron⁴, stated in his introduction on the *Government’s Alcohol Strategy* that

Binge drinking isn’t some fringe issue, it accounts for half of all alcohol consumed in this country. The crime and violence it causes drains resources in our hospitals, generates mayhem on our streets and spreads fear in our communities. My message is simple. We can’t go on like this. We have to tackle the scourge of violence caused by binge drinking. And we have to do it now.

The definitions of binge drinking given by different dictionaries are all very similar to each other. As affirmed by the *Oxford Dictionaries*,

² Moelker, Wendy. 2012. “Positive and Negative effects of Alcohol Use”. Available at: <<http://web4health.info/gr/add-alcohol-goodbad.htm>>.

Accessed: November 6th 2015.

³ See NHS choices. 2014: 2. “Social drinking: the hidden risks”. Available at: <<http://www.nhs.uk/Livewell/alcohol/Pages/Socialdrinking.aspx>>.

Accessed: November 6th 2015.

⁴ See *HS Government Home Office Department. The Government Alcohol Strategy*. 2012: 2. Available at:

<https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/224075/alcohol-strategy.pdf>. Accessed: August 30th 2015.

binge drinking is “the consumption of an excessive amount of alcohol in a short period of time”⁵; the *Cambridge Dictionaries Online* define it as “the activity of drinking too much alcohol on one occasion”⁶. Moreover, as affirmed in *Macmillan Dictionary*, binge drinking is “the drinking of large amounts of alcohol in a short period of time, in order to get drunk”⁷ and finally, binge drinking is defined by the *Longman Dictionary of Contemporary English* as “the activity of drinking a large amount of alcohol in a short period of time, usually in order to become drunk”⁸.

In 2009, Berridge *et al.* (2009: 598) stated that there had recently been a shift in the meaning of the term “binge drinking”, and “the definitional change must be related to the shifts in the focus of alcohol policy and alcohol science, in particular in the last two decades, and also to the role of the dominant interest groups in the alcohol field”. This means that the change does not simply concern the way people drink but it is rather a matter of perception in terms of interaction between science and policy. Indeed, there is both a distant and a recent history around this term, and different definitions are given nowadays, causing it to have no standard definition, as confirmed by the British Medical Association Board of Science⁹.

According to Berridge *et al.* (*ibidem*), the classic definition of the term “binge drinking” is “a pattern of drinking that occurs over an extended period (usually several days) set aside for the purpose”. This definition, which was linked to clinical definitions of alcoholism, was

⁵ See *Oxford Dictionaries*, “Binge drinking”. Available at: <<http://www.oxforddictionaries.com/definition/english/binge-drinking>>. Accessed: November 6th 2015.

⁶ See *Cambridge Dictionaries Online*, “Binge drinking”. Available at: <<http://dictionary.cambridge.org/dictionary/english/binge-drinking>>. Accessed: November 6th 2015.

⁷ See *Macmillan Dictionary*, “Binge drinking”. Available at: <<http://www.macmillandictionary.com/dictionary/british/binge-drinking>>. Accessed: November 6th 2015.

⁸ See *Longman Dictionary of Contemporary English*, “Binge drinking” Available at: <<http://www.ldoceonline.com/dictionary/binge-drinking>>. Accessed: November 6th 2015.

⁹ See *British Medical Association (BMA) Board of Science*. 2008. “Alcohol misuse: tackling the UK epidemic.” Available at: <<http://www.dldocs.stir.ac.uk/documents/Alcoholmisuse.pdf>>. Accessed: August 30th 2015.

the one used in the 1940s and 1950s. However, the same term “has come to be used to describe a single drinking session leading to intoxication, often measured as the consumption of more than a specific number of drinks on one occasion, often by young people” (*ibidem*). This meaning, which is associated with fears concerning the alcohol consumption of young people and public disorder, is now the predominant one, even though it has not entirely replaced the first definition, and other terms are used to refer to the phenomenon, “including heavy episodic drinking, risky single occasion drinking, heavy sessional drinking and simply heavy drinking” (Berridge *et al.*, 2007: 17). This is confirmed by McAlaney and McMahon (2007: 738), who claim that occasionally the alternative term “heavy episodic drinking” is used in the literature. Despite the fact that this latter term takes into account the

non-continuous or sporadic consumption of large amounts of alcohol in a short time [...], the phrase 'binge drinking' has become so entrenched in academia, the media and the public mindset than an attempt at re-labelling might be futile and possibly counterproductive.

Probably the problem is in the way the concept of binge drinking is measured and, as claimed by McAlaney and McMahon, this issue cannot be resolved using other names for this phenomenon. Furthermore, they affirm that in order to measure binge drinking, the individual's feeling of drunkenness should be taken into account because, according to some research, it is a factor that predicts in a more accurate way both the health and social outcomes.

It is also important to bear in mind the definition of binge drinking given by the National Health Service (NHS), which states that “binge drinking usually refers to drinking lots of alcohol in a short space of time or drinking to get drunk. Researchers define binge drinking as consuming eight or more units in a single session for men and six or more for women”¹⁰, meaning by “unit” the amount of pure alcohol in a drink (10ml or 8g). However, the NHS underlines that this is not a

¹⁰ See *NHS choices*. 2014. “Binge drinking”. Available at: <<http://www.nhs.uk/Livewell/alcohol/Pages/Bingedrinking.aspx>>. Accessed: September 27th 2015.

general rule of interpretation, because the tolerance and the speed of drinking can vary from one person to another, so it supports the idea that there is a certain confusion around the concept of binge drinking.

Finally, another opinion about binge drinking is given by Drinkaware – an independent charity formed in 2007 thanks to an agreement between the healthcare community and the Government and funded by the drinks industry – which states that people can consider themselves as binge drinkers if they “tend to drink quickly, regularly drink more than the lower risk guidelines in a single session or sometimes drink to get drunk”¹¹.

As Berridge *et al.* (2009: 599) suggest, the change in the meaning of the term “binge drinking” probably started in the 1990s, even though its origins reside in 1970s scientific and policy interests in terms of the approaches to alcohol and alcohol treatment over the post-war period. In particular, two main shifts occurred between 1948 and 1990: the first one was based on a “‘disease’ model which regarded the problem as a medical condition requiring treatment”, whereas the second one was based on a public health perspective and redefined the problem “in epidemiological and public health terms as arising from levels of alcohol consumption in the population as a whole and, at an individual level, as a result of life-style and ‘risk behaviour’”(ibidem). Afterwards, surveillance and approaches in order to reduce alcohol-related harm and to keep the community safe were introduced, so alcohol issues came to be strictly connected to criminal justice.

Even though the reason behind the change in the conceptualisation of the term “binge drinking” needs further investigation, it could be supposed that it resides in the fact that the main groups of people who drink have changed over the decades. A 50 per cent rise in the per capita consumption of alcohol has been recorded in Britain since the 1970s – even though evidence from the Office for National Statistics proves that a remarkable proportion of both adults and students do not

¹¹ See *Drinkaware*. 2015. “Binge drinking”. Available at: <<http://www.drinkaware.co.uk/understand-your-drinking/is-your-drinking-a-problem/binge-drinking>>. Accessed: September 27th 2015.

drink alcohol – and the category of binge drinkers has evolved from alcoholic males and homeless street drinkers in the 1950s and 1960s to women and young people until recent years. In particular, as far as women are concerned, while in the 1970s and 1980s women used drinking as a form of escapism from their domestic role, from the 1990s women’s drinking turned into the so-called “ladette” culture: “by ‘keeping up with the boys’, young women were seen in public and media discussion to jeopardise their health and put themselves at risk of chronic liver disease” (*ibidem*: 600).

Moreover, apart from this social aspect, certain changes in the science related to alcohol must be taken into account when discussing the change in the definition and concept of binge drinking, in particular factors such as the arguments regarding alcohol epidemiology, the changes in scientific interests with regard to alcohol and the role of the unit of alcohol.

With regard to alcohol epidemiology, Berridge *et al.* (*ibidem*: 601) claim that in the 1970s the approach emphasised measures that could be introduced to reduce drinking in the whole population, whereas the emphasis has recently stressed high risk consumption rather than the mere consumption of alcohol and “the population approach has been modified to give way to a greater focus on high risk individual drinking”. As for scientific interest groups,

in the 1960s and 1970s, the alcohol ‘policy community’ (a term meaning the dominant interest group with links both inside and outside government) comprised psychiatrists, members of the alcohol voluntary sector, criminal justice interests (the magistrates) and Department of Health civil servants. (*ibidem*: 602)

In particular, psychiatry used to play an important role in terms of alcohol’s damaging effects on the brain, whereas nowadays it plays a less significant role and the lead has been taken by other medical specialties such as gastroenterology, hepatology and brain science. Finally, the National Health Service (NHS) affirms that alcohol units were adopted in the United Kingdom in 1987 in order for people to be able to monitor their drinking, and it states that “one unit equals 10ml or 8g of pure alcohol, which is about the amount of alcohol the

average adult can process in an hour”¹².

As claimed by Berridge *et al.* (2009: 601), the “sensible drinking” message in the UK was once based on weekly amounts of alcohol units – 14 units for women and 21 for men – whereas from 1995 onwards, the emphasis has been given to daily consumption rather than weekly consumption. The current recommendations of the NHS in terms of alcohol intake are as follows: “men should not regularly drink more than 3-4 units of alcohol a day. Women should not regularly drink more than 2-3 units a day. If you’ve had a heavy drinking session, avoid alcohol for 48 hours”¹³. However, according to the NHS¹⁴, the alcohol limit has recently been cut to 14 units of alcohol for men in the UK as part of the new drinking guidelines to be released for 20 years in order to keep the risk of liver disease and cancer low.

According to the NHS, a small glass of red, white or rosé wine (12.5 ml) equals 1.5 units; a standard glass of wine (17.5 ml) equals 2.1 units and a large glass of wine (250 ml) equals 3 units. Lager, beer and cider, on the other hand, are measured in pints, bottles and cans. A pint of lower-strength lager, beer or cider equals 2 units, a pint of higher-strength lager, beer or cider equals 3 units, a bottle of lager, beer or cider (330 ml) equals 1.7 units and a can of lager, beer or cider (440 ml) equals 2 units. Finally, a bottle of alcopop (275 ml), which is a flavoured alcoholic drink with a low alcohol content, equals 1.5 units and a single small shot of spirits (25 ml) equals 1 unit.

Alcohol units, however, have caused binge drinking to become a confused concept, as there is no consensus in terms of the level of alcohol intake that constitutes binge drinking, and different “cut-offs”

¹² See *NHS choices*. 2015. “Alcohol units”. Available at: <<http://www.nhs.uk/Livewell/alcohol/Pages/alcohol-units.aspx>>. Accessed: September 28th 2015.

¹³ See *NHS choices*. 2015. “Alcohol units.” Available at: <<http://www.nhs.uk/Livewell/alcohol/Pages/alcohol-units.aspx#table>>. Accessed: September 28th 2015.

¹⁴ Siddique, Haroon. 2016. “Weekly alcohol limit cut to 14 units in UK for men.” *The Guardian*, January 8th 2016. Available at: <<http://www.theguardian.com/society/2016/jan/08/mens-recommended-maximum-weekly-alcohol-units-cut-14>>. Accessed: January 23rd 2016.

are used to determine the number of people labelled as binge drinkers. According to Berridge *et al.* (2007: 20), such “cut-offs” are the following: more than 8 units for males and 6 units for females consumed on at least one occasion in the previous week – which is the official definition currently in use; 8 or more units for males and 6 or more units for females consumed on at least one occasion in the previous week; 10 or more units for males and more than 7 units for females, so more than half weekly limits, consumed in one session; 11 or more units consumed on one occasion; 5 or more drinks for males and 4 or more drinks for females consumed in a row; 5 or more drinks for males and 4 or more drinks for females consumed in 2 hours, in other words the pattern of drinking that brings BAC to .08 g per cent or above.

McAlaney and McMahon (2007: 738) affirm that the problem with the approach which “takes account of the type and strength of alcohol consumed, based on the number of units” is that it does not consider other important factors to define binge drinking, such as the duration of the drinking session, thus leading to unreliable predictions of blood alcohol level and intoxication. This unreliability causes the unit-based approach to be confusing and probably unsuitable.

2.3 Drinking in the United Kingdom

2.3.1 Adults

The consumption of alcohol in the UK is a serious cause of concern not only among young people and university students, who are the focus of this study, but also among other adults and elderly people. Several studies have been conducted on British adults, especially among 50 year-olds and above, in order to better understand their drinking habits, the factors that lead them to drink alcohol and the risks their behaviour towards alcohol may cause.

In particular, research about the weekly consumption of alcohol

among adults conducted by Wadd and Papadopoulos (2014: 5) showed that people “aged 65 and over are less likely to exceed the weekly recommended amount limits than those aged 16-64”. Indeed, “consuming alcohol is common at all ages in the UK and [...] individuals change their drinking pattern substantially as they age; initial increases in volume during adolescence are followed by a more stable period during mid-life before declines in volume into older age” (Britton *et al.*, 2015: 7). However, “population data on alcohol consumption [...] show that older adults might consume less than younger groups, but are more likely to drink regularly” (Frisher *et al.*, 2015: 1).

Furthermore, evidence shows an increase with age in alcohol-related mortality, which is stable among younger adults, highest in older age groups and more and more frequent among the elderly people. In particular,

UK Office of National Statistics (ONS) data demonstrate that in 2012 the highest age-specific alcohol-related mortality rates were for the age group 55-74, with rates of 40.1 per 100,000 and 19.8 per 100,000 for men and women respectively. As a consequence of such findings alcohol consumption among the elderly has been identified as a growing public health issue. (*ibidem*)

Public health in the UK tries to promote responsible drinking among adults, especially trying to balance the potential benefits that drinking alcohol may have on people against possible harm. Indeed, evidence reported from Frisher *et al.* (*ibidem*) proves that even though the consumption of alcohol is harmful among adults, in particular elderly people, it can also be a positive factor in their life. Among the possible health benefits of a moderate consumption of alcohol are the lessened risk of dementia and a little protection against cardiovascular disease and asthma. Moreover, Huppert *et al.* (2007: 259) “found evidence of lower levels of cognition and well-being and more depressive symptoms in older people who abstained from alcohol, compared to those consuming no more than one drink per day”. However, there is mixed evidence for the protective effects of a moderate alcohol consumption on mortality. Another important benefit

associated with drinking is sociability. On the other hand, alcohol has negative effects on adults, especially on older people because, as affirmed by Huppert *et al.* (*ibidem*: 256),

as the human body ages, physiological changes occur that suggest increased sensitivity to alcohol: body water content drops and fat content increases, and because alcohol is more soluble in water, older people tend to have higher blood alcohol concentration for any given dose. [...] ageing impairs the body's ability to deal with alcohol.

This is the reason why, even though in the UK drinking guidelines are not age-specific, experts suggest a lower consumption of alcohol for older adults. Indeed, recent data collected in the UK have demonstrated that the risk of falls in adults aged 65 and over is higher when the number of alcoholic drinks consumed in a week is 14 or more, and falling is recurrent when the weekly consumption of alcohol in the same age group reaches the amount of 18 or more drinks. Frisher *et al.* (2015: 6) also reported that the older adults who had stopped drinking before their study took place were the only ones whose self-rated health had improved over the years, hence the level of alcohol consumption is not associated with self-rated health in the elderly people who had not stopped drinking before the survey.

Even though UK media and public health campaigns focus on alcohol misuse among younger adults, hospital admissions caused by a misuse of alcohol are more frequent among older adults. As reported by Wadd and Papadopoulos (2014: 4), adults aged 25-64 are very likely to be hospitalised because of their misuse of alcohol but “the percentage increase in alcohol-related admissions is greater in men aged 65 and over than in men aged 25-64 (136% vs. 88%) and greater in women aged 65 and over than in women aged 25-64 (132% vs. 94%)”. As for alcohol-related deaths, they were less frequent in people aged 75 and over than in any other age group apart from people aged 15-34 in 2010, and this could be because a number of chronic problem drinkers do not survive into late old age. Moreover, Wadd and Papadopoulos (*ibidem*: 7) observed that data from other studies suggested that older adults tend to drink less than younger adults or less problematically, and there could be different reasons for this:

the mortality hypothesis proposes that heavier drinkers die earlier leaving behind lighter drinking survivors; the morbidity hypothesis suggests that older adults reduce their alcohol consumption as a result of deteriorating health; the biological hypothesis proposes that biological changes associated with ageing reduce the amount of alcohol that older adults can comfortably consume; the cohort hypothesis posits that the current cohort of older adults drinks less than later cohorts as a result of their shared experiences and the historical contexts in which they have lived rather than their life stage; the maturation hypothesis claims that alcohol problems are self-limiting; and the measurement hypothesis proposes that low prevalence rates in older adults are due to problems in accurately measuring the drinking behaviour of older adults.

As stated by the Brighton and Hove Drug and Alcohol Action Team, the number of adults in alcohol treatment is increasing. Statistics show that 46% of clients who took part in a study “were in treatment for less than 3 months and 71% of those in treatment during the 18 month measurement period (1st April 2012 – 30th September 2013) left treatment during this time. 31% of clients leaving treatment dropped out without completing their treatment”¹⁵.

In terms of type of alcohol that adults usually drink, there are many differences between men and women. According to a study conducted by Lader and Goddard (2010: 19), women were more likely to drink wine, fortified wine, spirits and flavoured alcoholic beverages with low alcohol content, commonly known as alcopops, whereas men were more likely to drink beer. In particular,

beers were the most popular drink among men of all ages, but decline with increasing age as a proportion of total alcohol consumed, from 68 per cent of the alcohol drunk by those aged under 25 to 43 per cent of that drunk by those aged 65 and over. [...] The pattern of women’s drinking in relation to age was slightly different to that of men. Among women aged 16-24, spirits and wine were the most popular type of drink, followed by alcopops, whereas among older women wine was by far the most popular drink.

Not only are differences related to gender but also to socio-economic classes. Lader and Goddard (*ibidem*) also affirm that men in

¹⁵ See *Brighton and Hove Drug and Alcohol Action Team*. 2014. “Alcohol (adults) Needs Assessment.” Available at: <[http://www.bhconnected.org.uk/sites/bhconnected/files/Alcohol%20Needs%20Assessment%202014%20\(2\).pdf](http://www.bhconnected.org.uk/sites/bhconnected/files/Alcohol%20Needs%20Assessment%202014%20(2).pdf)>. Accessed: October 19th 2015.

managerial and professional occupations would rather drink wine than beer. However, beer is still the most popular alcoholic drink in all occupation groups. As for women, the differences reported are more or less the same as the ones for men, except that wine was the most popular alcoholic drink among women in both managerial and professional occupations and intermediate occupations.

Moreover, Lader and Goddard (*ibidem*: 31) also claim that there is no clear pattern of variation in drinking in pubs and bars or at home. Heavy drinkers in general are more likely to consume alcohol in pubs or bars rather than at home. However, although heavy female drinkers are more likely than others to drink in pubs or bars on their heaviest drinking days, home is the most popular venue.

Finally, they found out that “generally, older drinkers were more likely to drink alone or with one other person” (*ibidem*: 32) and there is almost no difference between men and women: the older they are, the more they are likely to drink alone or with one other person. As for people who drink with more than one other person, according to Lader and Goddard (*ibidem*: 33),

the most common drinking companions of men who had drunk with other people were friends (48 per cent of those who drank last week), and a spouse or partner (37 per cent). Eighteen per cent said they had been with their family [...], 5 per cent had been with work colleagues and 3 per cent had been with a boyfriend or girlfriend.

As for women, they were more likely to have been drinking with a partner (44 per cent) or friends (43 per cent) rather than family (27 per cent), and only 1% of them with colleagues.

2.3.2 Young people

As affirmed by the Royal College of Psychiatrists, “young people in the UK drink to have fun, to have the experience of losing control, to socialise more easily with others, to feel sexier and because their friends do. Around a third of 15-16 year olds binge drink three or

more times a month”¹⁶. The illicit consumption of alcohol is described as being “exciting, thrilling and a source of considerable pleasure to underage drinkers” (Percy *et al.*, 2011: 5). Moreover, alcohol is consumed by young people to boost confidence, reduce inhibitions, reduce stress and facilitate social interactions. In order for this to happen, early age drinking is mostly centred on intoxication and, as affirmed by Percy *et al.*, when they are not supervised by adults, only few young people drink moderately; they would rather strive for intoxication because they have a strong desire for drunkenness.

Young people usually access alcohol for the first time through family members or friends. Newbury-Birch *et al.* (2009: 27) report that most young people are introduced to alcohol at home, under parental supervision, during their childhood, for example during family meals, and the majority of them have tasted alcohol before the age of 16. Moreover, it has been reported that a third of 3-4 year-olds are able to tell the difference between drinks including alcoholic and non-alcoholic ones, and that “children as young as 6 or 7 years old have already developed attitudes about alcohol and have some knowledge about its use”. They also affirmed that researchers have pointed out that children whose first approach to alcohol occurs before the age of 6 are more than twice as likely to experience problematic, heavy or frequent drinking when they turn 15, compared to those who were not introduced to alcohol before the age of 13. However, there is evidence that early drinking can only predict heavy regular drinking in later life, so literature is unclear in terms of risks related to early alcohol exposure.

Newbury-Birch *et al.* (*ibidem*: 3) also affirm that there are different risk factors related to the misuse of alcohol by children and young people, including

a genetic predisposition (generational transmission), physical and sexual abuse in childhood, which may lead to later drinking behaviour, early exposure to drinking alcohol, which may increase the risk of problematic drinking in adolescence,

¹⁶ See *Royal College of Psychiatrists*. 2015. “Alcohol and depression”. Available at: <<http://www.rcpsych.ac.uk/healthadvice/problemsdisorders/alcoholdepression.aspx>>. Accessed: October 23rd 2015.

behavioural patterns of alcohol consumption of parents, grandparents and siblings, family history of alcohol problems, early behaviour problems in children, which may place them at especially high risk of alcohol problems [...], antisocial behaviour and inter-personal problems in pre-adolescent children, which may be predictive of substance use disorders.

Moreover, heavy and binge drinking can be common among children and young people who look for particular sensations or are impulsive, who suffer from stress or anxiety and who play drinking games. Finally, “mechanisms to protect children and young people, such as excessive criticism of their drinking behaviour, may not be protective but harmful” (*ibidem*) and it is important to support young people not to use alcohol as a social bonding but to develop more constructive relationships.

However, alcohol misuse by young people can be inhibited in a number of ways. For example, children who drink alcohol for the first time in a home environment are less likely to misuse it in later years than those who experience drinking for the first time with peers, because their parents tell them about the effects that alcohol can have on them; furthermore, the fact of delaying the first approach to alcohol may reduce the risk for the person to experience harmful drinking; finally, protective adults who have good relationships with young people could support and control them, and this is very important because “by assimilating the information and drinking practices of others, young people acquire drinking knowledge that allows them to practise and develop their own alcohol consumption” (Percy *et al.*, 2011: 40), so the presence of someone who can guide them and teach them to drink sensibly is fundamental. The most important thing to consider, anyway, is family context, which is a determining factor that influences young people’s behaviour towards the use of alcohol. According to a survey carried out by Fuller (2015: 11), “86% of pupils who did not live with anyone else who drank alcohol had never drunk it themselves. In comparison, 40% of pupils who lived with three or more people who drank had never drunk alcohol”. Furthermore, there has recently been a shift in the attitude that parents have towards their children’s drinking. While in 2008, 45% of children claimed that their

parents would not like them to consume alcohol, in 2014 this increased to 56%.

According to Drinkaware (see page 9), there has recently been a large increase in terms of underage drinking in 14 year-olds: their reported alcohol intake increased from six units per week in 1994 to under 10 units per week in 2007. Moreover, as reported by Donaldson (2009: 4), statistics affirm that only in England 2.85 million children aged 11-17 (1.58 million aged 11-15 and 1.27 million aged 16-17) had already had their first approach to alcohol, over 1 million children aged 11-17 (391,000 aged 11-15 and 623,000 aged 16-17) drank alcohol on a weekly basis, 486,000 children aged 11-17 (177,000 aged 11-15 and 309,000 aged 16-17) drank alcohol more than once a week and 500,000 children aged 11-15 had been drunk at least once in the last four weeks. Moreover, 20 million units had been consumed by 11-17 year-olds in the previous week and more than 7,600 children aged 11-17 are admitted to hospital every year as a result of a condition caused by their alcohol misuse.

National surveys demonstrate that the majority of young people start drinking before the age of 15, which is a very young age. However, recent data reported that

in 2014, 38% of 11 to 15 year olds had tried alcohol at least once. [...] 8% of pupils had drunk alcohol in the last week. Boys and girls were equally likely to have done so. The proportion of pupils who had drunk alcohol in the last week increased with age from 1% of 11 year olds to 18% of 15 year olds, (Fuller, 2015: 10)

and these proportions have been declining since 2003, which means that the problem in terms of age of young people on their first approach to alcohol is lessening.

In terms of underage drunkenness, evidence from a survey carried out by the Health Behaviour in School-aged Children (HBSC) shows that “over a fifth (24% of girls and 23% of boys) of 15 year-olds said they first got drunk at age 13 or younger” (Donaldson, 2009: 23). Data from 2008 about the frequency of drunkenness among young drinkers, then, show that less than 1% of 11 to 12 year-olds reported having experienced drunkenness three or more times over the last month, and

this increased with age to 14% of 15 year-olds. However, evidence from the School Health Education Unit proves that a very little percentage of males and females aged 14 to 15 (respectively 2% and 1%) reported having experienced drunkenness on three or more occasions over the past week and that no males or females aged 12 to 13 had been drunk this frequently. Moreover, Donaldson (*ibidem*) affirms that the European School Survey Project on Alcohol and Other Drugs (ESPAD) carried out a survey in 2007 in the United Kingdom, which gave the following outcomes: “6% of 15 to 16 year-olds reported having been drunk at least 40 times in their lifetime, and 13% reported having been drunk at least 10 times in the last 12 months”.

Moving on to the amount of alcohol that young drinkers usually consume in England, according to Donaldson (*ibidem*: 24), the weekly alcohol intake has consistently increased since 1990. From 5.7 units for boys and 4.7 for girls in 1990 to 16.0 units for boys and 13.1 for girls in 2008 among 11-15 year-olds. Moreover, in 2008 there was an increase with age in terms of units consumed by boys who drank in the week before,

from 10.9 units per week for 11 to 13 year-olds to 17.4 units per week in those aged 15 years. For girls, however, the mean number of units consumed per week was relatively similar across age groups: 13.4 units in 11 to 13 year-olds, 12.3 units in 14 year-olds and 13.5 units in 15 year-olds.

More recent data collected in 2014 show that

the average (mean) consumption of alcohol among those who had drunk in the last week was 9.8 units. Pupils’ consumption varies widely and 22% of those who had drunk alcohol in the last week had drunk 15 units or more. (Fuller, 2015: 10)

According to ESPAD, as a result of young people’s use of alcohol, statistics show that in the UK there have been episodes of hospitalisation of children aged 15 to 16 – in particular, 4% of boys and 2% of girls in 2007. Only in England, data from 2007 and 2008 report that over 7,600 boys and girls under 18 were hospitalised as a result of alcohol-related conditions, such as alcohol poisoning and acute intoxication, and that a sharp increase in hospital admissions has been recorded between the ages of 11 and 16, especially among young

females. On the contrary, from 16 years on, males were more likely to be admitted into hospital than females. Furthermore, “between 2002/3 and 2007/8, admissions rates among children in England aged under 14 years have remained relatively stable, whereas in the 15 to 19 year age group rates have increased by around 75%” (Donaldson, 2009: 25).

Early drinking, however, is also very likely to happen in non-private premises, i.e. not in private homes but in pubs or in the street. Indeed, Percy *et al.* (2011: 5) state that young people tend to drink alcohol in the street and as they grow older, they prefer drinking indoors or in more comfortable surroundings. Moreover, not only does the place change but also what they drink: at a young age, they drink more spirits – in other words, distilled beverages such as vodka, gin, rum, whisky and tequila – whereas after a few years, they progress to drinks such as beer and wine.

According to the law in force, in the United Kingdom it is forbidden to sell alcohol to people under 18 and to buy or try to buy alcohol for someone under 18. In addition, people under 18 are not allowed to buy or try to buy alcohol and to drink alcohol in licensed premises.

Furthermore, 16 or 17 year-olds accompanied by an adult can drink beer, wine or cider with a meal, but alcohol must be bought by an adult. Young people under 16, on the other hand, can go into a pub if they are accompanied by an adult but are not allowed to drink alcohol. However, it is not illegal for 5 to 16 year-olds to drink alcohol at home or in private premises. This is the reason why the phenomenon of drinking is very common among young people under 18 in the UK and is often referred to as underage drinking.

2.3.2.1 Street drinking and what young people usually drink

An example of underage drinking is street drinking, which is a common phenomenon among young males and females in the UK as reported by Galloway *et al.* (2007: 2) and is strictly related to binge drinking. The participants in their study considered such phenomenon as a forced choice caused by their exclusion or the exclusion of a member of their group from indoor premises due to their age – which was below the legal age limit which prevented people under 18 from drinking in pubs and clubs –, by the behaviour of other drinkers or by the cost of alcohol, which is more expensive in indoor drinking locations. Furthermore,

drinking outdoors was seen as advantageous in some respects being less physically and socially restricting. Street drinking was also viewed as good value for money allowing drinkers a chance 'preload' on cheap alcohol before going to pubs and clubs later in the night. (*ibidem*)

There are various locations for street drinking, as young people reported giving priority to the choice of settings that might avoid the detection by the police, so they preferred moving around and going to isolated places. However, it is not to be excluded that the mobility of these groups of young people could increase the risk of violence in terms of territorial clashes with other groups of young males and females in their areas. Other types of locations mentioned by Galloway *et al.* in the final report of their study were the ones chosen by alternative and mainstream individuals, who moved from their local communities to central areas where there were other like-minded youths. The locations they chose were public and well-lit and the police who was there were considered as an advantage because they could assure or at least increase safety, despite the risk of the police confiscating their alcohol. The drinks that young street drinkers prefer, as suggested by Galloway *et al.*, are the best they can find in terms of value for money and taste – e.g. white cider or fortified wine – and are preferably convenient for drinking outside, so easy to carry, to fit in a

bag or pocket and to open and reseal. Moreover, apparently young people tend to ask adults to buy their alcohol from off-licences and corner shops, which increases the risks because the retailer may not be aware of factors like who will consume the alcohol, how quickly, how intoxicated they can become and what harm they can cause. In particular, Buckfast Tonic Wine is one of the most common drinks that young street drinkers consume in the UK – most of all in Scotland and Northern Ireland – especially because of its characteristics: indeed, it is cheap, potent – it includes a component of caffeine – and easy to carry. Evidence retrieved from the press confirms that the problem with this wine – which is most commonly known as Buckie and is about 15% alcohol – is not the alcohol content.

It's not the strongest or (about £7 a bottle) the cheapest. But it is the most lethal. Each bottle contains around eight times the caffeine of a can of coke. Drop-for-drop, it has got more caffeine than Red Bull. It doesn't get you drunk: it gets you high. Really high.¹⁷

In terms of danger, Galloway *et al.* (2007: 5) affirm that not only can street drinking place young people at risk of alcohol-related harm but then can also be a threat for public safety, so the problems generated by this phenomenon involve society as a whole. Moreover, the perception that young people have about the risks related to street drinking depends on their age, gender and cultural background. 16 year-olds and older tend not to see themselves as potential targets of violence because they think they are no more part of the youth culture which sees victimisation as a commonplace, and they consider their drinking habits as a social way to spend their time that could not possibly attract the attention of police officers. As for younger drinkers aged 16 to 18, they are more concerned about the likelihood of police intervention. However, despite these dangers, young males and females still consume alcohol outdoors and street drinking among young people in the UK continues to be a particular cause for concern. It could be suggested that “greater knowledge of what factors facilitate

¹⁷ Barr, Damian. 2014. “Life in the Buckfast Triangle: drunk by noon, handcuffed by midnight”. *The Guardian*, February 3rd 2014. Available at: <<http://www.theguardian.com/society/shortcuts/2014/feb/03/buckfast-triangle-alcoholic-drink-monks-west-scotland>>. Accessed: October 24th 2015.

young peoples' choice of particular products (i.e., in terms of place, product, price and promotion) may be of use in reducing alcohol-related harm among young street drinkers" (*ibidem*: 6).

According to a study carried out by Alcohol Concern, a charity organisation, young people prefer drinking beer, strong ciders and spirits, particularly vodka. In particular, girls drink vodka, cider or wine, whereas boys would rather consume beer, spirits and cider.

The type of alcohol consumed also appears to change with age. Cider, which is sweet and cheap, is the most frequent type of drink consumed by children under 15 years old. Young people aged 15 to 17 years old [...] are more likely to drink spirits than any other type of drink.¹⁸

The findings from three surveys carried out by Alcohol Concern since 2012 lead to the identification of the five alcohol brands most consumed by young people: Fosters beer, vodka, Frosty Jack's cider, Smirnoff vodka, Jack Daniel's whiskey. In particular, the leading charity Thames Reach claims that Frosty Jack's cider is bad for health because of its high alcohol content, therefore should be withdrawn from sale until its alcohol content is reduced. However, "Frosty Jack's has recently been rebranded with a glossy new image including a picture of an iceberg to encourage drinkers to serve it over ice,"¹⁹ so that it is more accessible.

2.3.2.2 Positive and negative effects of underage drinking

There are a number of adverse consequences for young people who misuse alcohol. According to Newbury-Birch *et al.* (2009: 4), the most common side effects of the misuse of alcohol and alcohol intoxication

¹⁸ See *Alcohol Concern*. 2015: 3. "Alcohol Brands Consumed by Young People in Treatment 2015". Available at: <http://www.alcoholconcern.org.uk/wp-content/uploads/2015/06/Alcohol-Brands_Young-People.pdf>. Accessed: October 25th 2015.

¹⁹ Hayward, Stephen. 2015. "Frosty Jack's super-strength cider 'health hazard' and should be 'taken off the shelves'". *The Mirror*, March 14th 2015. Available at: <<http://www.mirror.co.uk/news/uk-news/frosty-jacks-super-strength-cider-health-5335180>>. Accessed: October 25th 2015.

for adolescents are appetite changes, weight loss, eczema, headache, sleep disturbance, vomiting and coma. Young people can also die from liver disease like adults and they are likely to be involved in car accidents if they drink and drive or if they are carried by a drunk driver. Furthermore, they can sustain injuries caused by assaults, put their brain faculties of management of cognitive processes, i.e. reasoning and problem solving, and long term memory in danger, because adolescence is a sensitive period in terms of development, and become very vulnerable and suffer from brain damage, long lasting cognitive deficits, depression, stress or anxiety and mental health problems. Moreover, the consumption of alcohol during an evening might affect young people's performance at school on the following day and alcohol can also be dangerous in terms of maintaining friendships and general behaviour with peers and friends. Alcohol consumption can also lead to the use of cannabis, it can have detrimental effects on young people's educational performance, it can cause children to miss classes, to be victims of crime and to be aggressive. Finally, in terms of sexual health and behaviour, alcohol consumption can lead young people to have unprotected sex, to be more likely to have sex and at a younger age and to contract sexually transmitted diseases; as for girls, misuse of alcohol can lead to teenage pregnancy.

However, even though there are considerable and very serious negative consequences of alcohol misuse, if alcohol is consumed sensibly there is evidence of some positive impacts related to young drinkers. Newbury-Birch *et al.* (*ibidem*: 5) affirm that evidence proves that alcohol may be positive on young people when used on special occasions as a means of celebrating and because it may increase their confidence "when communicating with members of the opposite sex". In addition, a moderate consumption of alcohol can help young people increase their feelings in terms of sociability.

2.3.3 University students

“Drinking, like other leisure activities, is presented in British society as a time- and space-out from everyday cares and demands” (Bancroft, 2012: 3) and British university students like drinking a lot, making their alcohol consumption a serious concern.

Alcohol drinking is very common among university students in the United Kingdom, as demonstrated by a survey conducted by the youth media brand *Student Beans* with 2,027 students from 68 universities across the UK. As reported by Lucy Sherriff from the *Huffington Post*, according to this study,

one in five students have admitted they could not survive a term without drinking, while more than two thirds say they have experienced memory loss as a result of alcohol. [...] 37% could not remember how they got home after a night out and nearly half have walked home alone. [...] One in two have missed a lecture or seminar because they drank too much the night before. 47% of non-drinking students wish alcohol wasn't such a big part of university life. More than a third have been injured after drinking.²⁰

There are different reasons why students drink alcohol, and Cox *et al.* (2006: 2149) divide them into two categories: positive reasons and negative reasons. Students who drink in order to have a good time or to gain peer approval have positive reasons for drinking, whereas “those students who drink to 'drown their sorrows' or to counteract other negative feelings have negative reasons for drinking”. The study shows that among university students negative reasons for drinking more strongly predict problems related to drinking than positive reasons or the amount of alcohol consumed. Furthermore, older students tend to understand the reasons why they drink more than younger students and negative reasons predict both alcohol intake and drinking-related problems. This demonstrates that there is a strict connection between the reasons for drinking and the amount of alcohol that university students drink.

²⁰ Sherriff, Lucy. 2011. “Binge Drinking: Students’ Alcohol Consumption Prompts Concern Over Safety”. *The Huffington Post*, December 12th 2011. Available at: <http://www.huffingtonpost.co.uk/2011/12/16/binge-drinking-students_n_1153653.html>. Accessed: September 20th 2015.

According to De Visser and Birch (2011: 29), several studies conducted on UK university students have demonstrated that very few of them can accurately recall the government guidelines in terms of safe consumption of alcohol and monitor their alcohol intake using their knowledge of alcohol units. Indeed, very few people can say what a unit of various drinks looks like and most have a misperception of the alcohol content of the drinks they have. In particular, an experiment carried out with 125 university students confirmed that they

tend not to possess the knowledge and/or skills required to drink alcohol in accordance with government guidelines for alcohol consumption. [...] participants had poor knowledge of government guidelines; did not perceive such guidelines to be particularly useful; had poor knowledge of the alcohol content of drinks they may purchase in licensed premises or for home consumption; poured units of alcohol that contained more than one unit of alcohol; and poured usual drinks that contained substantially more than one unit of alcohol. (*ibidem*)

This poor knowledge and lack of skills meant that university students probably underestimate the amount of alcohol they drink and tend to drink excessively, compared to what is recommended by the government guidelines for safe consumption. Furthermore, the act of over-pouring – in other words, the act of pouring more than the required units of alcohol – may indicate that students do not have enough motivation to adhere to the government guidelines for sensible drinking, preferring to fulfil their desire for fun and excitement. This behaviour towards alcohol is strictly related to binge drinking. The Healthy University Group at the University of the West of England-Bristol underlines that drinking to excess is considered the norm by university students in the UK and getting drunk with friends is an important factor that allows students to socialise, have more fun and feel part of a group.²¹ As reported by Bewick *et al.* (2008: 6), according to a survey carried out over the last decade by the UNiversity Quality of Life and Learning (UNIQoLL),

²¹ See *Healthy Universities*. 2013: 1. “Development of ‘Have a Safe Night Out’ alcohol awareness campaign at UWE”. Available at: <http://www.healthyuniversities.ac.uk/toolkit/uploads/files/healthy_universities_case_study_uwe_alcohol_awareness_18_03_2013.pdf>. Accessed: September 20th 2015.

despite the significant reduction across year of study, nearly a third of students were still drinking above recommended levels in Year 3 and those who reported drinking within the high risk category during year one were more likely to still be at high risk in subsequent years.

In other words, British university students tend to drink a lot from first year to final year and, as confirmed by Elliot and Ainsworth (2011: 92), there is evidence that “between 45% and 69% of UK university students admit to engaging in at least one binge drinking session per week, on average”. This confirms what happens in the UK: binge drinking really is an intrinsic phenomenon among university students and, for many undergraduates, “may be viewed as a normal pattern of alcohol consumption” (Gill, 2002: 119). Indeed, a stereotype related to undergraduates claims that they drink alcohol to excess to have a good time at university, so alcohol is part of their young and carefree way of life. Apparently, when students believe this to be true, they drink more frequently (Mobach and Macaskill, 2011: 3). Furthermore, “freedom from parental supervision, peer pressure and stress associated with living away from home may influence first year drinking behaviour in particular” (Gill, 2002: 113). Evidence also proves that not only young men but also young women drink a lot: according to Gill and O’May (2007: 15), drinking in young men has remained high over the years but relatively stable, whereas young women have doubled their average consumption of alcohol over a 4-year period, which is very little time, and many of them have claimed that the UK Sensible Drinking message, which is the message of the UK alcohol policy that recommends daily alcohol consumption limits – 3-4 alcohol units for males and 2-3 alcohol units for females – “did not influence their drinking behaviour. This may reflect limited exposure to the message but possibly a belief that the message is irrelevant”.

A very popular phenomenon which is strictly connected to binge drinking and which spread across the UK in 2014 is NekNomination. NekNomination is an internet drinking game spread by social networks, like Facebook, and consists of people having to complete a drinking dare and then nominating three other people who have to do

the same or pay for a drink to the person who has nominated them. This internet game became popular worldwide but it was very different in terms of type and amount of alcohol used from country to country. As far as the UK is concerned, people mixed different kinds of alcohol with whatever they could find in their cupboard and they liked it a lot. As claimed by Moss *et al.* (2015: 73), “the act of neknominating a peer is a very explicit act of 'inviting' others to engage in drinking – with the added dimension that this invitation is monitored by one’s peers, creating a strong imperative to comply”. Furthermore, they reported the results of a survey about drinking behaviour carried out in the UK on 145 university students. 79 of them (54.5%) had taken part in NekNomination and 13 of those who had not participated in NekNomination (19.7%) said they had been nominated via social media but had refused to participate. The students who had participated in NekNomination were more likely to report feeling pressured to engage in it by their friends than those who declined to participate, and males were significantly more likely to have taken part in NekNominations. However, there was no particular relationship between the general engagement in drinking of British university students and NekNominations.

Nevertheless, even though British university students like drinking alcohol, not everybody thinks binge drinking is a good thing. That is the case of Sophie Grubb, a student blogger at Cardiff University who has attacked binge drinking stating that the situation has got out of hand and students must know when to stop drinking. This is what she says:

It’s no secret that we students regularly enjoy a drink or three, despite being aware of the damaging effects on our health. The recent NekNomination craze has been linked to several deaths, yet students keep on bingeing. When did drinking to have fun become drinking to get drunk?²²

She also claims that students are always given advice not to mix drinks or to drink without having previously eaten something but this

²² Grubb, Sophie. 2014. “Students: let’s quit the binge drinking.” *The Guardian*, February 28th 2014. Available at: <<http://www.theguardian.com/education/mortarboard/2014/feb/28/students-binge-drinking-neknomination-stop>>. Accessed: September 20th 2015.

is actually what students do if they know it leads to drunkenness very quickly. Moreover, she stresses the fact that there is no fun in being sick because of alcohol but there is a problem with peer pressure: it may happen that, on a night people spend out without drinking, they feel the need to drink alcohol – and eventually they do so – because others ask them why they are boring and strangers tell them to be more cheerful and interact more with other people.

Another interesting point of view about binge drinking is that of head teachers, who claim that “universities are failing in their duty of care to undergraduates by ignoring the binge drinking culture and failing to help young people settle into student life”²³. In addition to that, “seven out of 10 heads conceded that schools were not doing enough to prepare young people for undergraduate life and living on their own”²⁴. However, the president of Universities UK, Professor Eric Thomas²⁵, answered back, saying that many universities provide training for staff in order to reduce the number of students at risk because they recognise that it is important to make sure that every single student has a good transition into higher education. To do so, they offer support to students through welfare officers, advice centres, hall wardens and university counselling services. Indeed, in order for students to get help, universities provide welfare services and colleges offer support through Junior Common Rooms, Welfare Officers, College Mentors and other services. He also added that binge drinking is not exclusively related to students but it is an issue for the entire society. It is true that not only students binge drink but in order for the problem not to continue when they grow older, it is important to try and find a solution. As affirmed by Apostolos Polymerou (2007: 10), colleges and universities in the UK can play an important role in order to prevent alcohol use and misuse among university students and related harm. For example, evidence shows that extracurricular

²³ Brown, Jonathan. 2013. “Universities ignoring binge drinking culture are failing to protect students’ wellbeing, say teachers.” *The Independent*, March 6th 2013. Available at: <<http://www.independent.co.uk/news/education/education-news/universities-ignoring-binge-drinking-culture-and-failing-to-protect-students-wellbeing-say-teachers-8523254.html>>. Accessed: September 20th 2015.

²⁴ *ibid.*

²⁵ *ibid.*

activities like performance activities predict lower increase in the consumption of alcohol, whereas sports give mixed results in terms of alcohol use. Furthermore, motivational interviewing (MI) – which is a client centred counselling style – has been used in order to help students decrease their alcohol consumption but the positive results seen over the first three months were not maintained at 12 months follow-up. Another example is the help given by The Healthy University Group at the University of the West of England-Bristol²⁶ which, in order to make students aware of the problem of drinking and try to teach them the importance of sensible drinking, has organised the university’s “Have a Safe Night Out” campaign. As part of it, Drinkaware, the NHS and the Police have supplied freebies like drink diaries, unit calculators and leaflets at Fresher’s Fair, whereas facilities have provided “spikeys”, which are “use once only” anti drink spiking stoppers. This campaign also involved the participation of student volunteers from “Bar School Society” who made mocktails – in other words, non alcoholic cocktails – which obtained positive feedback from the students. The Students Union have also supported this campaign and a “Staying Healthy” student services web page has been created for students to get some advice about alcohol, drugs and how to keep safe, especially during nights out. The communication methods used were posters, cards with key tips, phone numbers for taxi services and alcohol units and verbal communication at different events. A further example can be retrieved from the website of the University of Durham, where in the Welfare and support page, students can find some helpful advice to stay safe when drinking alcohol on nights out. Other than suggestions such as “try to eat before you go out and drink plenty of water or a soft drink between alcoholic drinks. Keep track of what you’re drinking as well as how much. Do

²⁶ See *Healthy Universities*. 2013: 2. “Development of ‘Have a Safe Night Out’ alcohol awareness campaign at UWE”. Available at: <http://www.healthyuniversities.ac.uk/toolkit/uploads/files/healthy_universities_case_study___uwe_alcohol_awareness_18_03_2013.pdf>. Accessed: September 20th 2015.

not leave your drink unattended”²⁷, the page contains links to the advice on drinking responsibly provided by the National Union of Students (NUS), to the NHS guide to alcohol, to several tips on responsible drinking from the website Enjoyresponsibly.co.uk and to the University Policy on Student Alcohol Awareness and Use.

Universities and colleges can also help students who suffer from alcohol-related problems including changes in performance, mood, attendance patterns, concentration and general behaviour. Such problems can be “incidents of occasional or infrequent over-indulgence which result in socially unacceptable or dangerous behaviour, but which do not indicate physical or psychological dependence”²⁸ or the continuing misuse of alcohol which repeatedly causes the students who drink to have a socially inappropriate or dangerous behaviour and/or which can impair academic performance and result in a physical or psychological dependence.

The first thing that can be done is to talk with the student who is experiencing such problems and treat the discussion sensitively. This means that the student must give consent to the staff member before passing any information to those who need to know and who can give him/her support. However, information on alcohol-related problems can be shared with a person such as a warden, a tutor, a postgraduate supervisor, the head of college or the student support team without the student’s consent but only for reasons of health and safety, emergency or public policy. A student who suffers alcohol-related problems should be advised to ask for help from one of the agencies recommended and from his/her family. Finally, “should the assistance of specialist support from outside the University be considered appropriate, the student may, but only with his/her consent, be referred to a relevant external agency, such as Alcoholics Anonymous”²⁹.

²⁷ See *Durham University*. 2015. Available at: <https://www.dur.ac.uk/undergraduate/life/welfare/safety/>. Accessed: October 23rd 2015.

²⁸ See *University of Edinburgh, Code of Practice on the Abuse of Alcohol by Students*. 2015: 3. Available at: http://www.docs.sasg.ed.ac.uk/AcademicServices/Other/Alcohol_Abuse.pdf. Accessed: November 24th 2015.

²⁹ *ibid.*: 4.

2.3.3.1 Pre-drinking

A phenomenon which is strictly connected to alcohol drinking among British university students is called pre-drinking. As a way of socialising at home and getting ready for a night out, especially before going to a club, British university students typically meet their friends and pre-drink together.

Pre-drinking, also known as pre-partying, pre-gaming, and front- or pre-loading, is the intensive pair or group consumption of alcohol in a private home prior to going out for the night, with the intention of ensuring maximum levels of intoxication. (Bancroft, 2012: 1)

Pre-drinks, which have become a very important part of British young people's drink culture and nightlife culture, usually make use of music and drinking games – in other words, games that involve the consumption of alcohol. The main reasons why students drink at home before going out are the cost of alcohol – buying alcohol from the supermarket is cheaper than buying drinks in clubs or pubs – the fun related to drinking together and playing drinking games and the desire to better enjoy certain clubs. All of these characteristics, together with the aim of ensuring that the people who have pre-drunk at home arrive at the club already drunk but not necessarily extremely drunk – or “pissed”, as they often define themselves after a night out where they have consumed very large amounts of alcohol – make pre-drinking different from the mere consumption of little alcohol before going out. As Bancroft (*ibidem*: 8) points out, citing the account of a girl's typical night out, as soon as someone enters the flat where pre-drinks are held, they are suddenly hit by “the sound of alcohol fuelled conversation, loud invasive music and the strong smell of the spirits and beer, which will no doubt be consumed with great speed and little care over the course of the evening”. As reported by Ritchie *et al.* (2009: 6), one activity that is sometimes part of the pre-drinks session is “yarding” a bottle of wine before going out to help and increase the “party spirit”. This activity consists in “drinking a bottle of wine in one go; similar to the traditional activity of downing a yard of ale in a

pub”. They also claim that peer pressure can lead people to drinking something different from what they usually consume because they have the strong desire to conform in a group of drinkers. Bancroft (2012: 10) adds that when people need taxis to reach the club, these are generally booked making sure that they arrive at least one hour after the start of the pre-drinking session. When taxis are about to arrive, generally final shots begin, then everyone rushes towards the door of the flat, ready for the night out. Even though pre-drinks often serve for social bonding, sometimes they can work against this purpose because of the behaviour of certain participants who can perhaps force someone else into drinking, with disregard for their protests. Once again, as stated by Bancroft (*ibidem*: 11), people who pre-drink usually go to clubs where customers consume large amounts of alcohol rather than illicitly using drugs, so where alcohol regulates interaction and where it would be relatively unsuitable if a member of the group was sober. Moreover, in these clubs “heterosexual encounters were to be expected, and [...] men and women tended to arrive separately and initially cluster in single-gender groups or pairs, as opposed to arriving or gathering in mixed-sex groups”. The group of friends who have pre-drunk in the flat before the night out aim to stay together when in the club but, by necessity or preference, they would eventually often split into smaller groups. The following day, after everyone has woken up and tried to recover from their hangover, people usually tell each other about what happened the night before when in the club, both because of the lack of memory due to alcohol and of the fact that they had not managed to stay in their group.

Finally, just as young males, young females like drinking alcohol but there are certain differences that need to be highlighted. According to Ward *et al.* (2011: 1), drinking habits of university students are changing, especially as far as females are concerned, and some research undertaken in 2007 and 2008 showed that females tend to spend a half to a third less money per week than men in terms of alcohol. Moreover, pre-drinks for women mainly involve the consumption of wine and are not normally carried out purely with the

aim of getting drunk but are seen as a way to socialise and a measure for personal safety and security. Indeed, the consumption of alcohol relaxes and invigorates them, and at the same time enables them to go to clubs or pubs and consume one or two more alcoholic drinks or, in certain cases, not to consume alcohol anymore during their night out.

2.4 Alcohol-related risks

The consumption and the misuse of alcohol cause many problems in the United Kingdom in terms of costs, health and risks.

According to James and Francesconi (2015: 3),

binge drinking increases the average number of daily injury-related A&E admissions by 8%, the daily mean of fatal road accidents by 50%, the average number of arrests for alcohol-related incidents by another 45%, and has a positive (albeit imprecisely estimated) effect on police officers on duty in the order of 30%.

As for costs,

the estimated cost of alcohol harm to society is £21 billion per year. Information on estimated cost to the NHS of alcohol misuse shows that it costs £3.5 billion every year, which is equal to £120 for every taxpayer.³⁰

This, like all the other problems, can be very hard to tackle.

2.4.1 Health risks and accidental death

As far as alcohol-related health risks are concerned, it is important to mention that alcohol causes serious risks like heart attack and cancer. Unlike what people generally think, it is not only alcoholics and binge drinkers that put their health at risk but also “social drinkers”, in other words people who consume alcohol within moderation and often in socially acceptable situations. As affirmed by

³⁰ See *Lifestyle Statistics, Health and Social Care Information Centre*. 2014: 31. “Statistics on Alcohol.” Available at: <<http://www.hscic.gov.uk/catalogue/PUB14184/alc-eng-2014-rep.pdf>>. Accessed: October 27th 2015.

the NHS, “most drinkers are unaware that regularly drinking more than 14 units a week can lead to a wide range of long-term health problems, including cancer, strokes and heart attacks”³¹. Indeed, long-term alcohol-related illness or death generally affect older people who drink more than 14 units a week, and every year about 15,000 people die from alcohol-related causes in England. In particular, after 10 to 20 years of regularly drinking more than the recommended weekly amount of alcohol, the type of illnesses people can develop include cancer of the mouth, throat and breast, stroke, liver disease, brain damage and damage to the nervous system. This is why

men have been advised to drink no more than seven pints of beer a week – the same as the maximum limit for women – in the first new drinking guidelines to be released by the UK’s chief medical officers for 20 years.³²

Of course this new 14-unit recommended maximum, which is unchanged for women and drops from 21 units for men and which corresponds to slightly more than nine 125 ml glasses of wine, 14 measures of spirits or seven pints of beer, will not completely avoid alcohol-related health risks. However, if men and women stick to these recommendations, it will keep the risk of cancer and liver disease low. Moreover, the guidance “recommends avoiding binge drinking by spreading the 14 units over three or more days (to avoid drunken injuries as well as long-term illness) and says everyone should have ‘several’ alcohol free days a week”³³.

Alcohol-related health risks do not only include the long term risks mentioned above but also injuries and accidents due to the fact of drinking too much alcohol too quickly on a single occasion. According to the NHS, these injuries and accidents include “head injuries, fractures, facial injuries, scarring, alcohol poisoning, heart

³¹ See *NHS Choices*. 2014. “Social drinking: the hidden risks.” Available at: <<http://www.nhs.uk/Livewell/alcohol/Pages/Socialdrinking.aspx>>. Accessed: January 23rd 2016.

³² Siddique, Haroon. 2016. “Weekly alcohol limit cut to 14 units in UK for men.” *The Guardian*, January 8th 2016. Available at: <<http://www.theguardian.com/society/2016/jan/08/mens-recommended-maximum-weekly-alcohol-units-cut-14>>. Accessed: January 23rd 2016.

³³ *ibid.*

disease”³⁴. In order to reduce these risks, people should limit their alcohol intake, drink more slowly and with food and alternate alcohol with water or non-alcoholic drinks.

Finally, alcohol can be extremely dangerous and can lead to death. According to the Department of Health, “alcohol is one of the three biggest lifestyle risk factors for disease and death in the UK, after smoking and obesity”³⁵. Evidence from the press show that in Durham three university students died in 2013 and 2014: Luke Pearce, Sope Peters and Euan Coulthard tragically ended their nights out by drowning in the River Wear. Their deaths (Luke Pearce died on 11th May 2014, Sope Peters on 29th October 2013 and Euan Coulthard on 14th January 2015) were caused by their misuse of alcohol during their night out. “Luke Pearce, 19, disappeared in the early hours of 11th May after drinking with friends and was reported missing that afternoon. He was last seen walking along the river bank away from the city centre”³⁶. As for Sope Peters, even though his death has been confirmed as accidental because the steps that caused him to stumble into the water are difficult to negotiate even when sober, “post mortem examination revealed Peters to be over the legal driving limit for alcohol [...]. No drugs were found in his system”³⁷. Moreover, Detective Sergeant Stephen Smythe said “Sope was unsteady on his feet and had been ejected from Klute night club”³⁸. The last student who died in River Wear was Euan Coulthard. Online press states that

³⁴ See *NHS Choices*. 2014. “The risks of drinking too much.” Available at: <<http://www.nhs.uk/Livewell/alcohol/Pages/Effectsofalcohol.aspx>>. Accessed: January 23rd 2016.

³⁵ See *HS Government Home Office Department. The Government Alcohol Strategy*. 2012: 3. Available at: <https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/224075/alcohol-strategy.pdf>. Accessed: August 30th 2015.

³⁶ Davies, Elliot. 2014. “Body of missing Durham student Luke Pearce found in River Wear.” *The Independent*, May 19th 2014. Available at: <<http://www.independent.co.uk/student/news/body-of-missing-durham-student-luke-pearce-found-in-river-wear-9398210.html>>. Accessed: August 28th 2015.

³⁷ Price, Julia. 2014. “Sope Peters’ death confirmed as accidental.” *The Tab Durham*, April 14th 2014. Available at: <<http://thetab.com/uk/durham/2014/04/14/sope-peters-death-confirmed-as-accidental-12730>>. Accessed: August 28th 2015.

³⁸ See *Evening chronicle*. 2014. “Death of Durham University student Sope Peters was accidental inquest hears.” *Chronicle Live*, April 9th 2014. Available at: <<http://www.chroniclelive.co.uk/news/north-east-news/death-durham-university-student-sope-6943390>>. Accessed: August 28th 2015.

he was last seen alive at around 11.50 p.m. when door staff asked him to leave the Loveshack nightclub shortly before midnight. CCTV footage captured him walking down a set of steps from Framwellgate Bridge towards the river at 12.03 a.m. on January 14th and he wasn't seen again.³⁹

Alcohol-related death can also have different causes from drowning, like alcoholic liver disease, strokes and other diseases but the three examples mentioned above represent a portion of the most terrible effect that alcohol, especially when drunk to excess, can have on people. Considering that “in England, in 2012 there were 6,490 alcohol-related deaths”⁴⁰, this phenomenon can be considered as a source of concern in the UK.

2.4.2 Violence

Alcohol misuse can be very dangerous not only in terms of health. Indeed, “isolated episodes of binge drinking don't cause liver damage [...]. The main problems come from alcohol-related violence and alcohol-related vulnerability”⁴¹. Alcohol consumption makes people more vulnerable because it can decrease their physical capacity, compromise their decision-making and make them become isolated in an unsuitable or unfamiliar location.⁴²

According to the Faculty of Public Health of the Royal College of Physicians, alcohol-related violence normally occurs on weekend nights in and around licensed premises, so just outside clubs or pubs, night-time food outlet and bus and taxi ranks, and especially physical assault can be particularly dangerous as glasses and bottles can be

³⁹ Metcalfe, Will. 2015. “Euan Coulthard inquest: Durham University student drowned after night out drinking.” *Chronicle Live*, May 12th 2015. Available at: <<http://www.chroniclelive.co.uk/news/north-east-news/euan-coulthard-inquest-durham-university-9243503>>. Accessed: August 30th 2015.

⁴⁰ See *Lifestyle Statistics, Health and Social Care Information Centre*. 2014: 30. “Statistics on Alcohol.” Available at: <<http://www.hscic.gov.uk/catalogue/PUB14184/alc-eng-2014-rep.pdf>>. Accessed: August 30th 2015.

⁴¹ See *Drinksafely*. 2015. “Binge drinking”. Available at: <<http://www.drinksafely.soton.ac.uk/BingeDrinking/>>. Accessed: September 3rd 2015.

⁴² See *Aquarius*. 2013. “Alcohol & Violence.” Available at: <<http://aquarius.org.uk/alcohol/about-alcohol/alcohol-violence/>>. Accessed: September 3rd 2015.

used as weapons. According to the Office for National Statistics, in 2013/14 “there were 1.3 million incidents of violence against adults in England and Wales. Victims perceived the offender(s) to be under the influence of alcohol in 53% of these, equivalent to an estimated 704,000 violent incidents”⁴³. Also, alcohol-related violent incidents involved more male victims than females (62% male victims and 28% female victims). Furthermore, it is interesting to notice how the proportions of alcohol-related violence increased as the evening progressed. The Office for National Statistics reports that on average 23% of the alcohol-related violent incidents happen between 12:00 and 18:00, 52% between 18:00 and 22:00, 83% between 22:00 and 00:00 and 84% between 00:00 and 06:00. Finally, statistics from the same source demonstrate that 70% of the alcohol-related incidents of violence that occurred in a week happened at weekend, from Friday at 18:00 to Monday at 06:00, whereas only 35% of them happened during the week, from Monday at 06:00 to Friday at 18:00.

2.4.3 Drink spiking

Other than binge drinking, a phenomenon which is strictly connected to alcohol-related risks is drink spiking. The term drink spiking comes from the verb “to spike”, which is defined by *Oxford Dictionaries* as to “add alcohol or a drug to contaminate (drink or food) surreptitiously”⁴⁴, by *Longman Dictionary of Contemporary English* as “to secretly add strong alcohol or a drug to someone’s drink or food”⁴⁵ and by *Macmillan Dictionary* as “to secretly put an illegal

⁴³ See *Office for National Statistics*. 2015: 3. “Crime Statistics, Focus on Violent Crime and Sexual Offences, 2013/14”. Available at: <<http://www.ons.gov.uk/ons/rel/crime-stats/crime-statistics/focus-on-violent-crime-and-sexual-offences--2013-14/index.html>>. Accessed: September 3rd 2015.

⁴⁴ See *Oxford Dictionaries*. “Spike”. Available at: <<http://www.oxforddictionaries.com/definition/english/spike>>. Accessed: November 8, 2015.

⁴⁵ See *Longman Dictionary of Contemporary English*, “Spike”. Available at: <http://www.ldoceonline.com/dictionary/spike_2>. Accessed: November 8th 2015.

drug into a drink or food”⁴⁶. According to Hull University Counseling advice on Drink Spiking,

when a drink is spiked it means that alcohol or drugs (illicit or prescription) have been added to the drink without the persons knowledge or approval. The substance can be added to any drink including soft drinks, juice, water or alcohol. The practice is illegal and potentially deadly to the person whose drink is spiked.⁴⁷

As stated by the Hull University Counseling advice on Drink Spiking⁴⁸, the reasons for people to spike someone else’s drink may vary: the perpetrator may want the victim to be vulnerable for reasons like sexual assault and robbing or just for a joke, to see the effect that the drug or alcohol will have on the victim. Moreover, there have been cases where people have spiked their friends’ drinks in order for a party to be more exciting. However, if the victim of drink spiking dies because of the drug, the perpetrator could face a murder charge.

Unfortunately, it is not possible to reliably understand the extent of the crime in the UK, as many victims do not report it out of embarrassment, shame or memory loss. This is the reason why there are no official national statistics.

The symptoms of drink spiking depend on what has been used to spike the victim’s drink, on the victim’s size and weight and on the amount of alcohol they have already consumed. Such symptoms could include “lowered inhibitions, loss of balance, visual problems, confusion, nausea, vomiting, unconsciousness”⁴⁹.

In order to check if a drink has been spiked, it is possible to buy a Check Your Drink Test Pack. “Check Your Drink uses a special strip to test for GHB and Ketamine, which are the two most widely used

⁴⁶ See *Macmillan Dictionary*. “Spike”. Available at: <http://www.macmillandictionary.com/dictionary/british/spike_2>. Accessed: November 8th 2015.

⁴⁷ See *Hull University Counseling Advice on Drink Spiking*. 2004. “What Happens When a Drink is Spiked?” Available at: <<http://www2.hull.ac.uk/student/wellbeing/self-help.aspx>>. Accessed: October 27th 2015.

⁴⁸ *ibid.*

⁴⁹ See *Drinkaware*. 2005. Available at: <<https://www.drinkaware.co.uk/check-the-facts/effects-on-your-safety/drink-spiking-and-date-rape-drugs>>. Accessed: September 3rd 2015.

drink-spiking drugs”⁵⁰. In case of suspected drink spiking, all the victim has to do is dab each patch with alcohol from their drink: if one of the two drugs mentioned above is detected, the patches will turn either red or blue.

Drinks can be spiked using alcohol in case they are non-alcoholic drinks or using drugs. Alcohol can be added to soft drinks and used for the same purpose as drugs. The sweetness of the drink or its strong flavour can mask the spiking of the drink with alcohol, which will make the victim feel extremely drunk and confused. As for drugs, the ones used for spiking drinks are more commonly known as “date rape drugs” because of the impossibility for people who take them to resist a sexual assault and are controlled under the 1971 Misuse of Drugs Act, apart from alcohol and GBL – gamma-butyrolactone⁵¹. According to the NHS⁵², the drugs start to take effect within 15-30 minutes of being taken and their effects can last three to seven hours. The most common date rape drugs are GHB (gamma-hydroxybutyrate) and GBL, tranquillisers such as valium and rohypnol and ketamine. GHB and GBL usually come in liquid form and a very small amount of one of them is enough to be effective. They are odourless and colourless, and their taste is slightly salty or bitter. The effects they have on the victim of spiking are poor motor coordination, hallucinations and short-term coma. On the other hand, tranquillisers, of which the most common are benzodiazepines, are sometimes used by people who suffer from anxiety or insomnia: they normally come as tablets and have a relaxing effect on people who take them. Ketamine is an anaesthetic that comes in liquid form when legally sold and in a grainy white powder or a tablet when illegally sold: its effects on people who

⁵⁰ Goodchild, Sophie. 2014. “£2.50 kit tests if your drink has been spiked with date-rape drug.” *Evening Standard*, December 17th 2014. Available at: <<http://www.standard.co.uk/news/health/250-kit-tests-if-your-drink-has-been-spiked-with-date-rape-drug-9930227.html>>. Accessed: September 3rd 2015.

⁵¹ See *Advisory Council on the Misuse of Drugs*. 2007: 11. “Drug Facilitated Sexual Assault”. Available at: <https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/119111/ACMDDFSA.pdf>. Accessed: September 3rd 2015.

⁵² See *NHS choices*. 2014. “Drink spiking and date rape drugs”. Available at: <<http://www.nhs.uk/Livewell/abuse/Pages/drink-spiking.aspx>>. Accessed: September 3rd 2015.

take it are hallucinations, amnesia, confusion or the feeling that their mind is separate from their body.

According to Greene *et al.* (2007: 755), research carried out on 82 patients from inner city London showed that sedative drugs are probably not as commonly used to spike drinks as portrayed by the media, because they were only detected in 3% of cases. The toxicological screening which was undertaken on blood and urine samples included “cocaine, methylenedioxymethamphetamine (MDMA or ecstasy), cannabis, benzodiazepines, amphetamines, ketamine, barbiturates, opiates, opioids, GHB, and ethanol”, so it could be suggested that such drugs are among the most common in terms of drink spiking, and ethanol was detected in the large majority of participants (89.7%).

The phenomenon of drink spiking can surely be avoided in many ways, and a number of websites give advice on how to do so. Sometimes, drink stoppers for the top of bottles are provided in pubs or clubs in order to prevent someone from spiking other people’s drinks by dropping something in it or can be bought elsewhere. For example, “Spikey”, the “use once only” anti drink spiking stopper glows in the dark and contains a hole in the top which can only fit a straw through. Despite the use of drink stoppers, it would be advisable to observe the guidelines provided by the NHS⁵³: people should keep their drink in their hand instead of leaving it unattended on a surface, stick to bottled drinks and hold their thumb over the opening, keep an eye on their friends’ drinks, never accept a drink from people they do not know or do not trust and never share or exchange their drinks or drink leftover drinks; moreover, they should prefer bottled drinks rather than drinks in a glass, which could be spiked more easily, stay away from situations they do not feel comfortable with, never deliver too much information to people they have just met and never show off mobile phones or other pieces of expensive equipment; finally, they should never forget that if they have already been drinking, they will

⁵³ See *NHS choices*. 2014. “Drink spiking”. Available at: <<http://www.nhsdirect.wales.nhs.uk/encyclopaedia/d/article/drinkspiking/>>. Accessed: September 3rd 2015.

be more vulnerable.

In the event of someone's drink being spiked, the victim of such crime should remember that they need to give the police blood or urine samples as soon as possible. The perpetrator of this criminal offence can be sentenced for up to ten years in prison.

2.4.4 Rape

Finally, there is also evidence that rape is an issue in the UK, especially at university. Radhika Sanghani writes about this crime in *The Telegraph*⁵⁴, where she reports having had a conversation with Fiona Smailes, a Durham University graduate who is currently working for the student campaign named *It Happens Here*, "which aims to raise awareness about sexual assault at universities"⁵⁵. According to what Smailes told her, there actually is a rape culture at university, and alcohol is one of the reasons behind it. As Nicole Westmarland, the co-director of Durham University's centre for research into violence and abuse, highlights, rape cases can involve alcohol but alcohol does not necessarily cause rape.

The worrying problem with sexual assault among university students is that most times the perpetrator claims that what he was doing was not rape but just fun. Smailes adds that "there's still this attitude you go to uni and the law doesn't apply. You're there for three years to have fun, then you have to be an adult. Rape isn't really rape when you're at university"⁵⁶. What she reports is really worrying. However, even though only 15% of rapes are reported to the police, more and more women are speaking up about this crime, so that something can be done to tackle it and in order for people to be able to

⁵⁴ Sanghani, Radhika. 2014. "Rape isn't really rape when it happens at university. Is this really the view of some students?" *The Telegraph*, May 8. Available at: <<http://www.telegraph.co.uk/women/womens-life/10816682/Rape-isnt-really-rape-when-it-happens-at-university.-Is-this-really-the-view-of-certain-students.html>>. Accessed: August 25th 2015.

⁵⁵ *ibid.*

⁵⁶ *ibid.*

realise that rape actually is rape, also when it happens at university.

As far as alcohol-related sexual assault is concerned, it must be considered that sometimes it is the perpetrator who is drunk but sometimes the person who is under the effect of alcohol might be the victim of violence. Men use alcohol as an excuse for their behaviour and also in order to incapacitate the women they assault.

Basically, the main problem regards the issue of consent. According to the campaign *It Happens Here*, consent is affirmative – which means that the fact that the person does not say “no” does not mean that they are giving their consent but a “yes” is necessary instead – active – which means that silence is not consent – and freely given. Furthermore, people can revoke their consent at any time and “can’t give consent if they’re unconscious or incapacitated by drugs or alcohol”⁵⁷. This confirms the fact that women under the effect of alcohol cannot give consent, therefore they are unfortunately more at risk of being raped, which explains why women are usually “urged to modify their behaviour by abstaining or drinking less, and thus accommodate the danger posed by predatory men”⁵⁸.

A particular kind of alcohol-related sexual assault is the one caused by drink spiking, in particular by the use of the so-called date rape drugs, which were previously mentioned and analysed. This type of crime – which is a specific crime, since 2003 “Sexual Offences Act [...] makes it an offence to administer any drug with intent to stupefy or overpower a person so as to commit a sexual offence against them”⁵⁹ – is more commonly known as drug facilitated sexual assault.

Drug facilitated sexual assault is a significant problem in Britain and, according to the UK Advisory Council on the Misuse of Drugs, it is possible to make a distinction between proactive drug facilitated

⁵⁷ See *It Happens Here*. 2013. “Sharing stories of sexual violence at Durham.” Available at: <<http://ithappenshere-durham.tumblr.com/facts>>.

Accessed: August 26th 2015.

⁵⁸ See *This is not an invitation to rape me*. 2015. “Drinking”. Available at: <http://www.thisisnotaninvitationtorapeme.co.uk/drinking#.VgH31N_tdBd>.

Accessed August 26th 2015.

⁵⁹ See *Advisory Council on the Misuse of Drugs*. 2007: 10. “Drug Facilitated Sexual Assault”. Available at:

<https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/119111/ACMDDFSA.pdf>. Accessed: September 3rd 2015.

sexual assault and opportunistic drug facilitated sexual assault. The former regards “the covert or forcible administration of an incapacitating or disinhibiting substance by an assailant for the purpose of sexual assault” (Olszewski, 2008: 3), whereas the latter refers to “sexual activity with someone who is profoundly intoxicated by his or her own actions to the point of near or actual unconsciousness” (*ibidem*). However, the definition given by the UK Advisory Council on the Misuse of Drugs in 2007 brings the two definitions together, stating that drug facilitated sexual assault includes “all forms of non-consensual penetrative sexual activity whether it involves the forcible or covert administration of an incapacitating or disinhibiting substance by an assailant, for the purposes of serious sexual assault: as well as sexual activity by an assailant with a victim who is profoundly intoxicated by his or her own actions to the point of near or actual unconsciousness”⁶⁰.

It is very hard to tell whether date rape is caused by drugs or not, because sometimes the victim has simply drunk so much alcohol that she thinks her drink has been spiked. Because of that, now people and authorities tend to automatically accuse victims of having drunk too much instead of admitting that drink spiking really happens⁶¹, and date rape drink spiking is just seen as an “urban legend” by academics and researchers⁶². This general opinion is also due to the fact that the gap between men and women in terms of alcohol intake has narrowed a lot over the past few years, so nowadays women drink almost as much as men. Despite the fact that they are always getting advice on how to avoid drink spiking, instead of taking precautions, according to a survey regarding 500 females aged 18-34, 45% of women leave their drinks unattended on nights out, which is a behaviour that can lead to

⁶⁰ *ibid.*: 5.

⁶¹ Young-Powell, Abby. 2014. “Drink spiking: victims don’t report and the crime goes unpunished.” *The Guardian*, August 23rd 2014. Available at: <<http://www.theguardian.com/education/2014/aug/23/drink-spiking-victims-dont-report-crime-unpunished>>. Accessed: August 26th 2015.

⁶² Adam, Stephen. 2009. “Date-rape drink spiking ‘an urban legend’.” *The Telegraph*, October 27th 2009. Available at: <<http://www.telegraph.co.uk/news/uknews/crime/6440589/Date-rape-drink-spiking-an-urban-legend.html>>. Accessed: August 26th 2015.

drink spiking and rape⁶³. Finally, drug facilitated sexual assault can not only cause emotional and psychological trauma but also sexually transmitted infections and unwanted pregnancies, which lead to more problems and, of course, costs (Shepherd *et al.*, 2005: 3).

2.5 Alcohol strategies

As demonstrated in the previous sections, Britain has a huge problem with alcohol and something must be done in order to decrease the percentages of alcohol-related crime and to tackle alcohol-related phenomena, such as binge drinking and drink spiking. Various campaigns against alcohol have already been set up.

First of all, the universities of Loughborough, Nottingham, Swansea, Brighton, Manchester Metropolitan, Liverpool John Moores and Royal Holloway are involved in a project which aims to create an evening café culture. Judith Burns, an Education reporter for *BBC News*, stated that the crime prevention minister Norman Baker had committed £90,000 into this project and that this strategy involved for institutions a list of criteria, which included “limiting the sale, promotion and advertising of alcohol, ensuring subsidised bars also sell low-priced non-alcoholic drinks, limiting or preventing alcohol-related initiation ceremonies and action to tackle pub crawls and social media drinking games”⁶⁴. Furthermore, every six months, particularly during freshers’ week, student unions would organise at least one quality mainstream social event where alcohol would not be sold and universities would have to collaborate with off-campus licensed premises and retailers in order to encourage sensible drinking and to make people aware of the dangers of excessive alcohol consumption.

⁶³ Greenaway, Naomi. 2015. “‘I was hallucinating and talking gibberish’: Student reveals her drink spiking nightmare as research reveals nearly HALF of women leave beverages unattended on nights out.” *Daily Mail*, May 1st 2015. Available at: <<http://www.dailymail.co.uk/femail/article-3062918/Student-reveals-drink-spiking-nightmare.html>>. Accessed: August 26th 2015.

⁶⁴ Burns, Judith. 2014. “University campaign to counter binge-drinking culture.” *BBC News*, May 28th 2014. Available at: <<http://www.bbc.com/news/education-27589939>>. Accessed: August 30th 2015.

In other words, the Home Office wants students to swap binge drinking for a café culture which, according to Radhika Sanghani, will never exist: the reason why she thought this project would fail is that drinking moderately is not British and is not part of British students lives⁶⁵. Unfortunately, there is no evidence to prove whether or not this project has failed, as it is very recent and nothing has been published about it yet.

As for the Government, an alcohol strategy was set up in 2012, explaining that the problem of alcohol developed because of cheap alcohol – which was too readily available, hence the increase of people drinking to excess at home, especially before nights out, because of the fact that previous governments had not managed to tackle the problem and because the individuals had not been made completely aware that alcohol could cause harm. The alcohol strategy of the Government involves the introduction of a minimum unit price (MUP) for alcohol, which means that “for the first time ever in England and Wales, alcohol will not be allowed to be sold below a certain defined price”⁶⁶ and a ban on multi-buy promotions in shops, “meaning that multiple bottles or cans could not be sold cheaper than the multiple of one bottle or can”⁶⁷. Furthermore, the Government has decided to double the maximum fine for persistently selling alcohol to people under 18 to £20,000 and to make it easier to close premises that are found to be persistently doing so. Moreover, Alcohol Strategy also implies a support of NHS Trusts and Foundation Trust to work with the police in order to take the appropriate action, and accredited staff will have powers “to issue Penalty Notices for Disorders (£80 fines) to those individuals whose drunken behaviour is likely to cause

⁶⁵ Sanghani, Radhika. 2014. “Why a café culture will never replace binge drinking in Britain’s universities.” *The Telegraph*, May 28th 2014. Available at: <<http://www.telegraph.co.uk/women/womens-life/10860107/Why-a-cafe-culture-will-never-replace-binge-drinking-in-Britains-universities.html>>.

Accessed: August 30th 2015.

⁶⁶ See *HS Government Home Office Department. The Government Alcohol Strategy*. 2012: 7. Available at:

<https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/224075/alcohol-strategy.pdf>. Accessed: August 30th 2015.

⁶⁷ *ibid.*

harassment, alarm or distress”⁶⁸. Furthermore, the Government has decided to take action in order to make sure that local areas can tackle local problems, reduce local alcohol-related crime and tackle health inequalities, so for example hospitals will be asked to share non-personal confidential information with the police, in particular information on the date, location and kind of assault. Finally, they will support industry in order to help it and change individual drinking behaviour and they will support individuals so that they can make informed choices in terms of responsible drinking. Of course, the responsibility for reducing harm does not only belong to the Government but it is shared with individuals, families, communities and the alcoholic drinks industry.

As for Scotland, in June 2012 the 2012 Alcohol (Minimum Pricing) Act 2012 set the introduction of a minimum price of 50p per alcohol unit, whereas Wales has recently proposed a new law to set the MUP at 50p per unit⁶⁹ and England is apparently still deciding its MUP because there have been problems with it. In order to try and sort things out, the Government has delayed the decision for the English minimum unit pricing and set up on 28th May 2014 a ban on the sale of alcohol below cost price, which “resulted in a significantly lower minimum unit price per unit than the 45p originally proposed”⁷⁰.

A new idea that could help and reduce alcohol-related crime has been launched by the Home Office and consists in the so-called “booze bracelets”. These ankle tags will be worn by offenders in order to detect their sweat and test for alcohol levels every 30 minutes. If a trace is found, the offender’s probation officer will be alerted and the offender will be recalled to court in order to be fined or jailed. “If an offender manages 120 days without drinking, they will receive no

⁶⁸*ibid.*: 13.

⁶⁹ Smith, Mark. 2015. “New plans for a 50p minimum price for a unit alcohol in Wales are unveiled... but how much would your tippie cost?” *Wales Online*, July 15th 2015. Available at: <<http://www.walesonline.co.uk/news/health/new-plans-50p-minimum-price-9656074>>. Accessed: September 2nd 2015.

⁷⁰ See *UK Parliament*. 2015. “Proposing a minimum price for alcohol?: Key issues for the 2015 Parliament.” Available at: <<http://www.parliament.uk/business/publications/research/key-issues-parliament-2015/health/alcohol-pricing/>>. Accessed: September 2nd 2015.

further punishment for their original crime beyond a police caution. Offenders will be required to be at home at certain times of the day usually twice – so a base station can get readings from the tag and transmit them to a monitoring centre”⁷¹.

As far as young people are concerned, youth action plans have been set up in order to avoid alcohol-related problems. The *Youth Alcohol Action Plan* sets out the measures that the Government will take. There are three ways for the Government to address drinking by young people. First of all, the Government will work “with police and the courts to stop underage drinking by making it clear that unsupervised drinking by young people under the age of 18 in public places is unacceptable” (Donaldson, 2009: 29). In addition, it will recognise that parents and families are responsible for young people who drink at home but will provide clearer information for young people and their parents about the risks that the consumption of alcohol may cause to children and young people in terms of health. Finally, according to Donaldson, the Government will work “with the alcohol industry to continue the good progress made to reduce the sale of alcohol to under-18s but also in marketing and promoting alcohol in a more responsible way”.

Finally, as affirmed by Donaldson (2009: 32), the Government provides schools with guides in order to formulate a response to all substances used, including alcohol. As affirmed by Donaldson, there are a few key recommendations. First of all, schools should “increase parents’ and carers’ knowledge and skills about drug and alcohol education and prevention, enabling them to better inform and protect their children”. Then, they should make personal, social and health education (PSHE) a statutory subject so that schools and colleges can promote well-being effectively and improve the quality of drug and alcohol education. Finally, schools should improve their support for young people who are at risk of drug misuse.

⁷¹ Macfarlan, Tim. 2015. “Drunken jobs to be forced to wear ‘booze bracelet’ ankle tags that alert probative officials if they have consumed alcohol after successful pilot scheme.” *Daily Mail*, July 5th 2015. Available at: <<http://www.dailymail.co.uk/news/article-3149829/Booze-bracelet-ankle-tags-worn-Lindsay-Lohan-come-UK.html>>. Accessed: September 2nd 2015.

3. THE SURVEY

3.1 Recruitment

In order to better understand the drinking habits of British university students, especially in terms of first approach to alcohol, frequency of alcohol drinking, average alcohol consumption, drinking games, pre-drinking, binge drinking and, to a lesser extent, drink spiking, and the risks related to alcohol abuse and misuse, a survey was conducted in February 2015 in Durham (UK) in the form of a series of qualitative semi-structured face-to-face interviews. In particular, the qualitative face-to-face interview method was chosen so that the interviewees could have the chance to expand their answers and the interviewer could better investigate their opinions and experience on the topic.

The choice of the sample was based on the aim of the interview: since the objective was an insight into the drink culture of British university students, the people who took part in the survey were both British university students and the adults who were more likely to observe university students before, during and after their nights out, hence college porters and pub and bar staff and landlords.

The participants were interviewed either during the day or in the evening, especially students during their nights out and night porters. The students – 15 males and 15 females – were recruited in college bars, Durham Students' Union bar, pubs, private houses in case they were friends or through networking. Both undergraduate and postgraduate students were interviewed as long as they were home students. This was because the aim of the dissertation was to find out the drinking habits of British university students, as there is a slight difference between the drinking habits of British students and the ones of university students in Britain, including international students, who

probably have a different drink culture. As for the adults who were not students but closely connected to students activities, they were interviewed at work during or immediately after their shifts: 15 college porters were recruited in college, by previously asking for permission to college operations managers, whereas 15 pub and bar landlords and staff were recruited in the pubs and bars where students were more likely to go to, so pubs and bars in town, especially the ones that offered student discounts.

The interviews were totally anonymous and every interviewee was given an informed consent form to read, fill in and sign before the interview would start, in order for them to be completely aware that the interview would have been recorded, transcribed and absolutely anonymous, that they would have had the right to decide not to answer certain questions or to stop the interview at any time. As reported in the consent form that the interviewees had to read, fill in and sign, (see Appendix A.1), every interview was recorded and transcribed.

The questions for the students were different from the ones for the college porters and pub and bar landlords and staff, except for a few of them which were exactly the same. This was due to the fact that the questions for the students were mainly focused on their drinking habits and experience in terms of binge drinking and drink spiking, whereas the questions for the college porters and pub and bar landlords and staff were mainly focused on their opinion about the drinking habits of British university students. As for the questions they had in common, they were based on their knowledge and opinion in terms of alcohol-related risks such as sexual assault, physical assault and robbery and of alcohol-related crimes such as binge drinking and drink spiking in Britain. The anonymous interviews lasted about 5-10 minutes on average, except for two of them that lasted up to 25 minutes.

The difficulties encountered during the transcription of the interviews were mainly caused by background noise and music but this did not alter the understanding of the answers. Moreover, sometimes people tended not to answer the questions completely,

maybe because they were allowed to do so as stated in the informed consent form they had read and signed before the interview or probably because they simply did not know what to answer. Finally, some people, especially college porters and pub and bar landlords and staff, seemed to be very concerned when discussing alcohol-related risks, which could mean that they actually are serious risks in their opinion, and sometimes students laughed out of embarrassment when answering questions about their drinking habits, especially the ones related to the average consumption of alcohol every time they drink and their average weekly frequency of alcohol drinking.

3.2 The interviews

In this session, the results of the survey will be presented and divided in two main categories: students and non-student adults yet closely related to students activities. In addition, each category will be further divided in a number of sub-categories that group together various questions about similar topics.

3.2.1 The sample

The sample consisted of thirty British university students from the University of Durham (UK) and thirty adults outside the students population yet closely connected to students activities. Although there was a genre proportion among the students (50% males and 50% females), there was not a well-defined proportion in terms of age, the students going from first year undergraduates to postgraduates. As for the non-students, two categories of people were interviewed: 15 of them were college porters and the remaining 15 were pub and bar staff and landlords.

3.2.1.1 Students

Socio-demographic data

The first questions the students were asked aimed at recording their socio-demographic data. Therefore, they were asked what year they were in at university and whether they lived in university halls of residence or in private houses with other students. There were 15 males and 15 females: 2 first year undergraduate students, 13 second year undergraduate students, 7 third year undergraduate students and 8 postgraduate students. 6 of the students lived in university halls of residence, whereas the remaining 24 lived in private houses or flats with other students.

Reasons for alcohol drinking

The students were asked the reasons why they drank alcohol, and different answers were given (see Figure 1). 26 students reported drinking to socialise, make friends, have more fun, better enjoy nights out in clubs and fit in, thus considering alcohol as a social lubricant, in other words as something that helps people feel more comfortable in situations involving social interaction. This was immediately followed by a cultural reason: 7 students stated that alcohol drinking is expected to be a common activity among British university students as part of the culture of studying at university, meaning that the British culture expects university students to be alcohol drinkers. 6 students, then mentioned alcohol drinking as a way to relax and forget about their problems. 3 students affirmed that alcohol can also build up people's confidence. Moreover, 2 students, so the minority of them reported drinking to get drunk, thus giving very little importance to drunkenness as a reason for drinking. Finally, 1 student mentioned peer pressure as a reason for students to drink alcohol and another male said that students like drinking alcohol because they like its taste.

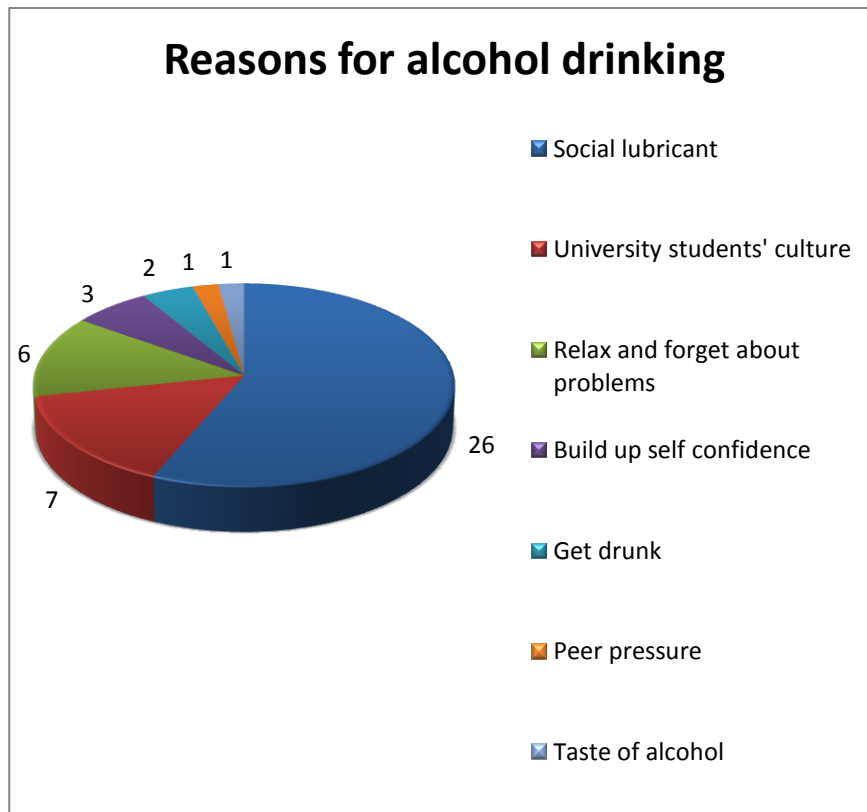


Figure 1: Reasons for alcohol drinking

First and last approach to alcohol

The students were also asked when they had first tasted alcohol and when was the most recent time they had drunk any alcohol (see Figure 2a/b).

The first approach the students had to alcohol was not always at a very young age. Sometimes the answers given were not accurate, as a few students could not exactly remember the age they were when they first tasted alcohol. 11 students (8 males and 3 females) reported drinking alcohol for the first time when they were 13 or younger, 17 students (7 males and 10 females) first approached alcohol when they were 14 to 18 and 2 females affirmed their first approach to alcohol was at a younger age but did not specify the age.

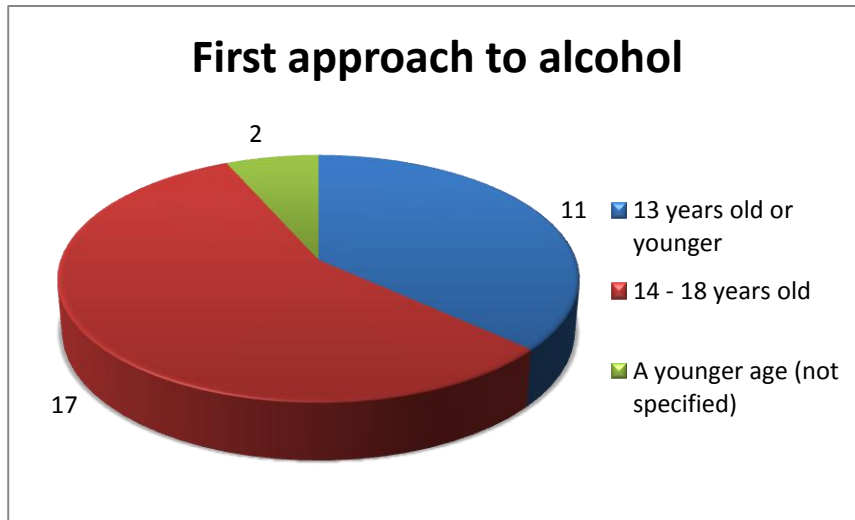


Figure 2a: First approach to alcohol

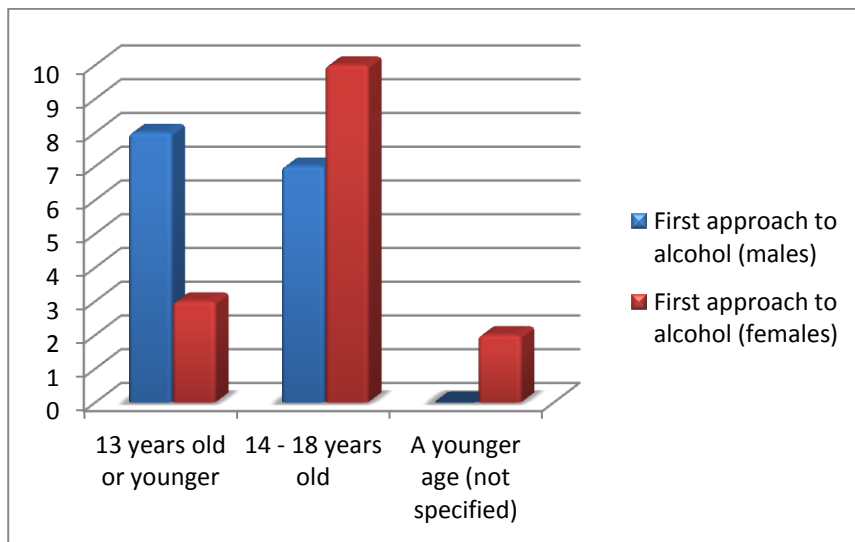


Figure 2b: First approach to alcohol

As for the most recent time the students interviewed had drunk alcohol, the results can be divided into three groups: very recently – in other words, on the day they were interviewed or the day before – 2 to 7 days before the interview and more than one week before the interview, up to one month before (see Figure 3a/b). 12 students (6 males and 6 females) said they had last drunk the day before or on the same day of the interview. 15 students (9 males and 6 females) then, reported having drunk more recently 2 to 7 days before the interview, whereas finally 3 female students admitted to having last drunk more than one week before the interview, up to one month before.

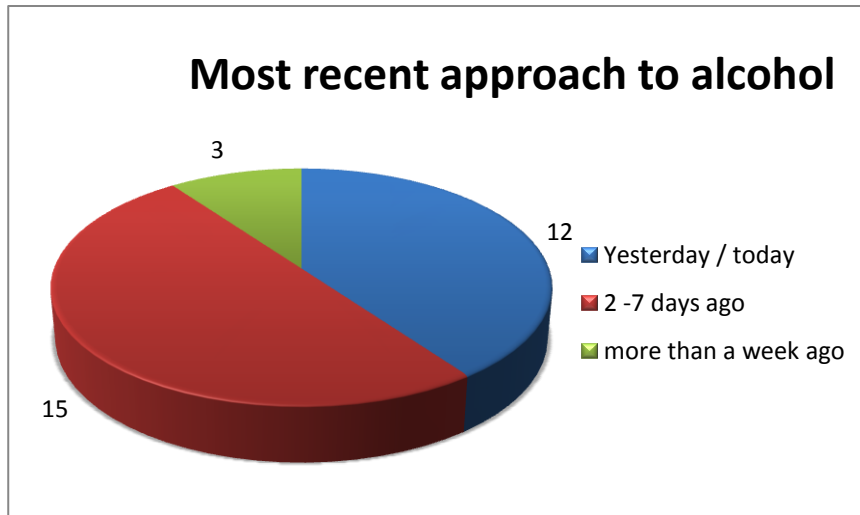


Figure 3a: Most recent approach to alcohol

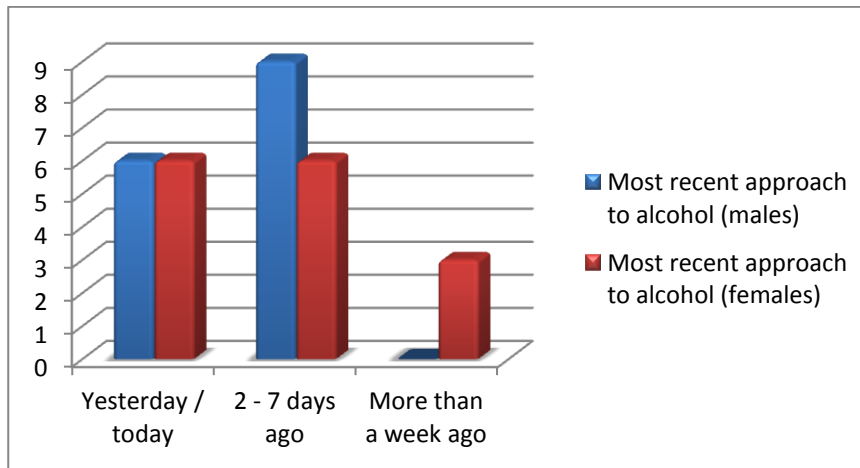


Figure 3b: Most recent approach to alcohol

Weekly frequency of alcohol intake

Another question the students were asked was how often they usually drank (see Figure 4a/b). The large majority of the students – 19 of them – reported drinking once or twice a week, in particular 8 males and 11 females. 6 students, then, said they drink two to three times a week, in particular 3 males and 3 females. 3 males admitted drinking alcohol more than three times a week and a minority (1 male and 1 female) stated they do not consume alcohol on a weekly basis.

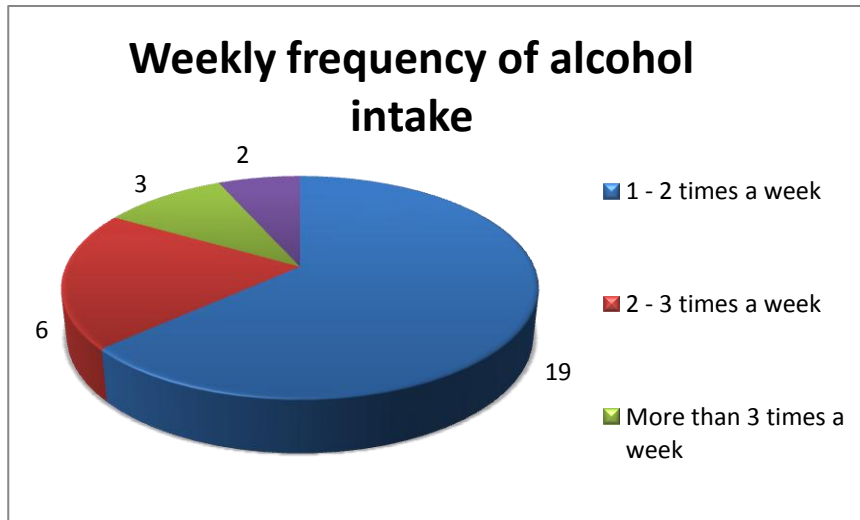


Figure 4a: Weekly frequency of alcohol intake

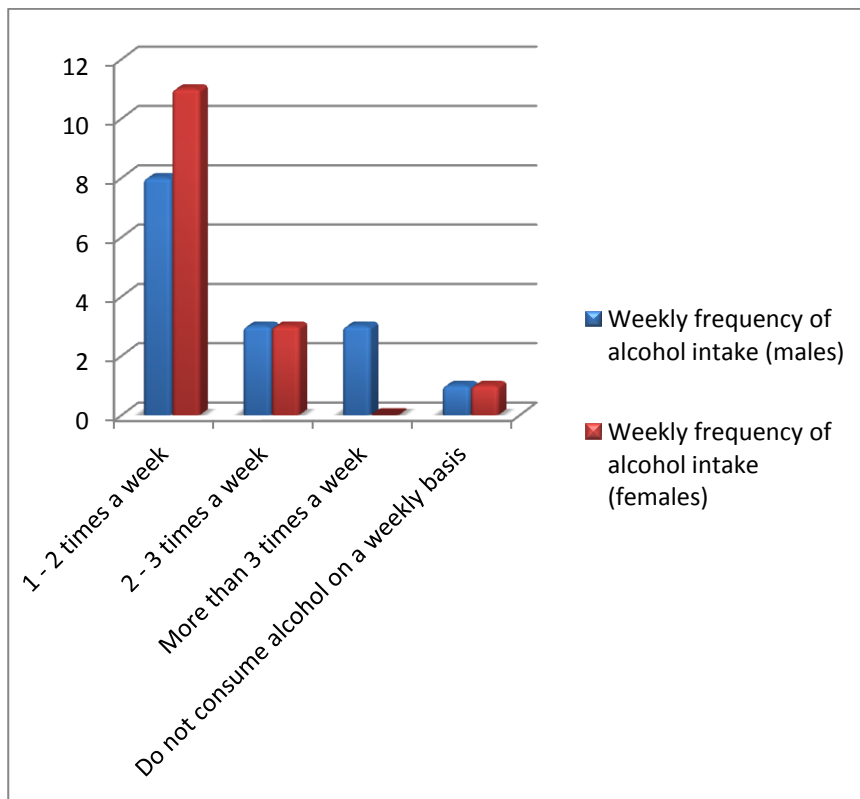


Figure 4b: Weekly frequency of alcohol intake

Average alcohol intake and type of alcoholic drink consumed

Moreover, the students were asked about the average quantity of alcohol they usually consume every time they drink and the type of alcohol they usually consume.

It is difficult to discuss the average alcohol intake of the students properly for every time they drink because they normally talked about number of drinks, whereas a few of them mentioned alcohol units,

pints or quantities related to bottles of wine or vodka. The students can be divided in three groups: the ones who reported drinking three or less than three drinks, the ones who drink four to six drinks and the ones who drink seven or more drinks (see Figure 5a/b). 11 students (5 males and 6 females) stated they normally drink three or less than three drinks, 13 students (6 males and 7 females) affirmed they normally drink four to six drinks and 4 males and 2 females reported drinking usually seven or more drinks.

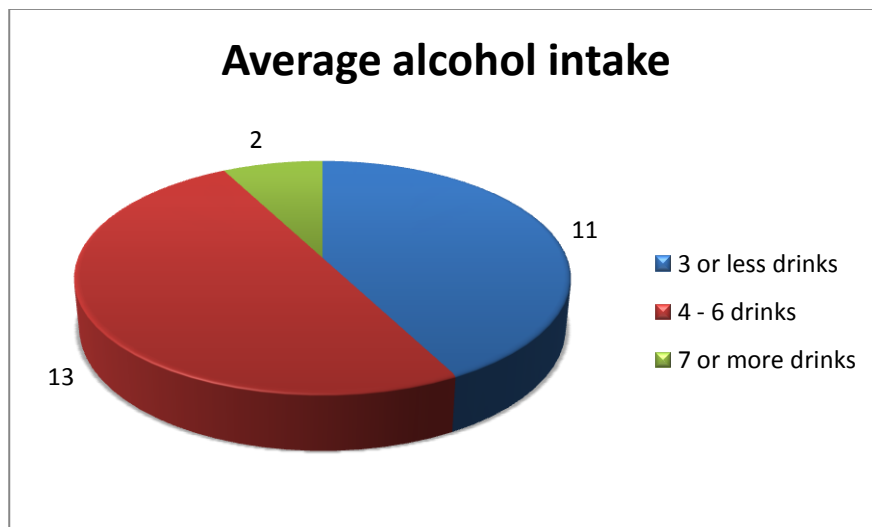


Figure 5a: Average alcohol intake

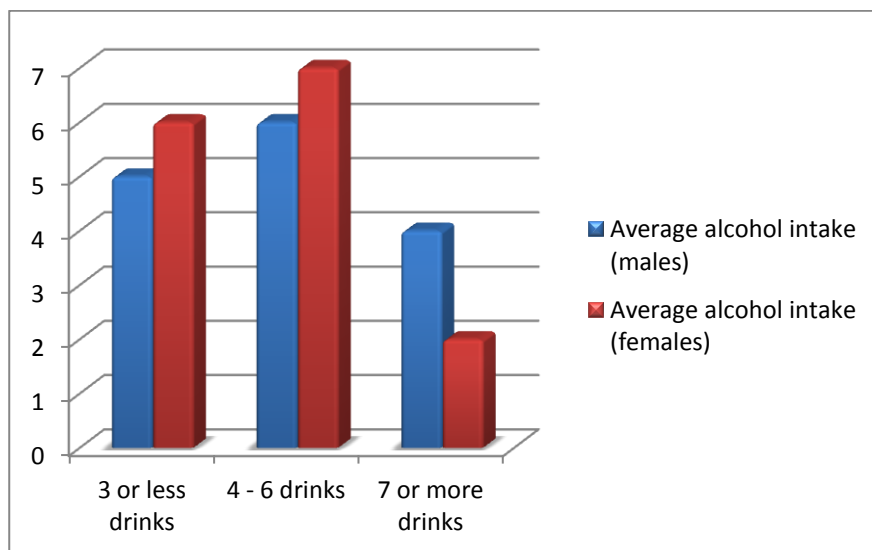


Figure 5b: Average alcohol intake

As far as the type of alcohol that British university students drink is concerned, multiple answers could be given (see Figure 6a/b). 13

students (12 males and 1 female) reported drinking beer. 8 males and 9 females stated they usually drink spirits (as for the females, the majority of them said they drink spirits with a mixer, which was not mentioned by the males). Wine was mentioned by 16 of the students, in particular 7 males and 9 females. 4 students also stated that they drink cider, in particular 2 males and 2 females. Finally, jägerbombs – bomb shot mixed drinks, which were originally mixed by pouring a shot of Jägermeister into a glass of beer but which have recently become more popular with energy drinks such as Red Bull – were only mentioned by 1 male student and cocktails were mentioned by 2 students, in particular 1 male and 1 female.

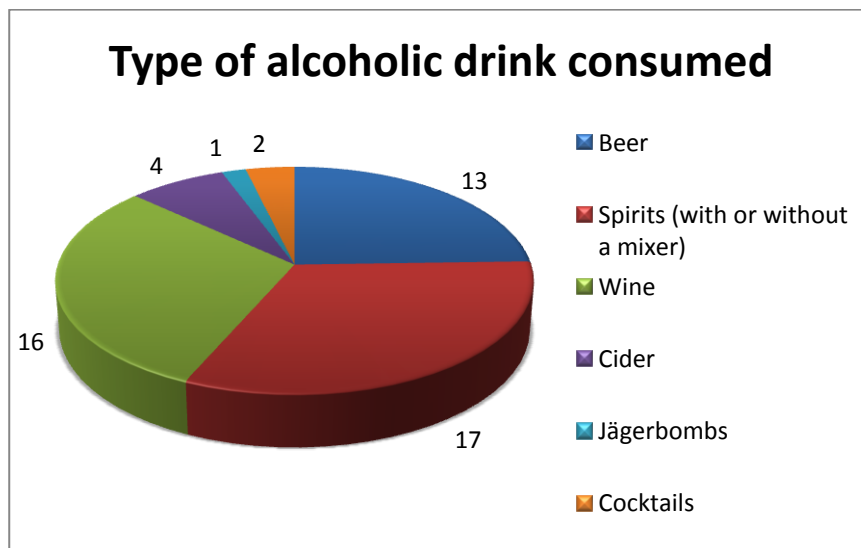


Figure 6a: Type of alcoholic drink consumed

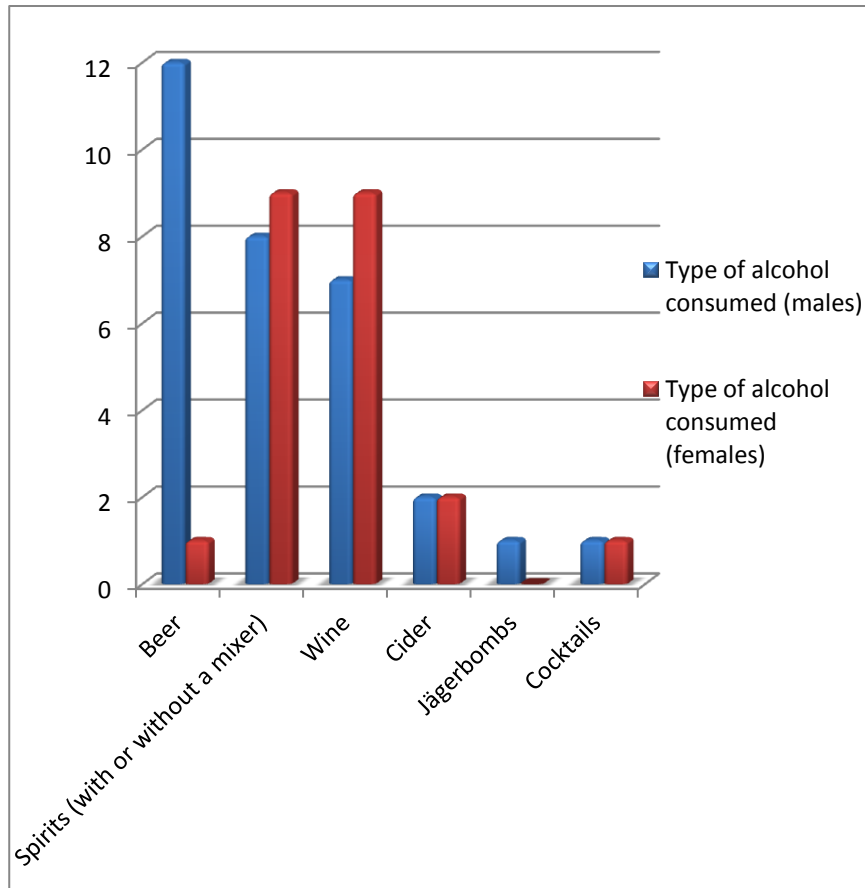


Figure 6b: Type of alcoholic drink consumed

Students' drinking habits: differences between "livers in" and "livers out"

"Livers out", i.e. the students who did not live in university halls of residence but in houses or flats shared with other students, were asked whether or not they could find any difference between the drinking habits they had when they lived in university halls of residence (so when they were "livers in") and the ones they had now they lived out (see Figure 7). They were also asked to explain their answer.

24 students were "livers out" and they were the only ones who were asked the question mentioned before. 4 "livers out" affirmed the drinking habits they had when they lived in university halls of residence were not different from the ones they had now they lived out. 3 students said they drank more now they did not live in college anymore for three different reasons: in houses there were no porters to control them, there was a space for communal drinking and one girl affirmed that she did not drink alcohol at all during her first year when

she lived in college, because she knew what freshers' culture was and she had no intention to drink for the sake of getting drunk – so people generally used to leave her alone – whereas now she drank at events where people were drinking without the aim of getting drunk but just to socialise a bit because she knew what the purpose of the night was. The remaining 17 “livers out” affirmed they drank less or less frequently now than in college and for reasons other than the mere purpose of getting drunk. They also gave a number of explanations to their answers. First, drinking in college meant going out more as a group, which used to lead to more drinking more regularly and with the purpose of getting drunk, whereas drinking out meant drinking during meals or simply to socialise. Second, when in college either people go out often – and there is a sort of routine, for example going out every Wednesday – or they go to the college bar, which sells drinks like a pub, whereas when they live out they drink more by themselves, feel less pressured to go out as often and go out only on special occasions. Moreover, when students live out, they do not necessarily live close to their friends, whereas in college they are all in the same place. Furthermore, someone mentioned the fact that first years are the majority of people who live in college and their exams do not count towards their degree, so they tend to drink more. Finally, someone mentioned the cultural aspect of drinking, saying that there is a culture of college drinking which expects students to drink more alcohol when they live in college than when they live out, and this could also lead to drinking more in one go when in college.

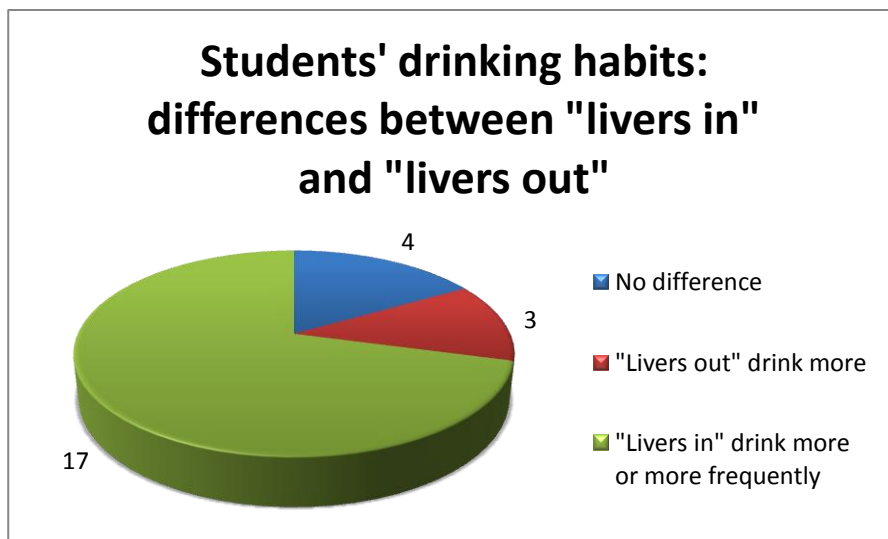


Figure 7: Students' drinking habits: differences between "livers in" and "livers out"

Drinking games, pressure to drink and pre-drinking

The students were asked if they had ever participated in drinking games and all of them reported having taken part in drinking games at least once. Furthermore, 18 of them had been pressured into drinking alcohol by someone else at least once.

The students were also asked whether or not they usually pre-drink before going out and 23 of them affirmed they usually do so. The reasons why they do so varied, and multiple answers could be given (see Figure 8): 18 students who said they pre-drink stated that they do so because pre-drinking is cheaper than buying drinks in clubs or pubs. 7 other students reported pre-drinking because it is a way to socialise. Moreover, 4 students who pre-drink affirmed doing so because going to a club sober is a boring and inconceivable experience. Finally, 1 student stated they drink so they are more drunk when they are out.

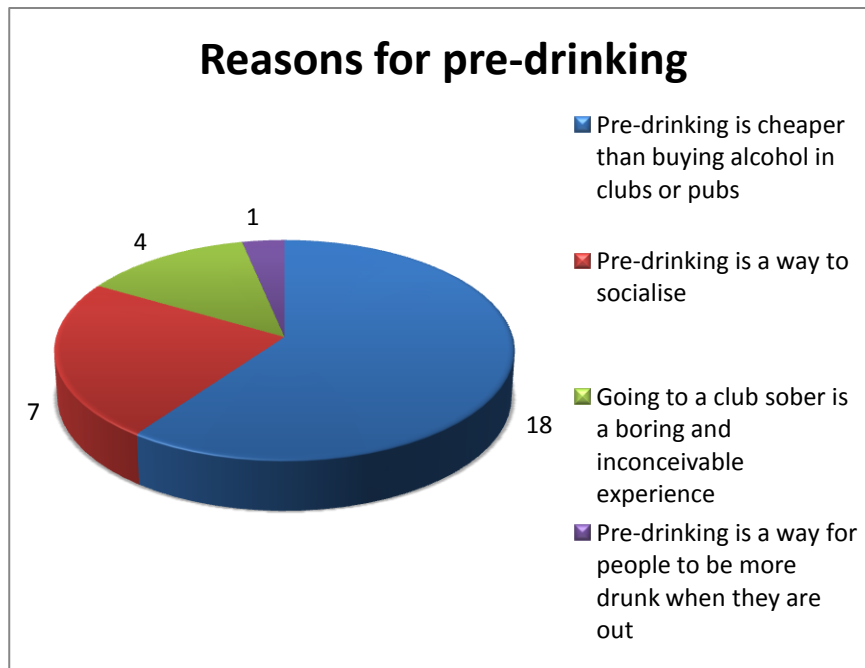


Figure 8: Reasons for pre-drinking

Changes in the drinking habits of the students over the university years

Second years and older were asked if their drinking had increased, decreased or was more or less the same over the previous years they had spent at university, so 28 students answered this question (see Figure 9). 6 of the students who answered the question admitted it had increased, even though someone highlighted the fact that it was decreasing. 13 other students, then, affirmed it had decreased and the remaining 9 students said it was more or less the same, and someone pointed out that it was more spread out and less social.

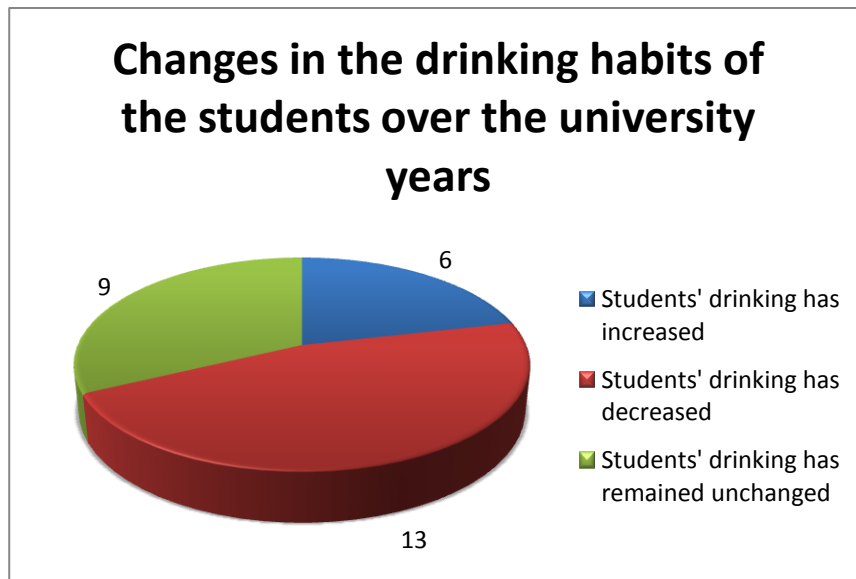


Figure 9: Changes in the drinking habits of the students over the university years

Binge drinking: definitions and opinions

The students were asked to define binge drinking and give a personal opinion about it. However, not everyone could express an opinion. Multiple answers could be given.

A number of definitions were given for the term binge drinking (see Figure 10). 17 students affirmed binge drinking is drinking to excess, and 10 of them added that the very large amount of alcohol is consumed in a short period of time. Furthermore, 7 students defined binge drinking as drinking with the mere purpose of getting drunk, having fun and having the effect of alcohol on oneself. Moreover, binge drinking was said to be drinking more than the recommended amount of alcohol (with someone trying to give details in terms of alcohol units) by 4 students. The cultural aspect was also mentioned to define binge drinking: 1 student stated that people binge drink when they want to feel different from what they normally do. Finally, 2 students said that binge drinking is drinking until the drinker loses control of his/her actions.



Figure 10: Binge drinking: definitions

The opinions that students gave about binge drinking varied (see Figure 11). 10 students said binge drinking is a bad idea, people should not do it but do it anyway. Someone added that it is sad that people binge drink and even though there is an issue in the UK with it, not every single person who goes clubbing should be labelled as a binge drinker. Moreover, binge drinking was said to be dangerous, unhealthy and a phenomenon that could lead to an anti-social behaviour by 5 students and someone added that people do it as part of the culture of the UK. Furthermore, 3 students affirmed that binge drinking is a general behaviour among university students in Britain that is accepted at university and is acceptable as long as the people who binge drink are not socially inappropriate. Finally, one student thought that binge drinking is fine because it is fun, another one could not understand the reason why people do it and another one thought that people binge drink in order to lose control, escape, relax and have a good time.

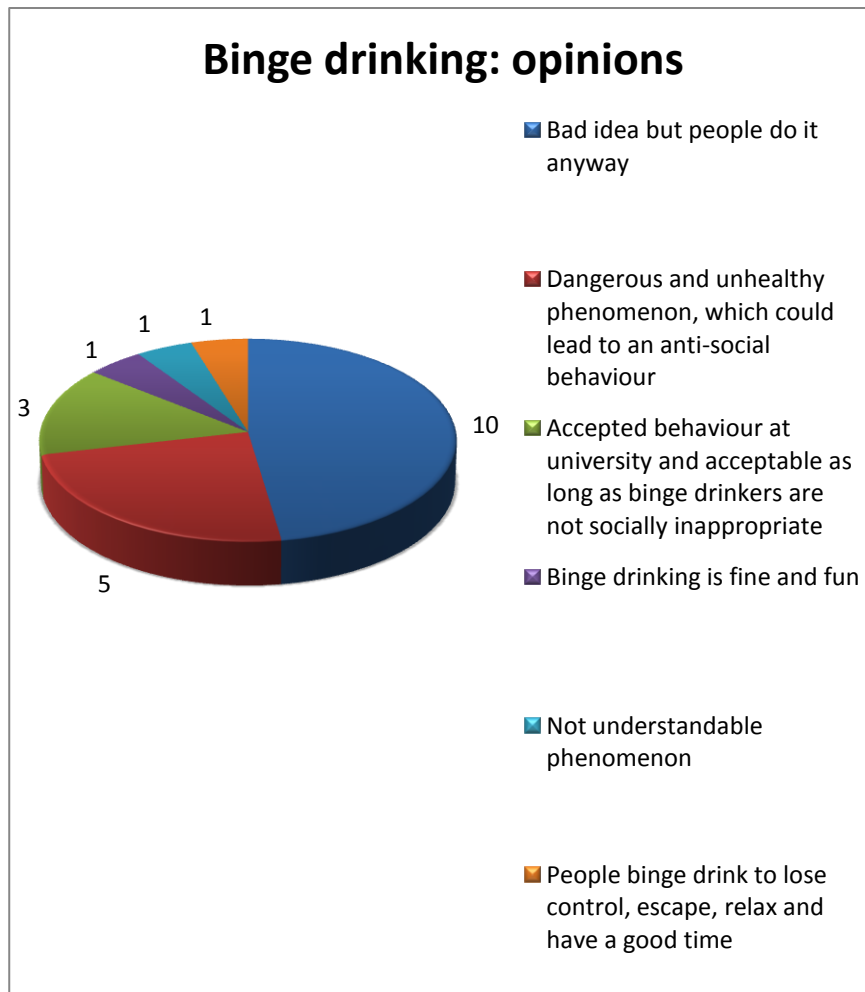


Figure 11: Binge drinking: opinions

The students were also asked whether or not they thought that their drinking habits fit in with so-called binge drinking (see Figure 12a/b). 16 of them – 6 males and 10 females – stated that they did not think so, whereas 12 other students – 7 males and 5 females – said they usually binge drink. Moreover, 1 male student was not sure whether or not his drinking habits could be defined as binge drinking but said that maybe they did. Finally, another male student said that according to the definition of binge drinking given by the NHS, he could be labelled as a binge drinker, whereas according to social norms he would not.

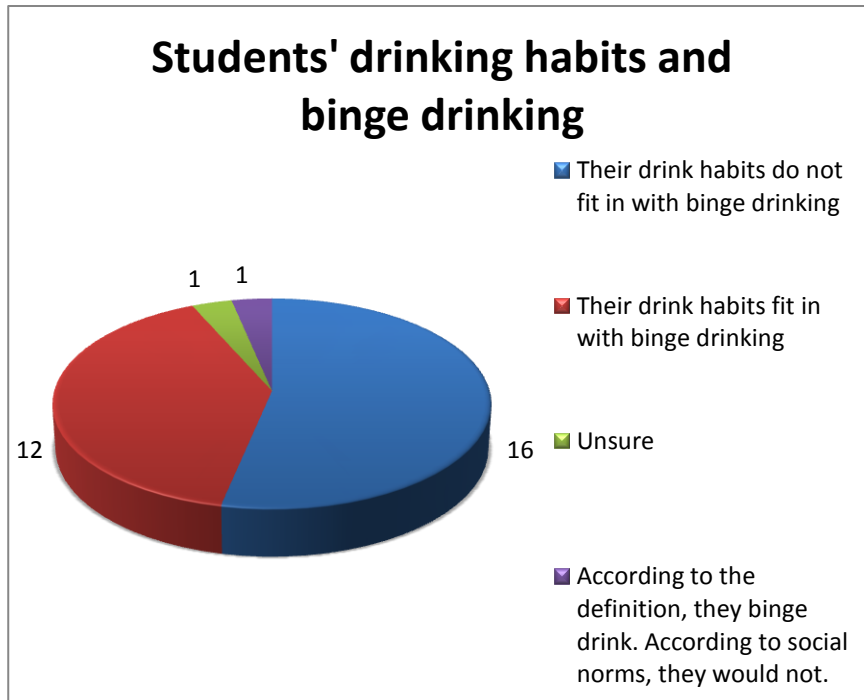


Figure 12a: Students' drinking habits and binge drinking

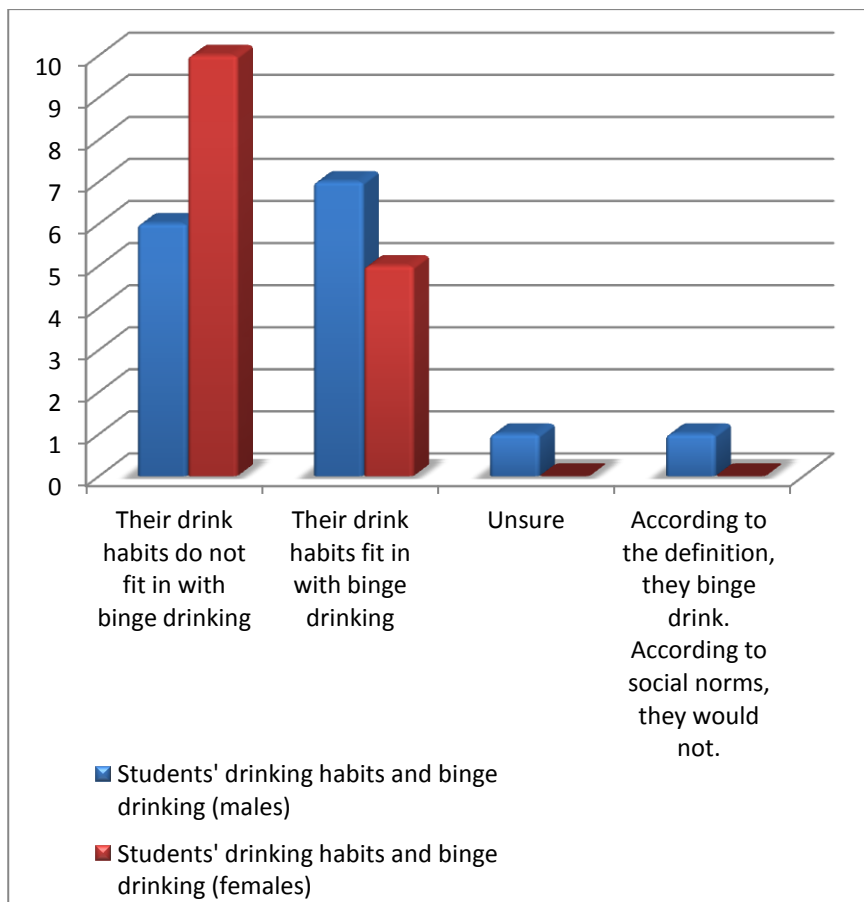


Figure 12b: Students' drinking habits and binge drinking

Another questions the students were asked about binge drinking was if they thought it was more common among students who live in university halls of residence or students who live out (see Figure 13). 20 students thought it was more common among “livers in”, and someone added that it depends on the person but “livers in” live next to the college bar and there are more parties because there are more people around, so they are more likely to binge. 7 other students affirmed it is more common among “livers out”. Finally, 3 students thought it was equally common.

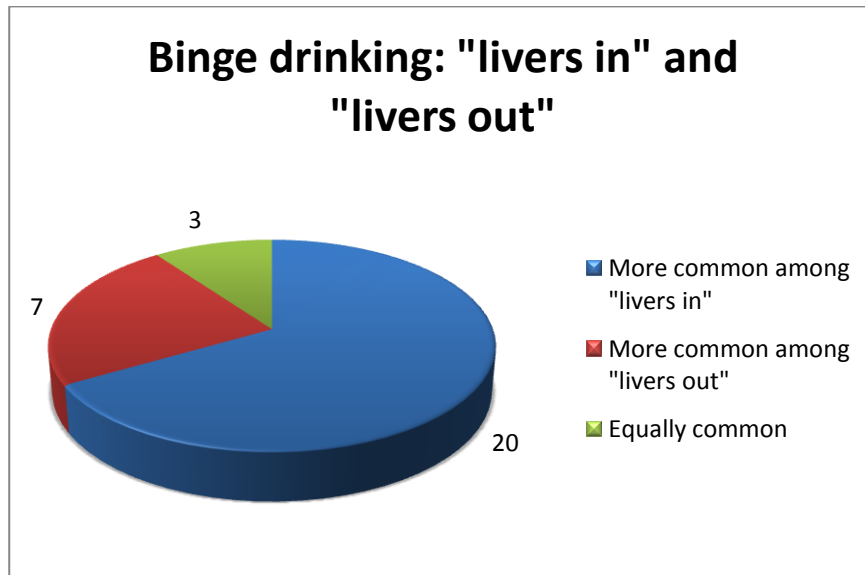


Figure 13: Binge drinking: “livers in” and “livers out”

Drink spiking

The students were asked two question. The first one was whether or not they were aware of drink spiking and if they or one of their friends had ever been victims of drink spiking. The second one aimed at knowing if in their opinion pre-drinking could be a way to avoid drink spiking (see Figure 14).

29 students said to be aware of drink spiking as an alcohol-related crime, whereas one male was not very well aware of it. Moreover, 9 students affirmed that they knew someone who had been a victim of

drink spiking, whereas the remaining 21 students did not know anyone who had been a victim of it.

As for the connection between pre-drinks and drink spiking, 26 students thought that pre-drinking could be a way to avoid drink spiking. However, a number of them stressed the fact that it always depends on the people that are invited for pre-drinks and that the act of pre-drinking does not necessarily prevents people from buying alcohol in clubs afterwards. Furthermore, if people are already drunk when they go out, they are even more at risk of being victims of drink spiking.

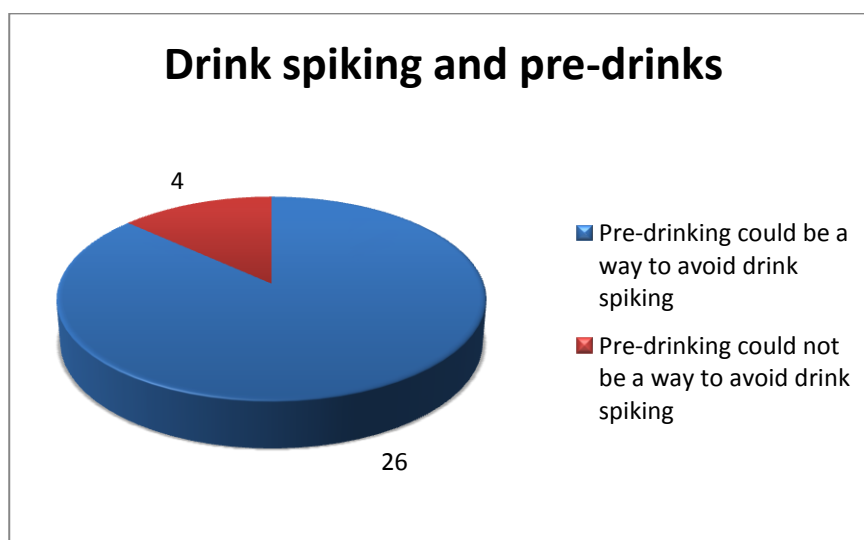


Figure 14: Drink spiking and pre-drinks

Alcohol-related risks such as sexual assault, physical assault and robbery

Another question the students were asked was if they had heard or read about any alcohol-related sexual assault, physical assault or robbery and what they thought about such crimes.

28 students affirmed they had heard or read about them, whereas the remaining 2 students had never heard or read of any.

As for the opinion the students had about alcohol-related sexual assault, physical assault and robbery, the answers varied a lot. In general, the females tended to affirm that they happen, so the risk is always there, that they are bad things that show the risks of alcohol

drinking and that probably sexual assault is the major risk. The males, on the other hand, gave a number of opinions: they stated they are horrible and scary, sad, that it is always the responsibility of the people involved and it is awful to make oneself victim aware of it but as long as the police are there, it is alright. They also claimed that people drink anyway, and it is something dangerous because drunk people cannot give consent, so binge drinking increases the risk of sexual assault and there should be greater recognition in society that consent given by drunk people is not informed consent. Moreover, they said that when people drink, they do not care about the consequences, so they are more likely to commit sexual assault, physical assault or robbery, but most of the times it is just fights and similar.

The students were also asked whether or not they thought that sexual assault, physical assault and robbery were common and serious alcohol-related risks in Britain (see Figure 15). 15 students thought they were common, and someone added that this was because alcohol increases the risk. On the other hand, 14 other students affirmed that even though they occur, they are not common but someone pointed out that despite this, they are serious risks. Finally, one student was not sure if alcohol was the biggest factor in such crimes.

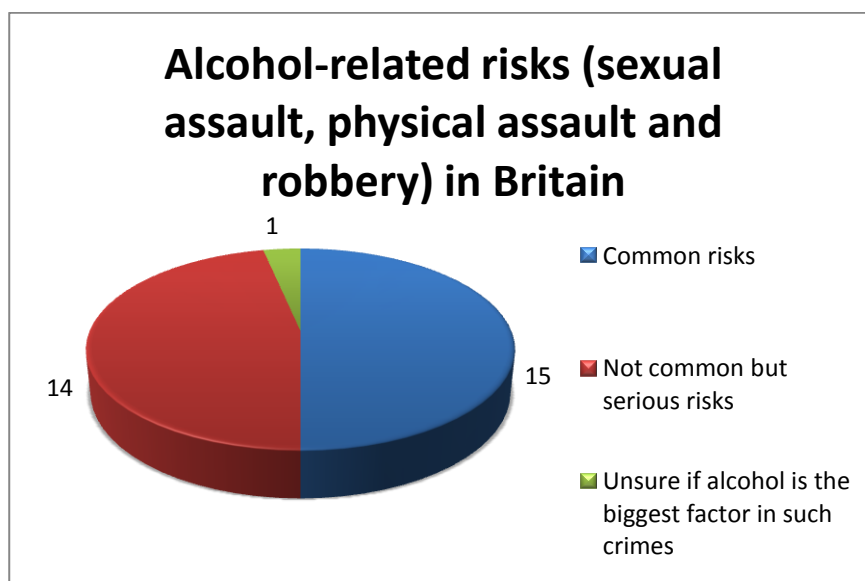


Figure 15: Alcohol-related risks (sexual assault, physical assault and robbery) in Britain

Binge drinking and drink spiking among university students in Britain

The students were asked if in their opinion binge drinking and drink spiking were common phenomena among university students in Britain (see Figure 16). 22 students stated that they are common among university students in Britain, especially binge drinking, even though 4 of them affirmed that drink spiking is not common. 6 other students affirmed they did not think they were common, and someone added that they are more common among locals rather than university students because in the university communities, students tend to look after each other more. Finally, the remaining 2 students were not sure whether or not binge drinking and drink spiking were common among university students in Britain.

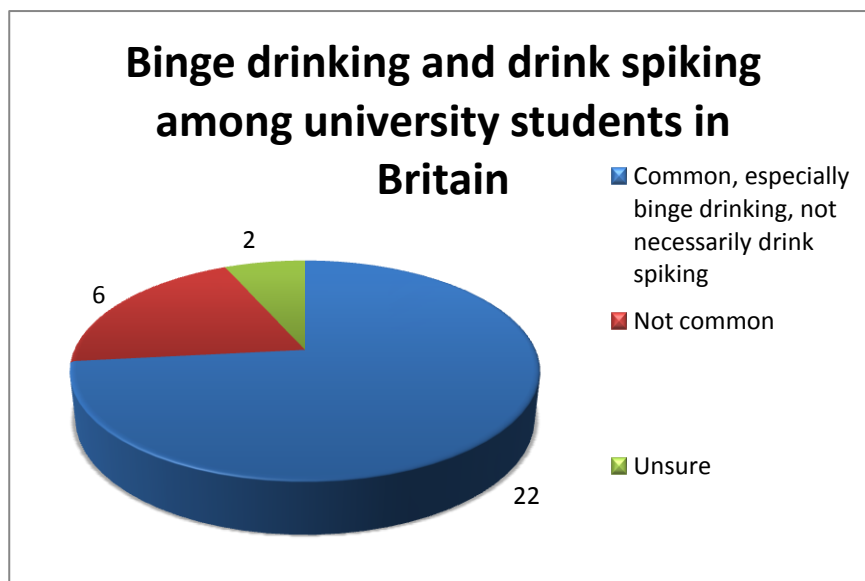


Figure 16: Binge drinking and drink spiking among university students in Britain

3.2.1.2 Adult population connected to university students activities

Socio-demographic data

The 30 adult non-students connected to university students activities who took part in the survey were recruited in Durham colleges, pubs and bars – in particular pubs and bars in town which offered student discounts, as they were the ones where students were more likely to go to.

They were first asked about their socio-demographic data, hence their job and their age range. In particular, 15 of them were college porters and the remaining 15 were pub and bar landlords and staff. Among the porters, 14 of them were males and one of them was a female, and their age range varied from 26-40 years (2 of them) to 56 or above (7 of them). Among the pub and bar landlords and staff, there were 10 males and 5 females. 11 of them were 18-25 years old, 3 of them 26-40 years old and one of them was 41-55 years old.

Reasons for university students to drink alcohol

The adults were asked the reasons why, in their opinion, university students in Britain like drinking alcohol (see Figure 17).

14 of them affirmed students like drinking alcohol because it is a social bonding device, it helps students get to know new people, have fun and it enhances students' nights out. 6 other college porters and pub and bar landlords and staff stated that students drink alcohol to relax and release from stress, thus considering alcohol as a way of escapism. Furthermore, 6 adults connected to university students activities thought that alcohol drinking is part of students' life, that everyone does it to belong to a group of students and because of peer pressure, and that there is a widespread idea that when students go out, they must consume large quantities of alcohol. One bar staff stated that students drink alcohol with the mere purpose of getting drunk and another one thought that students considered alcohol drinking as a

way to feel more confident. Finally, one college porter claimed that students drink alcohol because they like its taste and another one said they drink for cultural reasons.

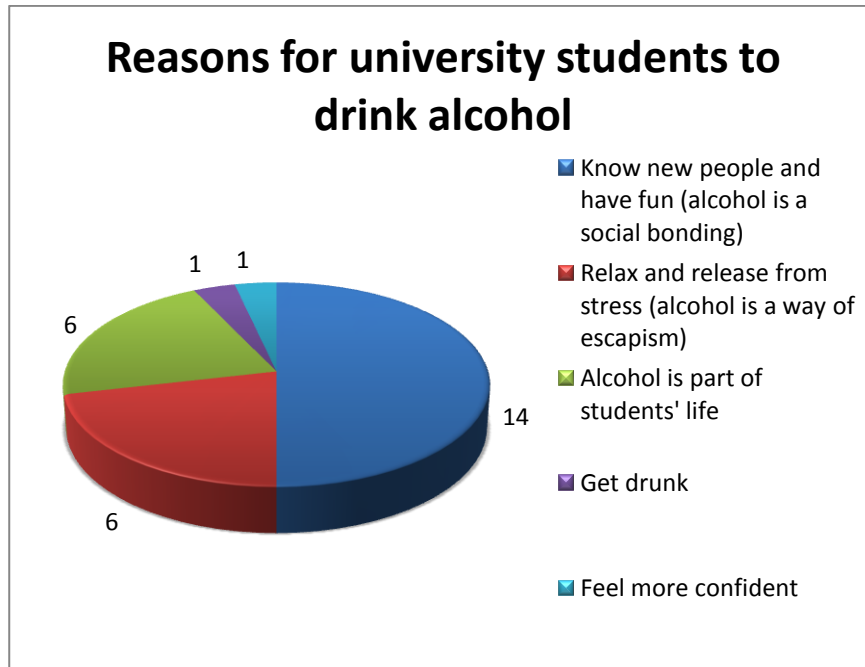


Figure 17: Reasons for university students to drink alcohol

Reasons for university students to pre-drink before going out

The adults were asked the reasons why, according to them, students like pre-drinking before going out (see Figure 18).

15 of them thought that British university students pre-drink before going out because it is cheaper than buying alcohol in clubs or pubs. Two college porters, then, affirmed they pre-drink with the purpose of having more fun and drinking more. However, 11 adults considered both of the aspects above, claiming that students pre-drink both because it is cheaper than buying alcohol in clubs or pub and to have more fun and drink more. Finally, 2 college porters said that students pre-drink not only because it is cheaper but also because pre-drinking is part of their nights out and part of the university students' culture. Moreover, someone added that peer pressure is an element that leads students to pre-drink, together with a misguided understanding of what alcohol misuse can cause to their body.



Figure 18: Reasons for university students to pre-drink before going out

Moreover, they were asked to give their opinion about drinking games (see Figure 19).

17 of them said they did not like them because of a number of reasons: they are silly, nonsense, immature, dangerous, ridiculous and very irresponsible. However, one of them added that they have always been there and will always happen, so there is no reason for them to stop students from playing drinking games. 8 college porters and pub and bar landlords and staff, then, affirmed they are fine in the right context and within moderation and they are fun. Someone added that they need better supervision. Moreover, 2 pub and bar landlords and staff considered drinking games as a sociable thing and 2 other adults said they make students drink more and more. Finally, 2 pub and bar landlords and staff did not know what to answer because they had never seen them.

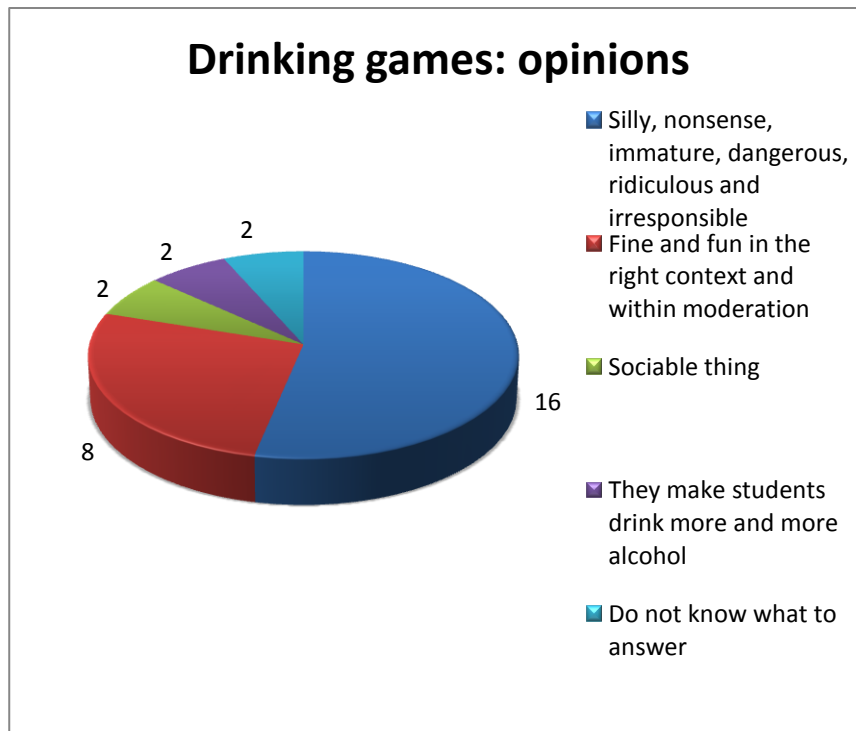


Figure 19: Drinking games: opinions

Students’ drinking habits: differences between “livers in” and “livers out”

The college porters and pub and bar landlords and staff were asked if they thought there was any difference between the drinking habits of the students who live in college and the ones of the students who live out, so in houses with other students (see Figure 20). 13 of them thought that students who live in college are more likely to drink more because it is part of the college culture and because they tend to follow what the other students are doing, whereas students who live in houses stay in their small group of friends, go out less and drink less. 3 other adults affirmed that students who live out drink more because they have got more freedom and it is easier for them to socialise. Moreover, 3 pub and bar landlords and staff thought that there is probably no difference between the drinking habits of “livers in” and “livers out” and another pub or bar landlord or staff stated that it depends on the students. Finally, the remaining 10 adults did not know if there was any difference. However, someone tried to guess that there is no difference and someone else guessed that maybe students

who live in college drink more because of peer pressure but are not harmful.

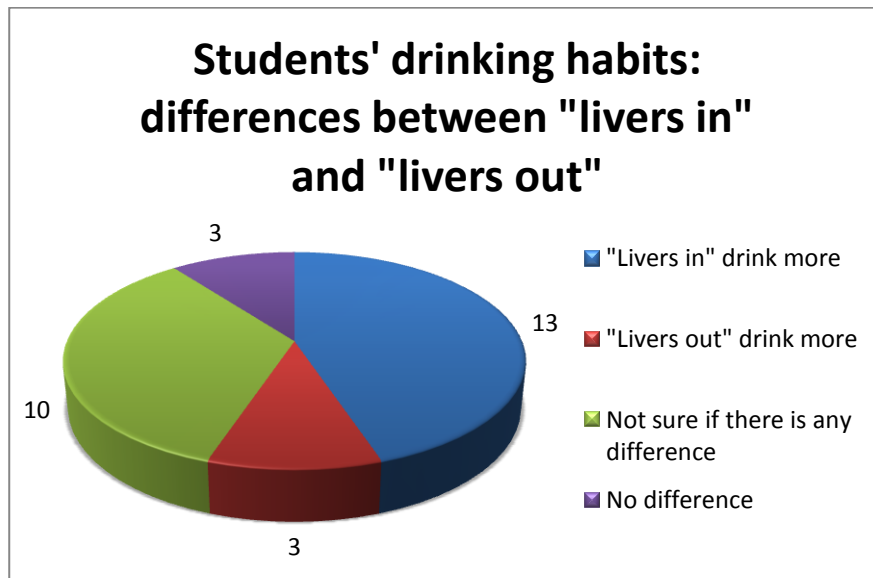


Figure 20: Students' drinking habits: differences between "livers in" and "livers out"

Changes in the drinking habits of the students over the university years

The adults connected to university students activities who took part in the survey were asked how they thought students' drinking changes over the years they spend at university in Britain (see Figure 21). 19 of them affirmed that according to them, students' drinking decreases, so students drink more in first year and drink less towards the end when they have more work to do. Someone added that their body gets used to alcohol over the years and that first year students are the ones who drink the most. On the other hand, 3 other college porters and pub and bar landlords and staff thought students' drinking increases as the years go on and someone added that it is something social and the more they are stressed, the more they drink. Moreover, 2 pub and bar landlords and staff stated that students' drinking habits do not change over the years they spend at university, and someone stressed the fact that they binge drink from first to final year. Finally, 4 adults did not know what to answer and someone affirmed they had never noticed

any difference. The remaining percentage of the adults connected to students activities did not properly answer the question.

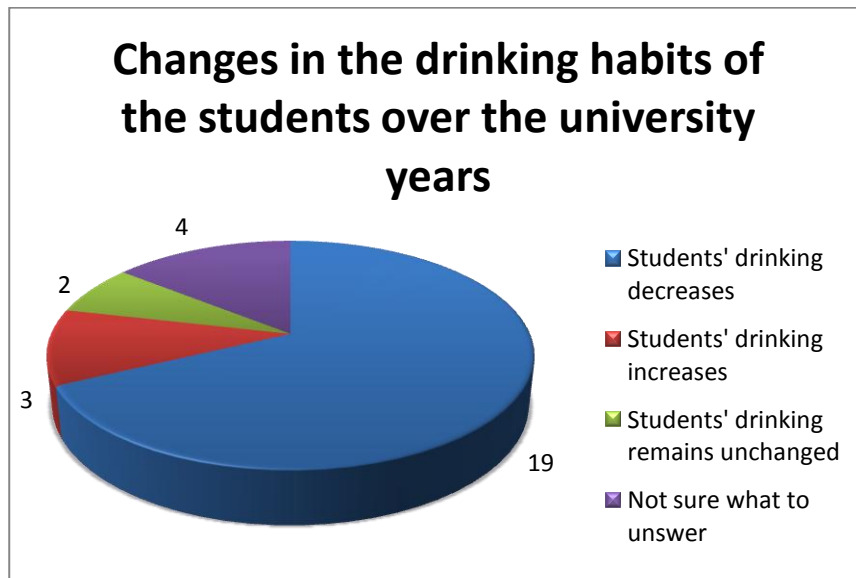


Figure 21: Changes in the drinking habits of the students over the university years

Binge drinking: definitions and opinions

The non-student adults were asked to define binge drinking and to express their opinion about it (see Figure 22 and Figure 23).

Binge drinking was defined by the large majority of the college porters and pub and bar landlords and staff (19 of them) as drinking a large amount of alcohol, most of the times in one go, especially on nights out. 5 other college porters and pub and bar landlords and staff said binge drinking is drinking over the amount that people's body is not used to, which leads them to a loss of control. Only one college porter defined binge drinking as drinking with the purpose of getting drunk. Finally, one pub or bar landlord or staff affirmed that binge drinking is drinking for fun and another one defined it as drinking all day, going from pub to pub.



Figure 22: Binge drinking: definitions

The opinion the college porters and pub and bar landlords and staff gave about binge drinking varied, even though not everyone answered the question. The large majority of them (11 of them) affirmed it is absurd, dangerous, stupid, awful and it can cause accidents. 5 other adults said it is part of being young and will never change, and it is what people do throughout the day or on nights out. Finally, 2 college porters stated that binge drinking is not only a problem related to university students but a UK cultural problem and it is sad that young people see it as the norm.



Figure 23: Binge drinking: opinions

Furthermore, they were asked if they thought that binge drinking was more common among “livers in”, i.e. students who live in university halls of residence, or “livers out”, in other words students who live in private houses (see Figure 24). 10 non-student adults thought that binge drinking is more common among “livers in”, whereas 7 other college porters and pub and bar landlords and staff affirmed that in their opinion it is more common among “livers out”. However, 6 adults thought there was no difference between students who live in college and students who live out in terms of binge drinking, and the remaining 7 college porters and pub and bar landlords and staff did not know what to answer, mostly because college porters were not used to seeing “livers out”.

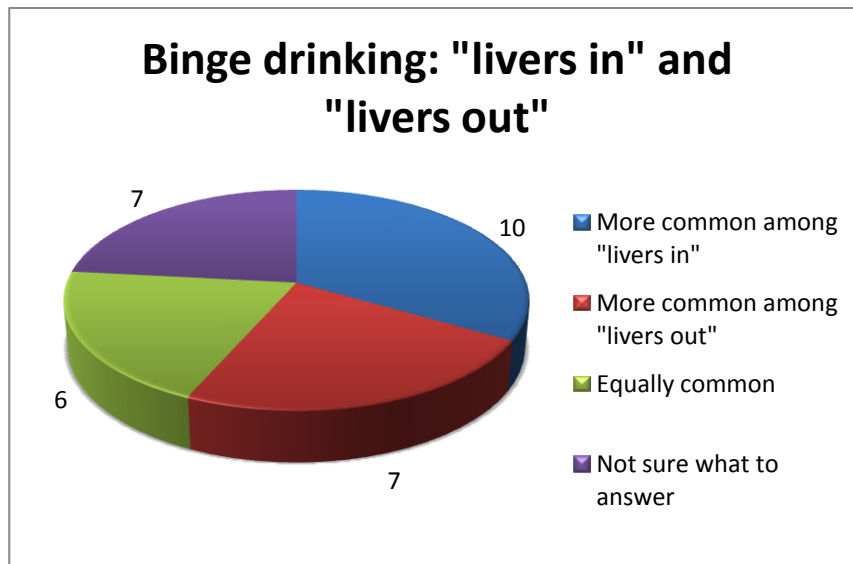


Figure 24: Binge drinking: "livers in" and "livers out"

Drink spiking

The non-student adults were asked what they thought about alcohol-related crimes like drink spiking. The large majority of them (22 of them) affirmed they are nonsense, horrible, dangerous, wrong, irresponsible and that people should be punished and females must be careful because people could spike their drinks to rape them. As for the others, they tended to say that they occur, even though someone stated they had never seen them happening and that they probably are not as common as people say, and that it depends on the pubs people go to but sometimes people are very drunk and wrongly claim that their drink has been spiked.

Moreover, the college porters and pub and bar landlords and staff were asked if they thought that pre-drinking could be a way to avoid drink spiking (see Figure 25), and 20 of them affirmed that in their opinion it could be, whereas 6 other adults did not agree with them because people can still buy drinks when they are out. Finally, the remaining 4 non-student adults were not sure, and someone said that there should be measures in pubs and clubs to protect people against drink spiking.

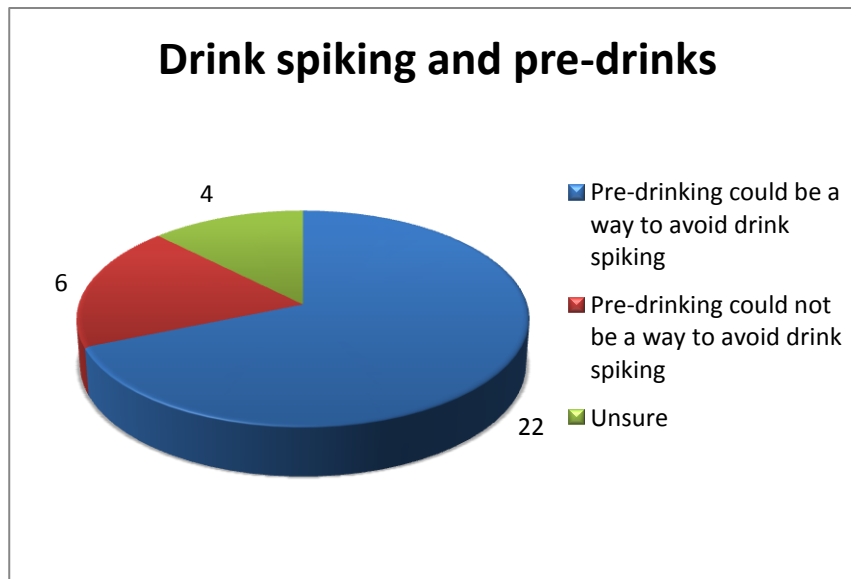


Figure 25: Drink spiking and pre-drinks

Alcohol-related risks such as sexual assault, physical assault and robbery

The college porters and pub and bar landlords and staff were asked if they had ever heard or read about any alcohol-related sexual assault, physical assault or robbery and what they thought about them. Apart from 7 of them who had never heard of such alcohol-related risks, the remaining 23 college porters and pub and bar landlords and staff had heard of them at least once, and someone affirmed that they happen very frequently but within university they had just heard or read about harassment, not sexual assault.

With regard to their opinion on such risks, they gave different answers. In general, they tended to state that they are a risk, they occur and are disgusting, and not only females but also males are raped. Someone also added that binge drinking could cause such crimes as alcohol makes people more vulnerable and people should take more care in what they drink in order to prevent their drink from being spiked. However, someone claimed that such crimes are not necessarily related to alcohol and that when related to alcohol, binge drinking causes more harm than drink spiking – for example, it has caused three students to drown in the river.

Moreover, the non-student adults connected to students activities were asked whether or not they thought that sexual assault, physical assault and robbery were common and serious alcohol-related risks in Britain (see Figure 26). 26 of them affirmed they were serious, even if someone was not sure if they were also common, and someone else said that they are not necessarily caused by alcohol. Furthermore, they said it depends on the area, because the more deprived the area, the more such crimes are likely to occur. The remaining 4 of them, then, thought that they were either not common nor serious, or common but not serious.

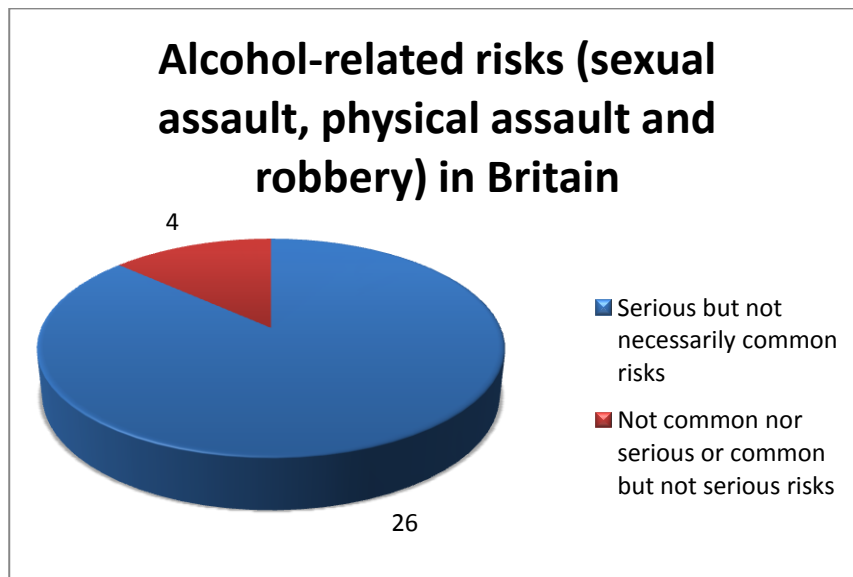


Figure 26: Alcohol-related risks (sexual assault, physical assault and robbery) in Britain

Binge drinking and drink spiking among university students in Britain

Another question the college porters and pub and bar landlords and staff were asked was whether or not they thought that binge drinking and drink spiking are common phenomena among university students in Britain (see Figure 27).

22 of them affirmed they are common among university students in Britain, even though some of them were not sure about drink spiking and someone added that they are common with everybody, not only

students. However, 5 other college porters and pub and bar landlords and staff thought they were not very common and the remaining 3 of them affirmed they did not know whether or not binge drinking and drink spiking were common among university students in Britain.

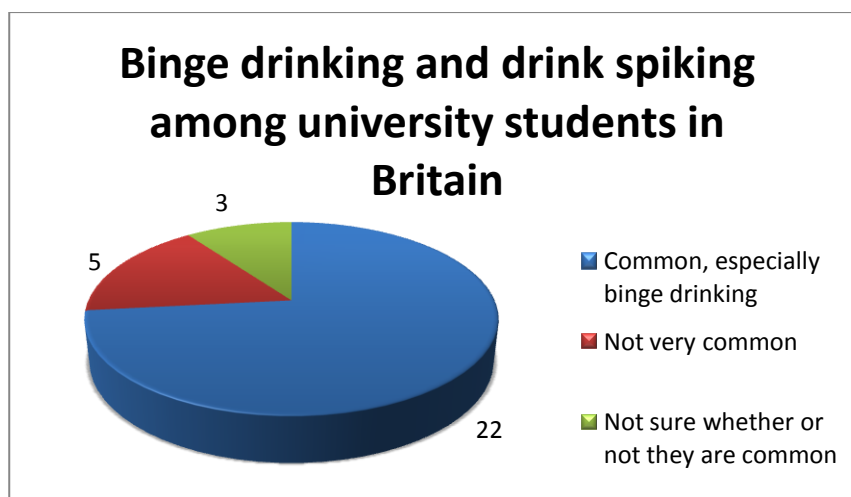


Figure 27: Binge drinking and drink spiking among university students in Britain

Alcohol-related sexual assault, physical assault and robbery: witnesses

The non-student adults were then asked if they had even witnessed any alcohol-related episode such as sexual assault, physical assault or robbery and if they had, what they had done.

19 of them reported having witnessed such episodes at least once, especially in previous jobs when they worked as police officers. In order to try and stop them, either the police were already there, or they called them, arrested the people involved or tried to calm people down. The remaining percentage had never witnessed such crimes, therefore had never done anything to stop them.

Students sharing alcohol-related experiences

Finally, the college porters and pub and bar landlords and staff were asked if a student had ever shared with them any alcohol-related experience they had had, and 15 of them said that students had done so. Moreover, someone added that once some students mentioned that

they had been assaulted and someone else that their drinks had been spiked. Finally, the remaining 15 college porters and pub and bar landlords and staff had never directly heard from students of any alcohol-related experience they had had.

3.3 Discussion

In this section, the results of the survey will be discussed, first in terms of similarities and differences between the interviewees and then in terms of similarities between the results of the survey and what stated in the relevant literature.

3.3.1 Results of the survey

A number of similarities and differences can be retrieved from the survey through an accurate analysis of the answers of the participants.

First of all, both the students and the college porters and pub and bar landlords and staff tended to mainly consider the social aspect of alcohol consumption as a reason for university students to drink. Therefore, alcohol was considered as a way to make new friends, have more fun and better enjoy nights out, especially in clubs, which were sometimes seen as unsuitable places for sober people.

Moreover, in terms of first and most recent approach to alcohol, the majority of the students had tasted alcohol for the first time between the age of 14 and 18, especially females, whereas males reported tasting it for the first time when they were younger than 13. The last approach they had to alcohol, on the other hand, was mostly two to seven days before the interview, especially for the males. Therefore, according to the survey, students start drinking at a young age, especially with their family, for example during family meals, and

drink alcohol frequently, mostly on a weekly basis. This is also demonstrated by the fact that the large majority of the students that were interviewed declared drinking once or twice a week, especially females.

The average alcohol intake of the students for each time they drank was mostly said to be between four and six drinks, immediately followed by less than three drinks, especially for females. The students who reported drinking seven or more drinks every time they consumed alcohol were mostly males. Moreover, the more common types of alcohol consumed were spirits with or without a mixer – males tended to prefer spirits without a mixer, whereas females were more likely to consume them with a mixer – wine and beer. In general, more females than males tended to drink wine and more males than females tended to prefer beer. All this demonstrates that apparently males consume more alcohol than females, even though females drink large quantities of alcohol as well.

All the students who took part in the survey reported having participated at least once in drinking games and the majority of them, mostly males, affirmed that sometimes they had been pressured into drinking alcohol. Drinking games were considered by most of the adult non-students but connected to students activities as stupid, dangerous, irresponsible and immature. However, some of the youngest ones affirmed they were fine when done responsibly and fun. Therefore, it could be suggested that the older the respondent, the more they understand the risks of drinking games and consider them as nonsense and dangerous, whereas young people are more likely to see the fun aspect in them, even though some of them are aware of the risks they may cause.

As for pre-drinking, the large majority of the students affirmed participating in pre-drinking sessions, and the main reason why they do so was said to be the cost of alcohol, which is cheaper when bought at the supermarket and consumed at home than bought in clubs or pubs. The price-related reason was followed by the social aspect of pre-drinks. This opinion was also shared by the college porters and

pub and bar landlords and staff, who mostly thought that students are used to pre-drinking because it is cheaper than buying alcohol in clubs or pubs but also tended to consider both the social and the price-related aspects as a reason for pre-drinking.

Furthermore, both the majority of the students and of the adults connected to students activities affirmed that in their opinion students who live in university halls of residence drink more than students who live in private houses. Both of the categories of people who took part in the survey also mostly agreed that British university students' drinking tends to decrease from first to final year. However, more students than college porters and pub and bar landlords and staff stated that in their opinion, there was no change in their drinking habits as the years progressed at university. According to these results, it could be suggested that probably students drink more during their first year at university and then tend to drink less and less. Despite this, a lot of students do not change their drinking habits but apparently many non-student adults yet connected to students activities are not aware of it.

Binge drinking was defined by the majority of the students and the college porters and pub and bar landlords and staff as drinking to excess, mostly in one go. Moreover, both of these categories of people mostly agreed that binge drinking is not a good idea, it is dangerous and unhealthy. The opinion of the students is confirmed by the fact that the majority of them affirmed that they did not think that their drinking habits could fit in with the definition of binge drinking. Results also show that students, college porters and pub and bar landlords and staff agreed that binge drinking is more common among students who live in university halls of residence rather than students who live out, even though a percentage of them affirmed that it is more common among "livers out" or equally common.

Drink spiking, then, was considered by the non-student adults yet closely connected to students activities as nonsense, horrible, dangerous, wrong and irresponsible, and the majority of both the students and the college porters and pub and bar landlords and staff

agreed that pre-drinking instead of buying drinks in clubs could be a way to avoid the spiking of drinks. However, a number of the interviewees underlined that this does not necessarily mean that students would not buy drinks in clubs or pubs after pre-drinks and in case they did so, they would be at risk of drink spiking.

Binge drinking and drink spiking were said to be common among university students in Britain by the large majority of the students and the college porters and pub and bar landlords and staff, in particular binge drinking, as sometimes it is hard to tell if someone has actually been a victim of drink spiking or if they had simply drunk too much alcohol.

Finally, alcohol-related risks such as sexual assault, physical assault and robbery were considered by both categories of interviewees as disgusting but as phenomena that do occur. This is confirmed by the fact that the large majority of both the students and the non-student adults but connected to students activities affirmed having heard or read about them at least once. Moreover, the majority of them affirmed they are common and serious alcohol-related risks in Britain, even though the college porters and pub and bar landlords and staff tended to take more into account the seriousness of such risks rather than the frequency with which they occur, whereas the students tended in certain cases to stress the fact that they are more common than serious. Therefore, such alcohol-related risks are well-known in Britain and the danger they cause is mostly not underestimated.

3.3.2 Results of the survey and relevant literature

The most common definition of binge drinking given by the interviewees confirms what affirmed by Berridge *et al.* (2009) in terms of changes in the concept of binge drinking over the last decades. Indeed, binge drinking is now more perceived as drinking more than a specific number of drinks in one single occasion, rather

than consuming large amounts of alcohol over several days. Moreover, binge drinkers nowadays are not only street drinkers or male adults but also young people and females. As for females, the interviews confirm the existence of the so-called “ladette” culture mentioned by Berridge *et al.* (2009), which consists in a change in the consumption of alcohol among women: they do not drink alcohol to escape from their domestic role anymore but they keep up with males and put themselves at risk of liver disease and other alcohol-related risks. However, the majority of students affirmed that their drinking habits did not fit in with what is commonly known as binge drinking, which is slightly inconsistent with their general opinion in terms of binge drinking considered as a common phenomenon among British university students. Gill and O’May (2007), however, claim that binge drinking is considered by many undergraduates as the norm and Elliot and Ainsworth (2011) add that a large percentage of British university students binge drink at least once a week, which is consistent with the opinion given by the college porters and pub and bar landlords and staff who took part in this survey. This suggests that maybe students have a different perception of the phenomenon of binge drinking compared to non-student adults connected to students activities and researchers, therefore further research needs to be carried out and, in case students were not completely aware of what is actually meant by binge drinking, something should be done in order to raise awareness. Another interesting aspect in terms of binge drinking is the opinion that students have about it. According to what is affirmed by the majority of the interviewees, binge drinking is not good, and this is in line with what affirmed in literature by Sophie Grubb⁷², a student from Cardiff University, who attacked this phenomenon claiming that the situation has become uncontrollable. The fact that a number of students have a negative opinion about binge drinking suggests that they are aware of the risks it may cause and probably want to avoid

⁷² Grubb, Sophie. 2014. “Students: let’s quit the binge drinking.” *The Guardian*, February 28th 2014. Available at: <<http://www.theguardian.com/education/mortarboard/2014/feb/28/students-binge-drinking-neknomination-stop>>. Accessed: September 20th 2015.

them. However, as a percentage of British university students consider it as a normal and good pattern of university life despite the risks it may lead to, the problem is still significant.

Moreover, the results of the interviews confirm what the literature reports about the use of alcohol among young people. The majority of the students who took part in the survey affirmed that they had tasted alcohol for the first time between the ages of 14 to 18, even though a large number of students reported drinking for the first time at the age of 13 or younger. Someone also stated that the first approach to alcohol was with parents, for example during family meals, as affirmed by Newbury-Birch *et al.* (2009).

Furthermore, in terms of reasons for alcohol drinking, according to the literature, there is evidence that students mostly drink for well-determined reasons, which are split by Cox *et al.* (2007) in two categories: positive reasons and negative reasons. The same motives for alcohol consumption among university students were given by both students and non-student adults yet closely connected to university students activities, even though none of them considered them as positive or negative, and this again confirms what reported in literature.

When students were asked about the change in their drinking habits during the years they had previously spent at university, they mainly answered that their alcohol consumption had decreased from the first year onwards, and the majority of the college porters and pub and bar landlords and staff thought that first year undergraduate students usually drink more than the other undergraduate and postgraduate students. However, some students, college porters and pub and bar landlords and staff stated that the consumption of alcohol of British university students does not significantly change in certain cases from first to final year or postgraduate year. This is consistent with what affirmed by Bewick *et al.* (2008), who referred to a survey conducted by the UNiversity Quality of Life and Learning (UNIQuoLL), affirming that even though evidence proves that there is a consistent reduction in terms of average alcohol intake of British university

students over the years going from first year to final year, a number of students still drink a lot of alcohol in their third year. This suggests that generally British university students tend to drink less as the university years progress but it usually depends on the individuals, as sometimes their consumption of alcohol remains approximately the same over the years they spend at university.

Similarities between the results of the survey and literature are also found in terms of pre-drinking. Indeed, the interviewees mostly affirmed that the main cause for pre-drinking is the cost of alcohol, and this is confirmed by Bancroft (2012) in his description of pre-drinks sessions. Since the literature confirms what the interviewees affirmed with no hesitations, there is enough evidence that the fact that alcohol is cheaper when bought from the supermarket rather than in clubs or pubs is the main reason why British university students drink at home with their friends before going out. In particular, according to the literature by Ward *et al.*(2011), females mainly consider pre-drinks as a way to socialise and be safe, whereas males tend to pre-drink in order to get drunk. However, this was not completely confirmed by this survey: even though only males mentioned the drunkenness aspect, both males and females mentioned the social aspect as a reason for pre-drinking and no one considered it as a measure for personal safety and security. Therefore, further research should be done to better understand the relationship between females and pre-drinking in terms of safety and security.

Finally, according to statistics based on surveys conducted in the UK, sexual assault, physical assault and robbery are common and serious alcohol-related risks in Britain. However, the results of this survey are not totally consistent with literature: whilst the majority of students affirmed that such crimes are common and serious risks related to the misuse of alcohol in Britain, college porters and pub and bar landlords and staff tended to consider them as more serious than common risks. Despite this inconsistency, data from national survey must be considered as the most reliable source of information, so such crimes can be said to be common. However, maybe the fact that non-

student adults yet closely connected to students activities tended to mostly mention the seriousness of alcohol-related sexual assault, physical assault and robbery means that the society perceives them as a danger that occurs in the UK because of the misuse of alcohol.

4. CONCLUSIONS

This final part of the dissertation will review and summarise the research that was carried out, identify the methods used and discuss the results.

The problem that this study aimed to analyse was the phenomena of binge drinking and, to a lesser extent, drink spiking among British university students and the risks they may cause, such as sexual assault, physical assault, accidental death and robbery. The incidence of these phenomena is rapidly increasing in the United Kingdom and binge drinking and drink spiking are intrinsic to university life of British students, becoming part of their culture. Moreover, the misuse of alcohol among them and young people in general is a particular case of concern in Britain, and it is important to find out when and on what occasions young people in Britain experience their first approach to alcohol. The situation is critical, the risk of alcohol-related crimes is high and alcohol-related sexual assault is a serious concern, especially when caused by date rape drugs used by the perpetrator to spike their victim's drink. The results of this study could be useful for future research because they confirm what has been previously stated in literature and because, thanks to the open-ended questions of the interviews that were used as a part of the study, they allow an analysis of the opinion that both university students and non-student adults who are closely related to students activities – college porters and pub and bar landlords and staff – have about binge drinking, drink spiking and their risks.

Information was collected by means of a review of relevant literature and a survey conducted on thirty university students from Durham University and thirty college porters and pub and bar landlords and staff. The relevant literature consisted on academic articles, websites, official surveys and online newspaper articles about binge drinking, drink spiking, date rape drugs, drinking games,

early drinking, alcohol and university life, adult drinking, alcohol-related risks with a focus on sexual assault, physical assault and robbery and alcohol strategies introduced by universities, pubs and bars and the Government in order to tackle the problem of binge drinking and drink spiking and avoid their risks in the United Kingdom. The survey, on the other hand, was based on brief oral interviews, which were recorded and transcribed, that were carried out in Durham in February 2015. The interviews were totally anonymous and the interviewees were asked to carefully read through an informed consent form and sign it before the interview would start. As already mentioned, the interviewees were a group of both undergraduate and postgraduate students from Durham University and a group of college porters and pub and bar landlords and staff. The choice of the adults outside the student population yet closely connected to student activities was based on the fact that such categories of people were the ones who were more likely to see university students before, during and after their nights out spent drinking alcohol with friends. Most questions were open-ended, so that the interviewees could better express their opinion and answer more freely what they were asked. Two types of interviews were used: one for the students and one for the adults connected to student activities. The questions for the students were mainly about their present and past drink habits and their opinions and knowledge about alcohol-related crimes such as sexual assault, physical assault and robbery and about binge drinking and drink spiking. With regard to the non-students connected to student activities, their questions were mainly focused on their opinions and knowledge about British university students' drink habits and the phenomena of binge drinking and drink spiking and their risks.

This research leads to a number of findings. First of all, binge drinking can be defined in many ways and there is a history behind this concept, which has changed over recent decades. Nowadays, binge drinking is mainly defined as the act of drinking more than a specific number of drinks on a single occasion, whereas it used to be

considered as the consumption of large amounts of alcohol over several days, and not only street drinkers binge drink but also other people, including young people and females, who do not necessarily drink less than males anymore. As for university students, a large percentage of them are used to binge drinking and do so at least once a week. However, not every single person who drinks alcohol and spends their nights out in clubs or pubs should be labelled a binge drinker. People could think that British university students consider binge drinking as something positive and fun, whereas previous studies and this study demonstrate that it is not always the case. On the contrary, many university students think binge drinking is not positive and condemn it, like the majority of adults do. However, the problem is still significant because a large number of British university students consider it to be the norm, especially when it occurs among first year students, despite the risks it may cause. Directly connected to binge drinking are the Government guidelines for safe drinking. Many people in the UK are aware of them but sometimes there is confusion around this topic, so future research needs to be carried out in order to find a way to raise awareness, not only among young people but in society as a whole. As far as drink spiking is concerned, the majority of people think it is a risk that can occur and that can be related to binge drinking itself. A way to avoid it could be pre-drinking at home before going out, even though attention must be paid because the risk can still exist: indeed, it depends on the people that are participating in pre-drinks and on the attitude of people towards alcohol drinking, because the act of pre-drinking does not necessarily stop people from buying drinks when they are in clubs or pubs. In Britain, the first approach to alcohol usually occurs at a young age and very often on occasions such as family meals, so it is often families or close friends that introduce young people to alcohol. On average, young females and males in Britain consume alcoholic drinks on a weekly basis, sometimes more than once a week, but it depends on people, as many people do not necessarily drink weekly. The main reason for alcohol drinking

among students is the fact that alcohol is considered as a social device that allows people to make new friends and enjoy their nights out. On the other hand, the main reason for pre-drinking is the cost of alcohol: indeed, alcohol is cheaper when bought from the supermarket rather than in clubs or pubs. Moreover, pre-drinks often include loud music and drinking games, which are becoming more and more popular in the UK. It is clear that pre-drinking is part of university life in Britain but more research should be carried out in order to find out whether or not such a phenomenon is also frequent among younger people and adults in the wider community and in case it was, if it included binge drinking, loud music and drinking games or if it was simply a way to spend some time before going out. The types of alcohol consumed by British university students are mainly spirits with or without a mixer, wine and beer, and their average alcohol intake for every time they drink is often high, reaching the number of seven or more drinks. On average, males tend to drink more than females but the difference is not always significant. An interesting aspect related to the amount of alcohol that students consume is the difference between the drink habits of students who live in university halls of residence – livers in – and the ones of students who live in private accommodation – livers out. Livers in are mostly seen as the students who drink the most because they have a bar on site and they live close to a large number of students, so they are more likely to participate in parties or pre-drinks sessions in other students' flats than students who live out. Moreover, livers in are often freshers, i.e. first year students, and they are considered by other students and by the society as partiers because their marks do not count towards their degree and because they are away from home for the first time, therefore they drink large amounts of alcohol. As the years progress, students' drinking usually tends to decrease, even though for some students it does not change significantly from first to final year. Drinking in adulthood, then, changes a lot: adults tend to drink more with friends at home or at the pub but further research focused on the drink habits of adults in

Britain needs to be done in order to better understand the way they drink and the risks that this may cause. Finally, alcohol-related risks such as sexual assault, physical assault and robbery are seen as common and serious alcohol-related risks in Britain and people often hear or read about them or witness them. The incidence of such crimes is high and society is aware of them, therefore they are not underestimated. This is why the Government, schools, universities, pubs and bars have already introduced some measures to tackle alcohol-related phenomena such as binge drinking and drink spiking, so that alcohol-related crimes like sexual assault, physical assault and robbery can be avoided.

To conclude, the contribution of this study to existing research resides in the fact that it has confirmed certain findings of previous studies on the same topic and added more information about the use of alcohol among university students in Britain and the risks this may cause. Furthermore, the fact that the interviewees were not only university students but also college porters and pub and bar landlords and staff allowed a comparison between the experiences and opinions of the two groups of interviewees. However, as the topic of this study is serious and significant in the UK, further research is needed in order to better understand the problem, its causes and its incidence, and find ways to stop negative alcohol-related phenomena. Moreover, further research could help and find ways to prevent people from binge drinking and from spiking other people's drinks and avoid any crime related to the abuse and misuse of alcohol.

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A. APPENDIX A

A.1 Informed Consent Form

Participant Information Sheet

Purpose of the study: As part of my dissertation project for a Masters in Specialised Translation at the University of Bologna, Italy, I have to carry out a research study. The study is concerned with better understanding the relationship between British university students and alcohol, with a focus on binge drinking, drink spiking and their risks.

What will the study involve? Your contribution to the study will take the form of an anonymous interview, which should take no more than 15 minutes of your time. This will be recorded and transcribed (it will be typed up and anonymised). Please note that participation is totally voluntary and that you have the right to withdraw from the study at any time. You can also choose not to answer any questions for any reason and ask to have any data destroyed; I will respect your decision immediately and there will be no negative consequences.

Will your participation in the study be kept confidential? Yes. No clues to your identity will appear in the dissertation. Any extracts from what you say that are quoted in the dissertation will be entirely anonymous. No individual will be named.

What will happen to the information that you give and to the results? The data will be kept securely and destroyed in due course. The results will be presented in the dissertation and seen by my supervisor and the board of examiners. The results may be published and the dissertation may be read by future students.

What are the possible disadvantages of taking part? I do not envisage any negative consequences for you in taking part.

Any further queries? For any further information, please ask me questions before or after the interview or e-mail me on the following address: miriam.marchioni@studio.unibo.it

If you agree to take part in the study, please sign the informed consent form.

Informed consent form

Project title: The Relationship of UK University Students with Alcohol: Binge Drinking and its Risks.

Investigator: Miriam Marchioni

Participant Declaration: I, the undersigned: *Tick yes or no as appropriate*

Have read the information sheet and understand the contents.	Yes	No
Have been given the opportunity to ask any questions about the research and am satisfied with the answers.	Yes	No
Consent to take part in the study.	Yes	No
Understand that participation is voluntary and that I can withdraw at any time without giving reasons and that I will not be penalised for withdrawing nor will I be questioned on why I have withdrawn.	Yes	No
Consent to possible publication of results.	Yes	No

Researcher Declaration: I, Miriam Marchioni: *Tick yes or no as appropriate*

Have explained the research study to the participant.	Yes	No
Have fully answered any questions put to me by the participant about the research study.	Yes	No
Believe that the participant is freely giving consent.	Yes	No

Participant’s Statement:

I confirm that I have freely agreed to participate in this research project. I have been briefed on what this involves and I agree to the use of the results as described in the information sheet. I understand that anything I say will be kept confidential and that I may withdraw from the study at any time. I have received a copy of this consent form.

Participant’s Name	Signature	Date
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Researcher’s Statement:

I have explained the nature and purpose of this study, the procedures to be undertaken and any risks that may be involved. I have offered to answer any questions and given appropriate answers. I believe that the participant understands my explanation and has freely given informed consent.

Researcher’s Name	Signature	Date
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A.2 Students’ interviews

Student 1 - female

This survey is designed to better understand the consumption of alcohol among British university students and the risks related to alcohol phenomena such as binge drinking and drink spiking. Please be honest in providing information as the survey is anonymous.

- 1) Interviewer: Which year are you in at university?
Respondent: First year.

- 2) Interviewer: Do you live in college?
Respondent: Yeah.
- 3) Interviewer: Why do you think students like drinking alcohol?
Respondent: I think they use it for social aspects to make friends and it gives some confidence as well.
- 4) Interviewer: Do you drink alcohol at all?
Respondent: Yes.
- 5) Interviewer: How old were you the first time you drank alcohol?
Respondent: 14.
- 6) Interviewer: When was the last time you drank any alcohol?
Respondent: Last week.
- 7) Interviewer: On average, how often do you drink per week? What is the average number of drinks you consume in a week?
Respondent: I drink probably twice to three times a week and I generally get sort of four drinks so that would be eight shots of vodka but I don't know the percentage.
- 8) Interviewer: When you drink, how much do you drink?
Respondent: Above average probably.
- 9) Interviewer: What do you usually drink?
Respondent: Vodka with a mixer.
- 10) Interviewer: Have you ever participated in drinking games?
Respondent: Yeah.
- 11) Interviewer: Has anybody ever pressured you into drinking alcohol?
Respondent: Yes.
- 12) Interviewer: QUESTION FOR LIVERS OUT: Can you find any difference between the drink habits you had when you lived in college and the ones you have now you are a liver out? Could you please explain your answer?
- 13) Interviewer: Do you and your friends usually pre-drink before going out?
Respondent: We do.
- 14) Interviewer: QUESTION FOR PEOPLE WHO PRE-DRINK: Why do you pre-drink before going out?

Respondent: It's cheaper than buying drinks out and it's just a social event really.

15) Interviewer: QUESTION NOT FOR FRESHERS: How has your drinking changed over the past years you spent at university? Do you think it has increased, decreased or is it more or less the same?

16) Interviewer: Could you please describe what you think binge drinking is and what you think about it?

Respondent: Binge drinking is when you drink excessively over the amount. I don't think it's good but as long as you don't get addicted it should be ok.

17) Interviewer: Do you think that your drink habits fit in with what we call binge drinking? Respondent: Probably yes.

18) Interviewer: Do you think binge drinking is more common among livers in or livers out? Respondent: Livers in.

19) Interviewer: Are you aware of alcohol-related crimes like drink spiking and have you or one of your friends ever been a victim of drink spiking?

Respondent: I'm aware of it and I have never been spiked but my friends have.

20) Interviewer: In your opinion, could pre-drinking instead of buying drinks in clubs be a way to avoid drink spiking?

Respondent: It could be.

21) Interviewer: Have you ever heard or read about any sexual assault, physical assault or robbery caused by alcohol-related phenomena like binge drinking or drink spiking and what do you think about this risk and other alcohol-related risks?

Respondent: I have heard of it and you can see why it happens, because it does delay their confidence and things and it's something not good or acceptable.

22) Interviewer: Do you think sexual assault, physical assault and robbery are common and serious alcohol-related risks in Britain? Could you please explain your answer?

Respondent: I think they are very common and for women it makes them more vulnerable and for guys it gets them more confidence so

they wouldn't say and act how they would when they were sober but with the alcohol it does change the way you're thinking.

23) Interviewer: Do you think alcohol-related phenomena such as binge drinking and drink spiking are very common among university students in Britain? Could you please explain your answer?

Respondent: I think they are pretty common because people use alcohol to socialise but that can meet sort of unforeseen, so like expands the way you're acting the way you're normally.

Student 2 - female

This survey is designed to better understand the consumption of alcohol among British university students and the risks related to alcohol phenomena such as binge drinking and drink spiking. Please be honest in providing information as the survey is anonymous.

1) Interviewer: Which year are you in at university?

Respondent: Second year.

2) Interviewer: Do you live in college?

Respondent: No.

3) Interviewer: Why do you think students like drinking alcohol?

Respondent: Just because of the way it makes them feel, makes them more confident.

4) Interviewer: Do you drink alcohol at all?

Respondent: Yes.

5) Interviewer: How old were you the first time you drank alcohol?

Respondent: My parents gave me at a younger age like a sip or something to introduce me to it so yeah I'm not sure.

6) Interviewer: When was the last time you drank any alcohol?

Respondent: Friday I'd say.

7) Interviewer: On average, how often do you drink per week? What is the average number of drinks you consume in a week?

Respondent: I probably drink once per week and I probably have about five drinks.

8) Interviewer: When you drink, how much do you drink?

Respondent: Yeah probably at least four-five drinks.

9) Interviewer: What do you usually drink?

Respondent: Spirits with a mixer.

10) Interviewer: Have you ever participated in drinking games?

Respondent: Yes.

11) Interviewer: Has anybody ever pressured you into drinking alcohol?

Respondent: No.

12) Interviewer: QUESTION FOR LIVERS OUT: Can you find any difference between the drink habits you had when you lived in college and the ones you have now you are a liver out? Could you please explain your answer?

Respondent: I don't think there are any differences. Maybe as a fresher people tend to drink more because it's first year uni, so in terms of years of uni I can see why people drink more in first year. However, the fact that I live out doesn't make any difference.

13) Interviewer: Do you and your friends usually pre-drink before going out?

Respondent: Yeah.

14) Interviewer: QUESTION FOR PEOPLE WHO PRE-DRINK: Why do you pre-drink before going out?

Respondent: To save money and to socialise.

15) Interviewer: QUESTION NOT FOR FRESHERS: How has your drinking changed over the past years you spent at university? Do you think it has increased, decreased or is it more or less the same?

Respondent: It has increased.

16) Interviewer: Could you please describe what you think binge drinking is and what you think about it?

Respondent: I think binge drinking is when you drink excessively, probably to the point where you throw up. It's not a good idea but lots of people do it.

17) Interviewer: Do you think that your drink habits fit in with what we call binge drinking?

Respondent: No.

18) Interviewer: Do you think binge drinking is more common among livers in or livers out? Respondent: I'm not really sure, maybe livers in.

19) Interviewer: Are you aware of alcohol-related crimes like drink spiking and have you or one of your friends ever been a victim of drink spiking?

Respondent: I'm aware of them but nor me or my friends have ever experienced it.

20) Interviewer: In your opinion, could pre-drinking instead of buying drinks in clubs be a way to avoid drink spiking?

Respondent: To an extend yes but I think if people are going to spike your drink, that's what you drink anyway.

21) Interviewer: Have you ever heard or read about any sexual assault, physical assault or robbery caused by alcohol-related phenomena like binge drinking or drink spiking and what do you think about this risk and other alcohol-related risks?

Respondent: I can't think of any but I'm sure there have been lots in the press. It's a shame that people take advantage of most all girls and guys when they're drunk and something should be done about it.

22) Interviewer: Do you think sexual assault, physical assault and robbery are common and serious alcohol-related risks in Britain? Could you please explain your answer?

Respondent: Yes to an extend but I think as long as you go out with a group of friends or people that you trust it can be avoided.

23) Interviewer: Do you think alcohol-related phenomena such as binge drinking and drink spiking are very common among university students in Britain? Could you please explain your answer?

Respondent: Yes I think it is very common, I think most all they get seat in universities where there's probably more pressure to drink. I think it's very common in British universities, binge drinking.

Student 3 - female

This survey is designed to better understand the consumption of alcohol among British university students and the risks related to alcohol phenomena such as binge drinking and drink spiking. Please be honest in providing information as the survey is anonymous.

- 1) Interviewer: Which year are you in at university?
Respondent: Second.
- 2) Interviewer: Do you live in college?
Respondent: No, I live out.
- 3) Interviewer: Why do you think students like drinking alcohol?
Respondent: It makes going out more fun, you can be more sociable, you can dance more.
- 4) Interviewer: Do you drink alcohol at all?
Respondent: Yes.
- 5) Interviewer: How old were you the first time you drank alcohol?
Respondent: Maybe I would have had like a drink at my parents' when I was quite young but then maybe drinking socially about 15 maybe? Like drinking with my friends.
- 6) Interviewer: When was the last time you drank any alcohol?
Respondent: Last week?
- 7) Interviewer: On average, how often do you drink per week? What is the average number of drinks you consume in a week?
Respondent: Probably once or twice per week and then when I go out I probably have maybe the equivalent of probably about 5 or 6 shots but I'd have it with a mixer.
- 8) Interviewer: When you drink, how much do you drink?
Respondent: About 5 or 6 shots or maybe a bottle of wine.
- 9) Interviewer: What do you usually drink?
Respondent: Either wine or vodka and then a mixer so kind of lemonade or Coke or something.
- 10) Interviewer: Have you ever participated in drinking games?
Respondent: Yes.

- 11) Interviewer: Has anybody ever pressured you into drinking alcohol?
Respondent: Yes.
- 12) Interviewer: QUESTION FOR LIVERS OUT: Can you find any difference between the drink habits you had when you lived in college and the ones you have now you are a liver out? Could you please explain your answer?
Respondent: I think we used to go to the college bar sometimes, which we obviously don't do anymore living out so it's a lot more pre-drinking and then when we were living in, we maybe went on bar crawls and things such again we don't do, so it's more pre-drinking now, I'd say, living out.
- 13) Interviewer: Do you and your friends usually pre-drink before going out?
Respondent: Yes.
- 14) Interviewer: QUESTION FOR PEOPLE WHO PRE-DRINK: Why do you pre-drink before going out?
Respondent: Cheaper yeah and I wouldn't want to go to a night club sober.
- 15) Interviewer: QUESTION NOT FOR FRESHERS: How has your drinking changed over the past years you spent at university? Do you think it has increased, decreased or is it more or less the same?
Respondent: I think I drink less now than I maybe did when I was a first year. I go out less cause I like to think I'm doing more work.
- 16) Interviewer: Could you please describe what you think binge drinking is and what you think about it?
Respondent: I think binge drinking is when in a short amount of time you drink more than the equivalent of two glasses of wine or something.
- 17) Interviewer: Do you think that your drink habits fit in with what we call binge drinking? Respondent: Yes.
- 18) Interviewer: Do you think binge drinking is more common among livers in or livers out?
- 19) Respondent: I'd say both, I think students as a whole would binge drink rather than drink, kind of have a glass of wine with a meal or

something, but maybe first years would drink more because it's more exciting, they just can carry on life with favourite things.

20) Interviewer: Are you aware of alcohol-related crimes like drink spiking and have you or one of your friends ever been a victim of drink spiking?

Respondent: I'm aware of it but I'm not aware of any of my close friends happened to them.

21) Interviewer: In your opinion, could pre-drinking instead of buying drinks in clubs be a way to avoid drink spiking?

Respondent: Yes.

22) Interviewer: Have you ever heard or read about any sexual assault, physical assault or robbery caused by alcohol-related phenomena like binge drinking or drink spiking and what do you think about this risk and other alcohol-related risks?

Respondent: Yeah I've heard about it and yeah it's bad. It's kind of you hear about them from both sides, maybe when people are drunk they're more vulnerable, kind of seen more as a target, kind of for like sexual kind of attacks and robbery but then also when you're drunk you're maybe more likely to do something that you wouldn't do as sober.

23) Interviewer: Do you think sexual assault, physical assault and robbery are common and serious alcohol-related risks in Britain? Could you please explain your answer?

Respondent: Yeah I think you need to kind of always be aware of what your surroundings are when you're drinking and stick with the friends to stay safe.

24) Interviewer: Do you think alcohol-related phenomena such as binge drinking and drink spiking are very common among university students in Britain? Could you please explain your answer?

Respondent: I wouldn't say it's common but I'd say it happens but it would be unfortunate if it was to happen to you but it does happen I think.

Student 4 - female

This survey is designed to better understand the consumption of alcohol among British university students and the risks related to alcohol phenomena such as binge drinking and drink spiking. Please be honest in providing information as the survey is anonymous.

- 1) Interviewer: Which year are you in at university?
Respondent: Second.
- 2) Interviewer: Do you live in college?
Respondent: No.
- 3) Interviewer: Why do you think students like drinking alcohol?
Respondent: I think like part of it is expected. It's a culture like it's something you're expected to do and I think it's something a lot of people enjoy.
- 4) Interviewer: Do you drink alcohol at all?
Respondent: Yes.
- 5) Interviewer: How old were you the first time you drank alcohol?
Respondent: 16.
- 6) Interviewer: When was the last time you drank any alcohol?
Respondent: Two weeks ago.
- 7) Interviewer: On average, how often do you drink per week? What is the average number of drinks you consume in a week?
Respondent: It's usually once or twice a week and I would consume maybe 7 drinks or 8?
- 8) Interviewer: When you drink, how much do you drink?
Respondent: Quite a lot.
- 9) Interviewer: What do you usually drink?
Respondent: Spirits or wine.
- 10) Interviewer: Have you ever participated in drinking games?
Respondent: Yes.
- 11) Interviewer: Has anybody ever pressured you into drinking alcohol?
Respondent: No, I don't think so.

12) Interviewer: QUESTION FOR LIVERS OUT: Can you find any difference between the drink habits you had when you lived in college and the ones you have now you are a liver out? Could you please explain your answer?

Respondent: Probably a bit less cause you're more isolated, there's not as many parties going on around you every time and just living out, in second year I have got a lot more work so I don't get to go out as much.

13) Interviewer: Do you and your friends usually pre-drink before going out?

Respondent: Yes.

14) Interviewer: QUESTION FOR PEOPLE WHO PRE-DRINK: Why do you pre-drink before going out?

Respondent: It's a lot cheaper.

15) Interviewer: QUESTION NOT FOR FRESHERS: How has your drinking changed over the past years you spent at university? Do you think it has increased, decreased or is it more or less the same?

Respondent: Increased since university.

16) Interviewer: Could you please describe what you think binge drinking is and what you think about it?

Respondent: Binge drinking is consuming a lot of alcohol in one go. I think it's quite an accepted part of university life, I think, and just a general behaviour for our age.

17) Interviewer: Do you think that your drink habits fit in with what we call binge drinking? Respondent: Yes, probably.

18) Interviewer: Do you think binge drinking is more common among livers in or livers out? Respondent: Livers in.

19) Interviewer: Are you aware of alcohol-related crimes like drink spiking and have you or one of your friends ever been a victim of drink spiking?

Respondent: I'm aware of it but no, there's no one close that I know.

20) Interviewer: In your opinion, could pre-drinking instead of buying drinks in clubs be a way to avoid drink spiking?

Respondent: Yes.

21) Interviewer: Have you ever heard or read about any sexual assault, physical assault or robbery caused by alcohol-related phenomena like binge drinking or drink spiking and what do you think about this risk and other alcohol-related risks?

Respondent: I've heard about it in the media but it's never something that's happened close by me so it's not something that I worry about too much.

22) Interviewer: Do you think sexual assault, physical assault and robbery are common and serious alcohol-related risks in Britain? Could you please explain your answer?

Respondent: I think they probably increase it cause alcohol brings a lot more angrier people and a lot more vulnerability.

23) Interviewer: Do you think alcohol-related phenomena such as binge drinking and drink spiking are very common among university students in Britain? Could you please explain your answer?

Respondent: I think binge drinking is very common. In my experience I find Durham is a safe city and I've never heard of any drink spiking.

Student 5 - female

This survey is designed to better understand the consumption of alcohol among British university students and the risks related to alcohol phenomena such as binge drinking and drink spiking. Please be honest in providing information as the survey is anonymous.

1) Interviewer: Which year are you in at university?

Respondent: Second year.

2) Interviewer: Do you live in college?

Respondent: No.

3) Interviewer: Why do you think students like drinking alcohol?

Respondent: To have a good time, to socialise with their friends, forget about problems maybe.

4) Interviewer: Do you drink alcohol at all?

- Respondent: Yes.
- 5) Interviewer: How old were you the first time you drank alcohol?
Respondent: Well, quite young but with the family meals.
- 6) Interviewer: When was the last time you drank any alcohol?
Respondent: Last weekend.
- 7) Interviewer: On average, how often do you drink per week? What is the average number of drinks you consume in a week?
Respondent: I probably drink twice a week, maybe once and then I'd say, I don't know how many units, I'd say a couple of glasses of wine, four or five glasses of wine.
- 8) Interviewer: When you drink, how much do you drink?
Respondent: Yeah, about that number.
- 9) Interviewer: What do you usually drink?
Respondent: Wine or lager or vodka, anything.
- 10) Interviewer: Have you ever participated in drinking games?
Respondent: Yes.
- 11) Interviewer: Has anybody ever pressured you into drinking alcohol?
Respondent: Yeah.
- 12) Interviewer: QUESTION FOR LIVERS OUT: Can you find any difference between the drink habits you had when you lived in college and the ones you have now you are a liver out? Could you please explain your answer?
Respondent: Yeah, I'd say in college we went out as a group more, so there would be more drinking more regularly, like everyone's out every Friday and Saturday but in this year I'd say I've got more for drinks just to socialise rather than just to get drunk.
- 13) Interviewer: Do you and your friends usually pre-drink before going out?
Respondent: Yes.
- 14) Interviewer: QUESTION FOR PEOPLE WHO PRE-DRINK: Why do you pre-drink before going out?
Respondent: I'd say that it's cheaper than a night out so you don't have to pay for drinks when you get there.

15) Interviewer: QUESTION NOT FOR FRESHERS: How has your drinking changed over the past years you spent at university? Do you think it has increased, decreased or is it more or less the same?

Respondent: Decreased, definitely.

16) Interviewer: Could you please describe what you think binge drinking is and what you think about it?

Respondent: Binge drinking is drinking to an excess, drinking just for the sake of getting drunk. I think it's not a really good thing in our society, I think it's a shame that people only drink to get drunk and I think I've learnt a lot from what I did over the past year, that's not really fun to do that, so I think, yeah, I mean, I think we need to look more at like friends and stay in our habits cause we're drinking to improve our habits.

17) Interviewer: Do you think that your drink habits fit in with what we call binge drinking?

Respondent: I think they used to but I don't think so anymore.

18) Interviewer: Do you think binge drinking is more common among livers in or livers out? Respondent: Livers in, definitely.

19) Interviewer: Are you aware of alcohol-related crimes like drink spiking and have you or one of your friends ever been a victim of drink spiking?

Respondent: Yes and yes.

20) Interviewer: In your opinion, could pre-drinking instead of buying drinks in clubs be a way to avoid drink spiking?

Respondent: No, I don't think so.

21) Interviewer: Have you ever heard or read about any sexual assault, physical assault or robbery caused by alcohol-related phenomena like binge drinking or drink spiking and what do you think about this risk and other alcohol-related risks?

Respondent: Yeah, of those that ended here in Durham and after a night out someone got attacked or something on the bridge upside over and I think that just shows the dangers of drinking and it's really bad, yeah.

22) Interviewer: Do you think sexual assault, physical assault and robbery are common and serious alcohol-related risks in Britain? Could you please explain your answer?

Respondent: Yeah, I think they are common and I think especially on nights out you see quite a lot. I've seen in the past like people getting quite aggressive especially like some of my male friends like at home they get quite aggressive when they're drunk and that can lead to like bar rows and things.

23) Interviewer: Do you think alcohol-related phenomena such as binge drinking and drink spiking are very common among university students in Britain? Could you please explain your answer?

Respondent: I don't really think that they are common in university towns. I think it still happens in university towns but I think it's more common like at home where there's a mixture of locals and students because quiet afternoon pubs at home, there's a lot more like older men who are just out looking to pick up girls, which when you drink it might happen, whereas in the university communities people do look after each other more, I think.

Student 6 - female

This survey is designed to better understand the consumption of alcohol among British university students and the risks related to alcohol phenomena such as binge drinking and drink spiking. Please be honest in providing information as the survey is anonymous.

1) Interviewer: Which year are you in at university?

Respondent: Third year.

2) Interviewer: Do you live in college?

Respondent: Yes.

3) Interviewer: Why do you think students like drinking alcohol?

Respondent: Because they think they can have a better time because they can't enjoy going to the clubs sober.

- 4) Interviewer: Do you drink alcohol at all?
Respondent: Yeah, sometimes.
- 5) Interviewer: How old were you the first time you drank alcohol?
Respondent: Maybe 13?
- 6) Interviewer: When was the last time you drank any alcohol?
Respondent: Yesterday.
- 7) Interviewer: On average, how often do you drink per week? What is the average number of drinks you consume in a week?
Respondent: Probably like once a week if at all and only like one drink.
- 8) Interviewer: When you drink, how much do you drink?
Respondent: Only about one.
- 9) Interviewer: What do you usually drink?
Respondent: Like wine or cocktails.
- 10) Interviewer: Have you ever participated in drinking games?
Respondent: Yeah but not with alcohol.
- 11) Interviewer: Has anybody ever pressured you into drinking alcohol?
Respondent: Not particularly.
- 12) Interviewer: QUESTION FOR LIVERS OUT: Can you find any difference between the drink habits you had when you lived in college and the ones you have now you are a liver out? Could you please explain your answer?
- 13) Interviewer: Do you and your friends usually pre-drink before going out?
Respondent: My friends do, I don't.
- 14) Interviewer: QUESTION FOR PEOPLE WHO PRE-DRINK: Why do you pre-drink before going out?
- 15) Interviewer: QUESTION NOT FOR FRESHERS: How has your drinking changed over the past years you spent at university? Do you think it has increased, decreased or is it more or less the same?
Respondent: I probably drink slightly more but it's probably more from drinking nothing to occasionally one drink.
- 16) Interviewer: Could you please describe what you think binge drinking is and what you think about it?

Respondent: I think it's drinking with the intention to get drunk and I just don't really understand why people do it.

17) Interviewer: Do you think that your drink habits fit in with what we call binge drinking?

Respondent: No.

18) Interviewer: Do you think binge drinking is more common among livers in or livers out?

Respondent: I don't know, I'd say it's probably about the same.

19) Interviewer: Are you aware of alcohol-related crimes like drink spiking and have you or one of your friends ever been a victim of drink spiking?

Respondent: No.

20) Interviewer: In your opinion, could pre-drinking instead of buying drinks in clubs be a way to avoid drink spiking?

Respondent: No, not really, cause I think people get drunk and then go out and buy more drinks.

21) Interviewer: Have you ever heard or read about any sexual assault, physical assault or robbery caused by alcohol-related phenomena like binge drinking or drink spiking and what do you think about this risk and other alcohol-related risks?

Respondent: Yeah, I think it's not ok, like people say, you know, you shouldn't be drunk but it's still not ok to do bad things to drunk people.

22) Interviewer: Do you think sexual assault, physical assault and robbery are common and serious alcohol-related risks in Britain? Could you please explain your answer?

Respondent: Yeah, I would imagine alcohol plays quite a big role in lots of those things.

23) Interviewer: Do you think alcohol-related phenomena such as binge drinking and drink spiking are very common among university students in Britain? Could you please explain your answer?

Respondent: Yeah, I think students in particular drink an awful lot just because they can, they don't have to go to work.

Student 7 - female

This survey is designed to better understand the consumption of alcohol among British university students and the risks related to alcohol phenomena such as binge drinking and drink spiking. Please be honest in providing information as the survey is anonymous.

- 1) Interviewer: Which year are you in at university?
Respondent: Third year.
- 2) Interviewer: Do you live in college?
Respondent: Yes.
- 3) Interviewer: Why do you think students like drinking alcohol?
Respondent: It's a way of socialising, getting to know new people. Drinking games could be quite fun, I think, as long as they don't get out of hand and when you're in a new group setting, such as like in freshers, it's supposed to be quite a good way of getting to know people that you don't know yet.
- 4) Interviewer: Do you drink alcohol at all?
Respondent: Yes.
- 5) Interviewer: How old were you the first time you drank alcohol?
Respondent: 13.
- 6) Interviewer: When was the last time you drank any alcohol?
Respondent: A couple of weeks ago.
- 7) Interviewer: On average, how often do you drink per week? What is the average number of drinks you consume in a week?
Respondent: I don't usually normally drink that much. Well, I don't drink on a weekly basis. When I do, when I'm drinking, I'd probably say, I don't know, it depends. It can vary from probably, I'd say two to ten units, depending on whether I'm going out or not.
- 8) Interviewer: When you drink, how much do you drink?
Respondent: Same.
- 9) Interviewer: What do you usually drink?
Respondent: Either wine or spirits.
- 10) Interviewer: Have you ever participated in drinking games?

Respondent: Yes.

11) Interviewer: Has anybody ever pressured you into drinking alcohol?

Respondent: No.

12) Interviewer: QUESTION FOR LIVERS OUT: Can you find any difference between the drink habits you had when you lived in college and the ones you have now you are a liver out? Could you please explain your answer?

13) Interviewer: Do you and your friends usually pre-drink before going out?

Respondent: Yes.

14) Interviewer: QUESTION FOR PEOPLE WHO PRE-DRINK: Why do you pre-drink before going out?

Respondent: It's cheaper than drinking out, means that we drink less once we get out. Especially at home, it's just a sort of part or something of what we do when we get ready together.

15) Interviewer: QUESTION NOT FOR FRESHERS: How has your drinking changed over the past years you spent at university? Do you think it has increased, decreased or is it more or less the same?

Respondent: Since uni, it's probably increased, yeah.

16) Interviewer: Could you please describe what you think binge drinking is and what you think about it?

Respondent: According to what I read it was like for a woman when they drink more than six units but I'm quite surprised cause six units in my opinion isn't actually that much but in my opinion is just drinking an excessive amount of alcohol in one night.

17) Interviewer: Do you think that your drink habits fit in with what we call binge drinking? Respondent: Yeah, according to that statistics, probably yeah.

18) Interviewer: Do you think binge drinking is more common among livers in or livers out? Respondent: Maybe livers in because you probably have bigger sort of like pre-drinking sessions. I remember in my first year, we often sort of combined with the opposite flat so I'm aware that sometimes people do like big gatherings, so when you live in, bigger gatherings are more common, whereas when you live out, at

the end of term you might have a big party of a couple of houses but on a regular night it's probably just your house, so probably in I guess, because of the size of the people.

19) Interviewer: Are you aware of alcohol-related crimes like drink spiking and have you or one of your friends ever been a victim of drink spiking?

Respondent: I'm aware of it but no, I've never known anyone. Obviously, it does occur but in my experience I've never come across anyone this has really happened to.

20) Interviewer: In your opinion, could pre-drinking instead of buying drinks in clubs be a way to avoid drink spiking?

Respondent: Yeah, obviously if you pre-drink, you pre-drink with the people that you know and therefore spiking shouldn't happen. Also, if you pre-drink, the more you pre-drink, the less you're going to drink out so you've less chance to get spiked, I suppose.

21) Interviewer: Have you ever heard or read about any sexual assault, physical assault or robbery caused by alcohol-related phenomena like binge drinking or drink spiking and what do you think about this risk and other alcohol-related risks?

Respondent: Yes it has occurred, like that footballer. I don't know the way or whether he raped her or not but actually the reason whether she did get raped or not was that she was partially paralytic. She can't even remember whether she was raped or not. I've never got into that state. Obviously there's a big risk if you get so drunk that you don't know what's happening to you, then you could be taken advantage of, so yes, there is a high risk.

22) Interviewer: Do you think sexual assault, physical assault and robbery are common and serious alcohol-related risks in Britain? Could you please explain your answer?

Respondent: They obviously do occur but in proportion to the number of people that go out drinking and then are safe and don't commit crime it's going to be low compared to the amount of drinking that occurs. I'd probably say that the bigger risk is probably sexual assault. To be honest, if a person is quite drunk, they could be violent but

they'd probably won't be able to commit a robbery very well because actually to be able to rob you have to be quiet and have a good plan and I don't think they'd be able to do it very well if they were drunk.

23) Interviewer: Do you think alcohol-related phenomena such as binge drinking and drink spiking are very common among university students in Britain? Could you please explain your answer?

Respondent: Binge drinking is very common. Drink spiking, in my opinion, I don't really think it is, then the DSU, they send like bottles tops so your drink doesn't get spiked. When I first saw them, I was surprised because in my opinion it doesn't really happen.

Student 8 - female

This survey is designed to better understand the consumption of alcohol among British university students and the risks related to alcohol phenomena such as binge drinking and drink spiking. Please be honest in providing information as the survey is anonymous.

1) Interviewer: Which year are you in at university?

Respondent: Third year.

2) Interviewer: Do you live in college?

Respondent: Yes.

3) Interviewer: Why do you think students like drinking alcohol?

Respondent: It's kind of a way of bonding with people and it's kind of a social occasion for lots of people to get to gathering and spend time together.

4) Interviewer: Do you drink alcohol at all?

Respondent: Yes.

5) Interviewer: How old were you the first time you drank alcohol?

Respondent: First time that I've had my own glass of wine rather than taking sips from my parents at probably 16.

6) Interviewer: When was the last time you drank any alcohol?

Respondent: Yesterday.

- 7) Interviewer: On average, how often do you drink per week? What is the average number of drinks you consume in a week?
Respondent: I usually drink maybe one day a week on average.
- 8) Interviewer: When you drink, how much do you drink?
Respondent: Maybe three quarters of a bottle of wine.
- 9) Interviewer: What do you usually drink?
Respondent: Wine.
- 10) Interviewer: Have you ever participated in drinking games?
Respondent: Yes.
- 11) Interviewer: Has anybody ever pressured you into drinking alcohol?
Respondent: Yes.
- 12) Interviewer: QUESTION FOR LIVERS OUT: Can you find any difference between the drink habits you had when you lived in college and the ones you have now you are a liver out? Could you please explain your answer?
- 13) Interviewer: Do you and your friends usually pre-drink before going out?
Respondent: Yes.
- 14) Interviewer: QUESTION FOR PEOPLE WHO PRE-DRINK: Why do you pre-drink before going out?
Respondent: Because in Durham there aren't many bars to go to, so you tend to just go straight to a club, which I don't tend to enjoy if I'm completely sober because it's an inconceivable experience.
- 15) Interviewer: QUESTION NOT FOR FRESHERS: How has your drinking changed over the past years you spent at university? Do you think it has increased, decreased or is it more or less the same?
Respondent: Decreased. I think I drink less now than I did as a fresher.
- 16) Interviewer: Could you please describe what you think binge drinking is and what you think about it?
Respondent: Binge drinking is drinking a really large amount of alcohol all in one go on some random occasions.
- 17) Interviewer: Do you think that your drink habits fit in with what we call binge drinking?

Respondent: No.

18) Interviewer: Do you think binge drinking is more common among
livers in or livers out?

Respondent: I think it's about the same.

19) Interviewer: Are you aware of alcohol-related crimes like drink
spiking and have you or one of your friends ever been a victim of
drink spiking?

Respondent: I've never heard of it happening.

20) Interviewer: In your opinion, could pre-drinking instead of buying
drinks in clubs be a way to avoid drink spiking?

Respondent: Yes, that's true.

21) Interviewer: Have you ever heard or read about any sexual assault,
physical assault or robbery caused by alcohol-related phenomena like
binge drinking or drink spiking and what do you think about this risk
and other alcohol-related risks?

Respondent: I've never heard of anything like that.

22) Interviewer: Do you think sexual assault, physical assault and robbery
are common and serious alcohol-related risks in Britain? Could you
please explain your answer?

Respondent: I don't think it necessarily is in Durham but I have heard
of it more in other places, in other universities.

23) Interviewer: Do you think alcohol-related phenomena such as binge
drinking and drink spiking are very common among university
students in Britain? Could you please explain your answer?

Respondent: Yes, I think that at university probably you drink a lot
more than you would if you weren't at university because you're
surrounded by a lot of other people that want to drink socially as well.

Student 9 - female

**This survey is designed to better understand the consumption of
alcohol among British university students and the risks related to
alcohol phenomena such as binge drinking and drink spiking.**

Please be honest in providing information as the survey is anonymous.

- 1) Interviewer: Which year are you in at university?
Respondent: Second.
- 2) Interviewer: Do you live in college?
Respondent: No.
- 3) Interviewer: Why do you think students like drinking alcohol?
Respondent: To feel more relaxed, to fit in.
- 4) Interviewer: Do you drink alcohol at all?
Respondent: Yes.
- 5) Interviewer: How old were you the first time you drank alcohol?
Respondent: 15.
- 6) Interviewer: When was the last time you drank any alcohol?
Respondent: Last night.
- 7) Interviewer: On average, how often do you drink per week? What is the average number of drinks you consume in a week?
Respondent: I probably drink once a week and four drinks.
- 8) Interviewer: When you drink, how much do you drink?
Respondent: Yes, same.
- 9) Interviewer: What do you usually drink?
Respondent: I'd probably drink like a spirit and a mixer so like vodka and Coke.
- 10) Interviewer: Have you ever participated in drinking games?
Respondent: Yeah.
- 11) Interviewer: Has anybody ever pressured you into drinking alcohol?
Respondent: No.
- 12) Interviewer: QUESTION FOR LIVERS OUT: Can you find any difference between the drink habits you had when you lived in college and the ones you have now you are a liver out? Could you please explain your answer? Y
Respondent: eah, I think I drink more with meals just casually rather than to get drunk now but I used to do it to get drunk.
- 13) Interviewer: Do you and your friends usually pre-drink before going out?

Respondent: Yeah.

14) Interviewer: QUESTION FOR PEOPLE WHO PRE-DRINK: Why do you pre-drink before going out?

Respondent: Cause it's cheaper.

15) Interviewer: QUESTION NOT FOR FRESHERS: How has your drinking changed over the past years you spent at university? Do you think it has increased, decreased or is it more or less the same?

Respondent: It's probably the same but the frequency has quite changed.

16) Interviewer: Could you please describe what you think binge drinking is and what you think about it?

Respondent: It's just drinking to an excess because it's cheaper.

17) Interviewer: Do you think that your drink habits fit in with what we call binge drinking?

Respondent: No, I don't think so.

18) Interviewer: Do you think binge drinking is more common among livers in or livers out? Respondent: Livers in, just cause they're freshers.

19) Interviewer: Are you aware of alcohol-related crimes like drink spiking and have you or one of your friends ever been a victim of drink spiking?

Respondent: I know about them. People have said they have been spiked but I don't know whether that's true. I've never been spiked.

20) Interviewer: In your opinion, could pre-drinking instead of buying drinks in clubs be a way to avoid drink spiking?

Respondent: Yeah.

21) Interviewer: Have you ever heard or read about any sexual assault, physical assault or robbery caused by alcohol-related phenomena like binge drinking or drink spiking and what do you think about this risk and other alcohol-related risks?

Respondent: I think robbery is probably quite common cause you're much less careful with your things and then you're obviously a lot more vulnerable to assault. I haven't heard of many first time stories or anything but that probably happens.

22) Interviewer: Do you think sexual assault, physical assault and robbery are common and serious alcohol-related risks in Britain? Could you please explain your answer?

Respondent: Yeah, I think it's a high risk when you're drinking.

23) Interviewer: Do you think alcohol-related phenomena such as binge drinking and drink spiking are very common among university students in Britain? Could you please explain your answer?

Respondent: I don't think they are in Durham but I think it's quite unusual, I guess, in small towns. Probably in big cities. I know friends of unis like Leeds have had their drink spiked.

Student 10 - female

This survey is designed to better understand the consumption of alcohol among British university students and the risks related to alcohol phenomena such as binge drinking and drink spiking. Please be honest in providing information as the survey is anonymous.

1) Interviewer: Which year are you in at university?

Respondent: Second year.

2) Interviewer: Do you live in college?

Respondent: No.

3) Interviewer: Why do you think students like drinking alcohol?

Respondent: It's quite a cultural thing. I think people do it for some reason in the young age and it's an age to have a good time really.

4) Interviewer: Do you drink alcohol at all?

Respondent: Yes.

5) Interviewer: How old were you the first time you drank alcohol?

Respondent: I can't remember. The first time I probably had watered down wine when I was about 10.

6) Interviewer: When was the last time you drank any alcohol?

Respondent: Yesterday.

- 7) Interviewer: On average, how often do you drink per week? What is the average number of drinks you consume in a week?
Respondent: Probably three times a week and on average, you know, I can't tell you, I'd have probably four to seven drinks a time, yeah.
- 8) Interviewer: When you drink, how much do you drink?
Respondent: Yeah, four to seven drinks.
- 9) Interviewer: What do you usually drink?
Respondent: Wine.
- 10) Interviewer: Have you ever participated in drinking games?
Respondent: Yes.
- 11) Interviewer: Has anybody ever pressured you into drinking alcohol?
Respondent: They've tried but they've pressured easily.
- 12) Interviewer: QUESTION FOR LIVERS OUT: Can you find any difference between the drink habits you had when you lived in college and the ones you have now you are a liver out? Could you please explain your answer?
Respondent: No, I don't think there's any difference. I come from quite a relaxed family so my drinking habits are still the same from when I was about 16 or 17.
- 13) Interviewer: Do you and your friends usually pre-drink before going out?
Respondent: Yes.
- 14) Interviewer: QUESTION FOR PEOPLE WHO PRE-DRINK: Why do you pre-drink before going out?
Respondent: Because it's cheaper.
- 15) Interviewer: QUESTION NOT FOR FRESHERS: How has your drinking changed over the past years you spent at university? Do you think it has increased, decreased or is it more or less the same?
Respondent: At university I drink less casually cause it's something that you buy yourself, it's not just in the house but obviously I go out more so it probably balances out the amount. Now I drink much but it's more for a social purpose.
- 16) Interviewer: Could you please describe what you think binge drinking is and what you think about it?

Respondent: Binge drinking is drinking to excess and it can lead to quite harmful situations as well. I don't think it's a particularly good thing, personally I don't think I do binge drink, I'm quite skeptical with pissing myself.

17) Interviewer: Do you think that your drink habits fit in with what we call binge drinking?

Respondent: No.

18) Interviewer: Do you think binge drinking is more common among livers in or livers out? Respondent: Difficult. Probably livers in if we're talking about freshers, like first years, because on the whole they're quite near to it.

19) Interviewer: Are you aware of alcohol-related crimes like drink spiking and have you or one of your friends ever been a victim of drink spiking?

Respondent: Yes and yes.

20) Interviewer: In your opinion, could pre-drinking instead of buying drinks in clubs be a way to avoid drink spiking?

Respondent: Yes.

21) Interviewer: Have you ever heard or read about any sexual assault, physical assault or robbery caused by alcohol-related phenomena like binge drinking or drink spiking and what do you think about this risk and other alcohol-related risks?

Respondent: Yes, I've heard about it. There is a risk. It shouldn't be a risk cause people shouldn't do it, full stop, but it's there unfortunately.

22) Interviewer: Do you think sexual assault, physical assault and robbery are common and serious alcohol-related risks in Britain? Could you please explain your answer?

Respondent: I don't think they're common. They occur, I think especially probably sexually-related rather than robbery because people think they can take advantage more easily and they also increase confidence so they've sort of things like new found persona when they go out to drink.

23) Interviewer: Do you think alcohol-related phenomena such as binge drinking and drink spiking are very common among university students in Britain? Could you please explain your answer?

Respondent: Binge drinking yes, reasonably common, although I'm not sure it's as common amongst university students as necessarily people in sixth form, like they probably binge a lot more because of the fact that they're younger and cause some people like smuggle the alcohol, for example from their parents, and want to get rid of their touch, and drink spiking I think is not particularly common. It definitely does occur more at university.

Student 11 - female

This survey is designed to better understand the consumption of alcohol among British university students and the risks related to alcohol phenomena such as binge drinking and drink spiking. Please be honest in providing information as the survey is anonymous.

1) Interviewer: Which year are you in at university?

Respondent: Fourth year.

2) Interviewer: Do you live in college?

Respondent: No.

3) Interviewer: Why do you think students like drinking alcohol?

Respondent: I think it's mainly based on the fact that it's something that everybody does, particularly in the first week of freshers' year.

4) Interviewer: Do you drink alcohol at all?

Respondent: A little.

5) Interviewer: How old were you the first time you drank alcohol?

Respondent: Probably 16.

6) Interviewer: When was the last time you drank any alcohol?

Respondent: Five minutes ago.

7) Interviewer: On average, how often do you drink per week? What is the average number of drinks you consume in a week?

Respondent: Once and probably half a pint.

8) Interviewer: When you drink, how much do you drink?

Respondent: No more than a pint.

9) Interviewer: What do you usually drink?

Respondent: What the other people are having.

10) Interviewer: Have you ever participated in drinking games?

Respondent: Once.

11) Interviewer: Has anybody ever pressured you into drinking alcohol?

Respondent: They've tried but not managed to.

12) Interviewer: QUESTION FOR LIVERS OUT: Can you find any difference between the drink habits you had when you lived in college and the ones you have now you are a liver out? Could you please explain your answer?

Respondent: Yes, in my first year when I was living in college I didn't drink alcohol because I knew what the freshers' week culture was, where the purpose of drinking alcohol is to get drunk, and I didn't want to pass through that, so I just said "I don't drink alcohol" and people generally left me alone, whereas now I would drink in events like this one because the aim of the evening isn't to get drunk and it's just part of the evening in the same way a cake is part of the evening.

13) Interviewer: Do you and your friends usually pre-drink before going out?

Respondent: I don't go out in that sense, really.

14) Interviewer: QUESTION FOR PEOPLE WHO PRE-DRINK: Why do you pre-drink before going out?

15) Interviewer: QUESTION NOT FOR FRESHERS: How has your drinking changed over the past years you spent at university? Do you think it has increased, decreased or is it more or less the same?

Respondent: I think it's increased because of what I said earlier and also I did a year abroad last year, when I was in France and Spain, and because the drinking culture is more what I prefer anyway, where it's to drink to enjoy the drink and the company rather than to get drunk, so that's why.

16) Interviewer: Could you please describe what you think binge drinking is and what you think about it?

Respondent: Binge drinking would be drinking regularly and to the extent where the aim is to get drunk. I don't like that idea because even though I understand that alcohol is useful because it can make people more relaxed and that kind of thing, I think it's dangerous to depend on that, so I don't like the idea of binge drinking.

17) Interviewer: Do you think that your drink habits fit in with what we call binge drinking?

Respondent: No.

18) Interviewer: Do you think binge drinking is more common among livers in or livers out? Respondent: Possibly livers in simply because they tend to be first years.

19) Interviewer: Are you aware of alcohol-related crimes like drink spiking and have you or one of your friends ever been a victim of drink spiking?

Respondent: I'm aware of it and I may have had some of it in Spain.

20) Interviewer: In your opinion, could pre-drinking instead of buying drinks in clubs be a way to avoid drink spiking?

Respondent: It could be but to me the idea of pre-drinking, as people I know who do pre-drink explain it is, the aim is to get adequately drunk or tipsy before going out and then getting for the drunk, so I don't think it would avoid as such.

21) Interviewer: Have you ever heard or read about any sexual assault, physical assault or robbery caused by alcohol-related phenomena like binge drinking or drink spiking and what do you think about this risk and other alcohol-related risks?

Respondent: I've heard about it not from anything particular but as a general thing that happens and I think when we hear about it, it's usually told by people like an older relative when he told me for the first time about drink spiking, and it was just like to say advice about keeping your thumb over the bottle and that kind of thing, and I was initially told don't drink, because if you haven't been drinking alcohol, it's very easy to demonstrate that your drink has been spiked,

whereas if not, people can say “oh she was just drunk”, that kind of thing.

22) Interviewer: Do you think sexual assault, physical assault and robbery are common and serious alcohol-related risks in Britain? Could you please explain your answer?

Respondent: Possibly, yeah. I don't feel like I know much about it because if I'm in a situation where I'm drinking, it's just because I'm comfortable in that environment already and then I'm with a group of people I'm spending the evening with that I trust.

23) Interviewer: Do you think alcohol-related phenomena such as binge drinking and drink spiking are very common among university students in Britain? Could you please explain your answer?

Respondent: Definitely binge drinking, I'm not sure about drink spiking but that might be because I don't go out and drink that often and when I do, it's just kind of like in a college bar after improvised comedy but I would say that binge drinking is quite common, particularly with the uni students.

Student 12 - female

This survey is designed to better understand the consumption of alcohol among British university students and the risks related to alcohol phenomena such as binge drinking and drink spiking. Please be honest in providing information as the survey is anonymous.

1) Interviewer: Which year are you in at university?

Respondent: I'm year four, so I'm doing my Masters degree.

2) Interviewer: Do you live in college?

Respondent: No.

3) Interviewer: Why do you think students like drinking alcohol?

Respondent: I think because it provides quite a release from the pressures of work and it's a socially acceptable one, whereas other forms are kind of I guess really silly, maybe like drugs or something

like that, they're not socially acceptable, therefore alcohol is the mainstream that the people do.

4) Interviewer: Do you drink alcohol at all?

Respondent: Yes.

5) Interviewer: How old were you the first time you drank alcohol?

Respondent: Probably 17, I think.

6) Interviewer: When was the last time you drank any alcohol?

Respondent: Last night.

7) Interviewer: On average, how often do you drink per week? What is the average number of drinks you consume in a week?

Respondent: I probably drink like three times per week and in terms of units it can vary between sort of about three or four to probably more like ten to fifteen.

8) Interviewer: When you drink, how much do you drink?

Respondent: Again, most nights it's one or two glasses of wine, so it's not bad but upon occasions, about once a month, I probably drink a lot more than I should do.

9) Interviewer: What do you usually drink?

Respondent: Wine or gin.

10) Interviewer: Have you ever participated in drinking games?

Respondent: Yes.

11) Interviewer: Has anybody ever pressured you into drinking alcohol?

Respondent: No, actually.

12) Interviewer: QUESTION FOR LIVERS OUT: Can you find any difference between the drink habits you had when you lived in college and the ones you have now you are a liver out? Could you please explain your answer?

Respondent: I drink more regularly now than I did when I lived in college but when I lived in college I always drank a lot more in one go.

13) Interviewer: Do you and your friends usually pre-drink before going out?

Respondent: No because we're very old now.

- 14) Interviewer: QUESTION FOR PEOPLE WHO PRE-DRINK: Why do you pre-drink before going out?
- 15) Interviewer: QUESTION NOT FOR FRESHERS: How has your drinking changed over the past years you spent at university? Do you think it has increased, decreased or is it more or less the same?
- Respondent: I think probably in terms of the sheer volume it's the same but it's now spread out a lot more. It's probably decreased overall but only just for it has spread out to be more regular than sort of like in first and second year when I used to do binges.
- 16) Interviewer: Could you please describe what you think binge drinking is and what you think about it?
- Respondent: I think that binge drinking is drinking to the point of absolute excess or probably when you drink and after sort of lose a real sense of what's going on, so I mean, for me personally I think about five units it counts as binge drinking whether I like normally jugged myself or not.
- 17) Interviewer: Do you think that your drink habits fit in with what we call binge drinking? Respondent: Yes, probably, upon occasion anyway.
- 18) Interviewer: Do you think binge drinking is more common among livers in or livers out?
- Respondent: I honestly don't think that it makes a difference.
- 19) Interviewer: Are you aware of alcohol-related crimes like drink spiking and have you or one of your friends ever been a victim of drink spiking?
- Respondent: I'm aware of it but none of my friends thankfully have ever have been.
- 20) Interviewer: In your opinion, could pre-drinking instead of buying drinks in clubs be a way to avoid drink spiking?
- Respondent: Probably not just because I get the feeling that if you pre-drink too much and you get to the point where you go out and you would still end up buying a drink in a club without any kind of idea of what's going on around you, if that makes sense?

21) Interviewer: Have you ever heard or read about any sexual assault, physical assault or robbery caused by alcohol-related phenomena like binge drinking or drink spiking and what do you think about this risk and other alcohol-related risks?

Respondent: Yes, I have heard about it and I think that it tends to depend upon the friend group you're going out with because hopefully within the context your friends will protect you and not like you just go off with anybody but I'm aware that it can happen between friends as well.

22) Interviewer: Do you think sexual assault, physical assault and robbery are common and serious alcohol-related risks in Britain? Could you please explain your answer?

Respondent: I wouldn't say that they're very common, I don't know, I mean, thankfully none of my friends have ever been sort of assaulted because they've been drunk, you know, physically or sexually, but I'm aware that it does happen, so I suppose the answer is that but I'm not very sure.

23) Interviewer: Do you think alcohol-related phenomena such as binge drinking and drink spiking are very common among university students in Britain? Could you please explain your answer?

Respondent: Again, I'm unsure. I'm aware that it goes on and I'm also aware that it's reported about a lot but in terms of personal experience, I've not had much, therefore I don't really feel like I'm the best person to actually make a massive general kind of statement about that.

Student 13 - female

This survey is designed to better understand the consumption of alcohol among British university students and the risks related to alcohol phenomena such as binge drinking and drink spiking. Please be honest in providing information as the survey is anonymous.

1) Interviewer: Which year are you in at university?

- Respondent: Fourth year.
- 2) Interviewer: Do you live in college?
Respondent: No.
- 3) Interviewer: Why do you think students like drinking alcohol?
Respondent: I think it's partly because it's an expectation that's what you'll do at university and also it's a social activity that people use as a bonding experience.
- 4) Interviewer: Do you drink alcohol at all?
Respondent: Yes.
- 5) Interviewer: How old were you the first time you drank alcohol?
Respondent: 16.
- 6) Interviewer: When was the last time you drank any alcohol?
Respondent: About a month ago.
- 7) Interviewer: On average, how often do you drink per week? What is the average number of drinks you consume in a week?
Respondent: Let's say once a week and maybe one to three drinks.
- 8) Interviewer: When you drink, how much do you drink?
Respondent: One to three drinks.
- 9) Interviewer: What do you usually drink?
Respondent: Cider or rum.
- 10) Interviewer: Have you ever participated in drinking games?
Respondent: Yes.
- 11) Interviewer: Has anybody ever pressured you into drinking alcohol?
Respondent: Yes.
- 12) Interviewer: QUESTION FOR LIVERS OUT: Can you find any difference between the drink habits you had when you lived in college and the ones you have now you are a liver out? Could you please explain your answer?
Respondent: I definitely drank more when I lived in and I probably pre-drunk more when I lived in as well.
- 13) Interviewer: Do you and your friends usually pre-drink before going out?
Respondent: No.

- 14) Interviewer: QUESTION FOR PEOPLE WHO PRE-DRINK: Why do you pre-drink before going out?
- 15) Interviewer: QUESTION NOT FOR FRESHERS: How has your drinking changed over the past years you spent at university? Do you think it has increased, decreased or is it more or less the same?
Respondent: Decreased.
- 16) Interviewer: Could you please describe what you think binge drinking is and what you think about it?
Respondent: I think it's drinking a lot in one night rather than drinking a little bit regularly each night.
- 17) Interviewer: Do you think that your drink habits fit in with what we call binge drinking?
Respondent: No.
- 18) Interviewer: Do you think binge drinking is more common among livers in or livers out?
Respondent: I think it depends on the person so really it's the same, pretty much.
- 19) Interviewer: Are you aware of alcohol-related crimes like drink spiking and have you or one of your friends ever been a victim of drink spiking?
Respondent: I'm aware of it but as far as I know, none of my friends have been.
- 20) Interviewer: In your opinion, could pre-drinking instead of buying drinks in clubs be a way to avoid drink spiking?
Respondent: In theory but it happens between friends and there's no guarantee that pre-drinking means that you won't buy a drink when you get out and you're probably already quite, you know, tipsy at least, so it's easier to do it.
- 21) Interviewer: Have you ever heard or read about any sexual assault, physical assault or robbery caused by alcohol-related phenomena like binge drinking or drink spiking and what do you think about this risk and other alcohol-related risks?

Respondent: I have. Again, I don't know anyone who's been a victim of it. I don't really know what I think about it, like obviously it's a danger but a lot of us use to ignore it, so I don't really know.

22) Interviewer: Do you think sexual assault, physical assault and robbery are common and serious alcohol-related risks in Britain? Could you please explain your answer?

Respondent: I think in some places they're certainly linked but I don't know if we could say that alcohol is like the biggest factor in that happening.

23) Interviewer: Do you think alcohol-related phenomena such as binge drinking and drink spiking are very common among university students in Britain? Could you please explain your answer?

Respondent: I really don't know.

Student 14 - female

This survey is designed to better understand the consumption of alcohol among British university students and the risks related to alcohol phenomena such as binge drinking and drink spiking. Please be honest in providing information as the survey is anonymous.

1) Interviewer: Which year are you in at university?

Respondent: Final year, third year.

2) Interviewer: Do you live in college?

Respondent: No.

3) Interviewer: Why do you think students like drinking alcohol?

Respondent: I think it's seen as the right way to behave as a university student. Before you would come to uni, you know of this image of going out with your friends, having a good time. I think it's a way of letting off steam and not to do lots of work as well.

4) Interviewer: Do you drink alcohol at all?

Respondent: Yeah.

5) Interviewer: How old were you the first time you drank alcohol?

- Respondent: I was actually 18.
- 6) Interviewer: When was the last time you drank any alcohol?
Respondent: When I went out on Friday.
- 7) Interviewer: On average, how often do you drink per week? What is the average number of drinks you consume in a week?
Respondent: I'd say on average I go out once a week, so I drink then and average number, maybe a bottle of wine.
- 8) Interviewer: When you drink, how much do you drink?
Respondent: A bottle of wine.
- 9) Interviewer: What do you usually drink?
Respondent: Normally wine.
- 10) Interviewer: Have you ever participated in drinking games?
Respondent: Yeah.
- 11) Interviewer: Has anybody ever pressured you into drinking alcohol?
Respondent: I'd say not directly but indirectly when you're in a group setting and everyone else is drinking you do it for pressure.
- 12) Interviewer: QUESTION FOR LIVERS OUT: Can you find any difference between the drink habits you had when you lived in college and the ones you have now you are a liver out? Could you please explain your answer?
Respondent: I don't think there's any real difference cause the people I lived with in college are the people I'm living with now. If anything, I'd say maybe we drink more now because in college we didn't have a space for communal drinking whereas now we have a conservatory, so we drink there.
- 13) Interviewer: Do you and your friends usually pre-drink before going out?
Respondent: Yeah.
- 14) Interviewer: QUESTION FOR PEOPLE WHO PRE-DRINK: Why do you pre-drink before going out?
Respondent: Cause alcohol in bars is quite expensive, so people drink before.

15) Interviewer: QUESTION NOT FOR FRESHERS: How has your drinking changed over the past years you spent at university? Do you think it has increased, decreased or is it more or less the same?

Respondent: I'd say it's about the same.

16) Interviewer: Could you please describe what you think binge drinking is and what you think about it?

Respondent: I think binge drinking is drinking an excessive amount in one go and I think it gets too much of a bad thing. I don't know, it depends on different people as well. Some people become quite aggressive because they've had too much to drink.

17) Interviewer: Do you think that your drink habits fit in with what we call binge drinking?

Respondent: No, I don't think so, I try to be sensible.

18) Interviewer: Do you think binge drinking is more common among livers in or livers out? Respondent: I'm not sure how much difference there is.

19) Interviewer: Are you aware of alcohol-related crimes like drink spiking and have you or one of your friends ever been a victim of drink spiking?

Respondent: One of my friends has actually had her drink spiked and we weren't sure like how to prove it. Yeah, we're quite conscious and especially as a group of girls you are told to think carefully at what you drink.

20) Interviewer: In your opinion, could pre-drinking instead of buying drinks in clubs be a way to avoid drink spiking?

Respondent: Yeah it could be if you're not going to buy anything in the club.

21) Interviewer: Have you ever heard or read about any sexual assault, physical assault or robbery caused by alcohol-related phenomena like binge drinking or drink spiking and what do you think about this risk and other alcohol-related risks?

Respondent: Yeah, I think we hear about it quite a lot but I think there's a tendency to like victim blame so if it's a girl, people say "oh it's her own fault cause she was drinking" and that's a dangerous thing

because it's never the victim's fault, it's always the person who does it.

22) Interviewer: Do you think sexual assault, physical assault and robbery are common and serious alcohol-related risks in Britain? Could you please explain your answer?

Respondent: Yeah, I do think it's a quite serious thing and like I said before it needs to address not the people who've been drinking and then are the victims but people who've been drinking and then commit these things.

23) Interviewer: Do you think alcohol-related phenomena such as binge drinking and drink spiking are very common among university students in Britain? Could you please explain your answer?

Respondent: Yeah, I think it's very common. Pretty much everyone drinks at university in this image of like drink culture. I don't know how it compares to other countries in Europe though, I think Britain definitely has a bad image to a certain degree.

Student 15 - female

This survey is designed to better understand the consumption of alcohol among British university students and the risks related to alcohol phenomena such as binge drinking and drink spiking. Please be honest in providing information as the survey is anonymous.

1) Interviewer: Which year are you in at university?

Respondent: Second year.

2) Interviewer: Do you live in college?

Respondent: No.

3) Interviewer: Why do you think students like drinking alcohol?

Respondent: I think mainly to get drunk and have a good time and often all of people are sort of drinking as well, so you just join them.

4) Interviewer: Do you drink alcohol at all?

Respondent: At the moment, I'm not supposed to.

- 5) Interviewer: How old were you the first time you drank alcohol?
Respondent: Probably 17.
- 6) Interviewer: When was the last time you drank any alcohol?
Respondent: Last Tuesday.
- 7) Interviewer: On average, how often do you drink per week? What is the average number of drinks you consume in a week?
Respondent: On average, I probably drink once a week.
- 8) Interviewer: When you drink, how much do you drink?
Respondent: Probably a couple of vodka cranberry or something like that.
- 9) Interviewer: What do you usually drink?
Respondent: Vodka cranberry or cider.
- 10) Interviewer: Have you ever participated in drinking games?
Respondent: Yes.
- 11) Interviewer: Has anybody ever pressured you into drinking alcohol?
Respondent: They've tried.
- 12) Interviewer: QUESTION FOR LIVERS OUT: Can you find any difference between the drink habits you had when you lived in college and the ones you have now you are a liver out? Could you please explain your answer?
Respondent: Now I'm a liver out I have less money to spend on alcohol, so I tend not to and when I was a liver in, I was living very close to the bar, so it was easier to go down most of the times.
- 13) Interviewer: Do you and your friends usually pre-drink before going out?
Respondent: Yes.
- 14) Interviewer: QUESTION FOR PEOPLE WHO PRE-DRINK: Why do you pre-drink before going out?
Respondent: Cause it's often cheaper to pre-drink than to buy drinks when we're out.
- 15) Interviewer: QUESTION NOT FOR FRESHERS: How has your drinking changed over the past years you spent at university? Do you think it has increased, decreased or is it more or less the same?

Respondent: When I lived at home, I didn't live near my friends, so I didn't drink much at all. When I came here, suddenly I drank a lot more and this year I've drunk less.

16) Interviewer: Could you please describe what you think binge drinking is and what you think about it?

Respondent: Binge drinking would be drinking with the purpose of getting drunk and normally in a group of people.

17) Interviewer: Do you think that your drink habits fit in with what we call binge drinking?

Respondent: No.

18) Interviewer: Do you think binge drinking is more common among livers in or livers out? Respondent: Probably livers in because they're closer to the everyone else and it's much easier to meet up and drink.

19) Interviewer: Are you aware of alcohol-related crimes like drink spiking and have you or one of your friends ever been a victim of drink spiking?

Respondent: One of my friends has been a victim of drink spiking but not in Durham.

20) Interviewer: In your opinion, could pre-drinking instead of buying drinks in clubs be a way to avoid drink spiking?

Respondent: Yes but I think that people who pre-drink more are keener to get drunk and would therefore still going to pubs and are likely to buy more drinks, cause there's a sort of judgment loss.

21) Interviewer: Have you ever heard or read about any sexual assault, physical assault or robbery caused by alcohol-related phenomena like binge drinking or drink spiking and what do you think about this risk and other alcohol-related risks?

Respondent: Yes, I have and I think that the risk increases with people losing their judgment, for example walking home late at night and they're alone, young men especially being encouraged to do stupid things because they're drunk.

22) Interviewer: Do you think sexual assault, physical assault and robbery are common and serious alcohol-related risks in Britain? Could you please explain your answer?

Respondent: Maybe not common but they do happen. There's not so much in Durham, I think.

23) Interviewer: Do you think alcohol-related phenomena such as binge drinking and drink spiking are very common among university students in Britain? Could you please explain your answer?

Respondent: Drink spiking especially is more common among university students at university than out of university because there's more kind of the environment. When you drink at home with your friends, you know, nobody spikes each other's drinks.

Student 16 - male

This survey is designed to better understand the consumption of alcohol among British university students and the risks related to alcohol phenomena such as binge drinking and drink spiking. Please be honest in providing information as the survey is anonymous.

1) Interviewer: Which year are you in at university?

Respondent: One.

2) Interviewer: Do you live in college?

Respondent: Yeah.

3) Interviewer: Why do you think students like drinking alcohol?

Respondent: Encourages social interaction.

4) Interviewer: Do you drink alcohol at all?

Respondent: Yeah.

5) Interviewer: How old were you the first time you drank alcohol?

Respondent: 18.

6) Interviewer: When was the last time you drank any alcohol?

Respondent: This week, a couple of days ago.

7) Interviewer: On average, how often do you drink per week? What is the average number of drinks you consume in a week?

Respondent: Three times a week.

8) Interviewer: When you drink, how much do you drink?

- Respondent: A lot.
- 9) Interviewer: What do you usually drink?
Respondent: I'd say beer.
- 10) Interviewer: Have you ever participated in drinking games?
Respondent: Yes.
- 11) Interviewer: Has anybody ever pressured you into drinking alcohol?
Respondent: Yeah.
- 12) Interviewer: QUESTION FOR LIVERS OUT: Can you find any difference between the drink habits you had when you lived in college and the ones you have now you are a liver out? Could you please explain your answer?
- 13) Interviewer: Do you and your friends usually pre-drink before going out?
Respondent: Yeah.
- 14) Interviewer: QUESTION FOR PEOPLE WHO PRE-DRINK: Why do you pre-drink before going out?
Respondent: So you're more drunk when you're out.
- 15) Interviewer: QUESTION NOT FOR FRESHERS: How has your drinking changed over the past years you spent at university? Do you think it has increased, decreased or is it more or less the same?
- 16) Interviewer: Could you please describe what you think binge drinking is and what you think about it?
Respondent: Binge drinking is drinking more than the recommended amount and I think it's acceptable as long as you keep you contained like not socially inappropriate.
- 17) Interviewer: Do you think that your drink habits fit in with what we call binge drinking? Respondent: Yeah.
- 18) Interviewer: Do you think binge drinking is more common among livers in or livers out? Respondent: Probably livers in.
- 19) Interviewer: Are you aware of alcohol-related crimes like drink spiking and have you or one of your friends ever been a victim of drink spiking?
Respondent: I'm aware of it but I don't think anyone of us has been a victim of it.

20) Interviewer: In your opinion, could pre-drinking instead of buying drinks in clubs be a way to avoid drink spiking?

Respondent: Yes.

21) Interviewer: Have you ever heard or read about any sexual assault, physical assault or robbery caused by alcohol-related phenomena like binge drinking or drink spiking and what do you think about this risk and other alcohol-related risks?

Respondent: Yeah my mate got punched once by a drunk person. I guess that falls into that category. As long as there's the police there it's alright.

22) Interviewer: Do you think sexual assault, physical assault and robbery are common and serious alcohol-related risks in Britain? Could you please explain your answer?

Respondent: From my experience no but obviously is a thing. People are more likely to do it when on the limits of alcohol.

23) Interviewer: Do you think alcohol-related phenomena such as binge drinking and drink spiking are very common among university students in Britain? Could you please explain your answer?

Respondent: Not the drink spiking, I don't think, but alcohol-related phenomena yes because students get drunk a lot.

Student 17 - male

This survey is designed to better understand the consumption of alcohol among British university students and the risks related to alcohol phenomena such as binge drinking and drink spiking. Please be honest in providing information as the survey is anonymous.

1) Interviewer: Which year are you in at university?

Respondent: Second year.

2) Interviewer: Do you live in college?

Respondent: No.

3) Interviewer: Why do you think students like drinking alcohol?

Respondent: I think it's just seen as a social necessity like in order to make friends.

4) Interviewer: Do you drink alcohol at all?

Respondent: Yes.

5) Interviewer: How old were you the first time you drank alcohol?

Respondent: I think about 16.

6) Interviewer: When was the last time you drank any alcohol?

Respondent: Like last week, I think.

7) Interviewer: On average, how often do you drink per week? What is the average number of drinks you consume in a week?

Respondent: Probably during term time once or twice and maybe 2, 3 or 4, or something like that.

8) Interviewer: When you drink, how much do you drink?

Respondent: It varies, I don't often get like very, very drunk but quite a few, sometimes.

9) Interviewer: What do you usually drink?

Respondent: I don't like beer, I drink more like spirits and cider, I'd say.

10) Interviewer: Have you ever participated in drinking games?

Respondent: Yes.

11) Interviewer: Has anybody ever pressured you into drinking alcohol?

Respondent: Yes.

12) Interviewer: QUESTION FOR LIVERS OUT: Can you find any difference between the drink habits you had when you lived in college and the ones you have now you are a liver out? Could you please explain your answer?

Respondent: I would say definitely yes, in the sense that it has changed. I would say that it's less now I live out because we're not all in the same place, so it's easier to kind of avoid it.

13) Interviewer: Do you and your friends usually pre-drink before going out?

Respondent: Yes.

14) Interviewer: QUESTION FOR PEOPLE WHO PRE-DRINK: Why do you pre-drink before going out?

Respondent: Because going into a club sober is boring if everyone of us has alcohol beforehand.

- 15) Interviewer: QUESTION NOT FOR FRESHERS: How has your drinking changed over the past years you spent at university? Do you think it has increased, decreased or is it more or less the same?

Respondent: I would say it's decreased from freshers' week. I would say it will probably get more after exams.

- 16) Interviewer: Could you please describe what you think binge drinking is and what you think about it?

Respondent: Binge drinking I think is when you're at the point where you lose control of what you're doing or you're not consciously in control and I would say I'm part of the welfare team, so I have to look after people who've been binge drinking, so I think there is a line I think quite a lot of people cross it quite a lot.

- 17) Interviewer: Do you think that your drink habits fit in with what we call binge drinking?

Respondent: On occasions, yes.

- 18) Interviewer: Do you think binge drinking is more common among livers in or livers out?

Respondent: I think it varies, it depends on the person. Personally, I think livers in are more likely because they have all the bar facilities around.

- 19) Interviewer: Are you aware of alcohol-related crimes like drink spiking and have you or one of your friends ever been a victim of drink spiking?

Respondent: I am aware of it. I don't think I've ever been able to prove that it has happened but there's been once or twice where someone's behaviour has been a bit weird.

- 20) Interviewer: In your opinion, could pre-drinking instead of buying drinks in clubs be a way to avoid drink spiking?

Respondent: Yes but then there's always the possibility that if you... It depends on who you invite around. If your friends invite people round you don't know, then the chances are as if... yeah.

21) Interviewer: Have you ever heard or read about any sexual assault, physical assault or robbery caused by alcohol-related phenomena like binge drinking or drink spiking and what do you think about this risk and other alcohol-related risks?

Respondent: Yes, and I think that you can never say just because they were drunk they deserved it. I think when you do drink to an excess you are leaving yourself much more vulnerable.

22) Interviewer: Do you think sexual assault, physical assault and robbery are common and serious alcohol-related risks in Britain? Could you please explain your answer?

Respondent: I think in certain parts of the country, yes. I would say my personal experiences in York and Durham no, that they're not major things, I think. However, then again it depends on who they are. I would say it's becoming more a thing, I think people are drinking more than before.

23) Interviewer: Do you think alcohol-related phenomena such as binge drinking and drink spiking are very common among university students in Britain? Could you please explain your answer?

Respondent: They are definitely. I think the drinks culture in universities is much more extreme than the wider society. I would say that it is expected that you drink and if you don't drink, it serves you a lot of strength to resist people telling you to drink.

Student 18 - male

This survey is designed to better understand the consumption of alcohol among British university students and the risks related to alcohol phenomena such as binge drinking and drink spiking. Please be honest in providing information as the survey is anonymous.

1) Interviewer: Which year are you in at university?

Respondent: Second.

2) Interviewer: Do you live in college?

- Respondent: No.
- 3) Interviewer: Why do you think students like drinking alcohol?
Respondent: To relax and socialise.
- 4) Interviewer: Do you drink alcohol at all?
Respondent: Yes.
- 5) Interviewer: How old were you the first time you drank alcohol?
Respondent: I don't know, maybe 10 or 11?
- 6) Interviewer: When was the last time you drank any alcohol?
Respondent: Last Friday?
- 7) Interviewer: On average, how often do you drink per week? What is the average number of drinks you consume in a week?
Respondent: Usually I would drink probably once a week and I might have probably quite a lot, maybe 12 or 15 units?
- 8) Interviewer: When you drink, how much do you drink?
Respondent: 12 or 15 units.
- 9) Interviewer: What do you usually drink?
Respondent: Beer, cider, whiskey.
- 10) Interviewer: Have you ever participated in drinking games?
Respondent: Yes.
- 11) Interviewer: Has anybody ever pressured you into drinking alcohol?
Respondent: Yes.
- 12) Interviewer: QUESTION FOR LIVERS OUT: Can you find any difference between the drink habits you had when you lived in college and the ones you have now you are a liver out? Could you please explain your answer?
Respondent: I think I drink less now that I'm living out, probably we have more divided social groups now we live out, so there's less pressure to go out as often.
- 13) Interviewer: Do you and your friends usually pre-drink before going out?
Respondent: Yes.
- 14) Interviewer: QUESTION FOR PEOPLE WHO PRE-DRINK: Why do you pre-drink before going out?

Respondent: Because it's cheaper and it's a chance to socialise a bit more.

15) Interviewer: QUESTION NOT FOR FRESHERS: How has your drinking changed over the past years you spent at university? Do you think it has increased, decreased or is it more or less the same?

Respondent: I think it's decreased because the work load has increased so everyone's taking their degrees more seriously now.

16) Interviewer: Could you please describe what you think binge drinking is and what you think about it?

Respondent: Binge drinking is having more than five units or something.

17) Interviewer: Do you think that your drink habits fit in with what we call binge drinking? Respondent: Yes.

18) Interviewer: Do you think binge drinking is more common among livers in or livers out?

Respondent: I'd say equally common among everyone.

19) Interviewer: Are you aware of alcohol-related crimes like drink spiking and have you or one of your friends ever been a victim of drink spiking?

Respondent: My girlfriend has once.

20) Interviewer: In your opinion, could pre-drinking instead of buying drinks in clubs be a way to avoid drink spiking?

Respondent: Yes, possibly but I don't think you could stop people from drinking in clubs.

21) Interviewer: Have you ever heard or read about any sexual assault, physical assault or robbery caused by alcohol-related phenomena like binge drinking or drink spiking and what do you think about this risk and other alcohol-related risks?

Respondent: I have but I would say it's the responsibility of the individuals involved.

22) Interviewer: Do you think sexual assault, physical assault and robbery are common and serious alcohol-related risks in Britain? Could you please explain your answer?

Respondent: I think they're serious because they affect individuals in quite a significant way but I wouldn't say that they are common when you take it to how many people are going out and how many people are drinking.

23) Interviewer: Do you think alcohol-related phenomena such as binge drinking and drink spiking are very common among university students in Britain? Could you please explain your answer?

Respondent: While I've been in uni, I've never known anyone to be spiked but binge drinking is obviously very common, that's perhaps the only way anyone drinks.

Student 19 - male

This survey is designed to better understand the consumption of alcohol among British university students and the risks related to alcohol phenomena such as binge drinking and drink spiking. Please be honest in providing information as the survey is anonymous.

1) Interviewer: Which year are you in at university?

Respondent: Second year.

2) Interviewer: Do you live in college?

Respondent: No.

3) Interviewer: Why do you think students like drinking alcohol?

Respondent: I think a lot of time people say it's a bit of a social lubricant, so people enjoy doing it cause they can get on better with people in certain situations but then sometimes I think people maybe drink because they feel like they wouldn't fit in if they didn't drink.

4) Interviewer: Do you drink alcohol at all?

Respondent: Yes.

5) Interviewer: How old were you the first time you drank alcohol?

Respondent: 14?

6) Interviewer: When was the last time you drank any alcohol?

Respondent: Monday.

- 7) Interviewer: On average, how often do you drink per week? What is the average number of drinks you consume in a week?
Respondent: Probably two to three times per week. It can probably vary a lot between maybe one or two drinks to maybe seven or eight.
- 8) Interviewer: When you drink, how much do you drink?
Respondent: Up to seven or eight drinks.
- 9) Interviewer: What do you usually drink?
Respondent: Probably a long lager, so beer, and maybe wine.
- 10) Interviewer: Have you ever participated in drinking games?
Respondent: Yes.
- 11) Interviewer: Has anybody ever pressured you into drinking alcohol?
Respondent: In a drinking game, yes.
- 12) Interviewer: QUESTION FOR LIVERS OUT: Can you find any difference between the drink habits you had when you lived in college and the ones you have now you are a liver out? Could you please explain your answer?
Respondent: I think I probably drink less frequently this year, living out, mainly because there's less people around, less going on, so there's less nights but I'd say on the nights I do drink, I don't drink any less than I wouldn't.
- 13) Interviewer: Do you and your friends usually pre-drink before going out?
Respondent: Often, yes.
- 14) Interviewer: QUESTION FOR PEOPLE WHO PRE-DRINK: Why do you pre-drink before going out?
Respondent: It's cheaper than drinking in the town and it's also a bit of a nicer setting cause you're with friends rather than... If you go to a bar, there is often people you don't know.
- 15) Interviewer: QUESTION NOT FOR FRESHERS: How has your drinking changed over the past years you spent at university? Do you think it has increased, decreased or is it more or less the same?
Respondent: It's slightly decreased but more or less the same.
- 16) Interviewer: Could you please describe what you think binge drinking is and what you think about it?

Respondent: Binge drinking is sort of excessively drinking, kind of one drink after the next, without any breaks or anything. I'd say a lot of the times I'd know if I was binge drinking, it'd be unhealthy for me but I'd be sort of ignoring the risk.

17) Interviewer: Do you think that your drink habits fit in with what we call binge drinking? Respondent: Sometimes, yes.

18) Interviewer: Do you think binge drinking is more common among livers in or livers out? Respondent: Probably livers in because you're right next to the bar and it's more likely to have someone having a party because there's more people around.

19) Interviewer: Are you aware of alcohol-related crimes like drink spiking and have you or one of your friends ever been a victim of drink spiking?

Respondent: I'm aware of it but none of it happened to any of my friends.

20) Interviewer: In your opinion, could pre-drinking instead of buying drinks in clubs be a way to avoid drink spiking?

Respondent: Yeah, I think it's a lot better and I think there's some people that avoid drinking when they're not in a setting that's familiar, just for exactly those reasons.

21) Interviewer: Have you ever heard or read about any sexual assault, physical assault or robbery caused by alcohol-related phenomena like binge drinking or drink spiking and what do you think about this risk and other alcohol-related risks?

Respondent: I've read about, I've heard about cases where it's happened but never to anyone that I know and then there's a case in Durham by a student last year. I think it's quite scary and quite horrible that kind of thing happens but yeah, it's never really affected me personally, so I guess it's might never really had a major effect on me.

22) Interviewer: Do you think sexual assault, physical assault and robbery are common and serious alcohol-related risks in Britain? Could you please explain your answer?

Respondent: We certainly hear about them a lot in the news and stuff, so I guess yeah, they probably are very common.

23) Interviewer: Do you think alcohol-related phenomena such as binge drinking and drink spiking are very common among university students in Britain? Could you please explain your answer?

Respondent: Binge drinking, I'd say it certainly is pretty common but much in university students. Drink spiking, we hear about it a lot, so I guess it must be to some extent but probably less than binge drinking.

Student 20 - male

This survey is designed to better understand the consumption of alcohol among British university students and the risks related to alcohol phenomena such as binge drinking and drink spiking. Please be honest in providing information as the survey is anonymous.

1) Interviewer: Which year are you in at university?

Respondent: Second year.

2) Interviewer: Do you live in college?

Respondent: No.

3) Interviewer: Why do you think students like drinking alcohol?

Respondent: It's a good way to socialise and have something to do.

4) Interviewer: Do you drink alcohol at all?

Respondent: Yes.

5) Interviewer: How old were you the first time you drank alcohol?

Respondent: 16.

6) Interviewer: When was the last time you drank any alcohol?

Respondent: Last night.

7) Interviewer: On average, how often do you drink per week? What is the average number of drinks you consume in a week?

Respondent: Probably about once a week and don't know, like quite heavily, seven or eight?

8) Interviewer: When you drink, how much do you drink?

- Respondent: Seven or eight pints or the equivalent.
- 9) Interviewer: What do you usually drink?
Respondent: Normally beer, occasionally spirits.
- 10) Interviewer: Have you ever participated in drinking games?
Respondent: Yes.
- 11) Interviewer: Has anybody ever pressured you into drinking alcohol?
Respondent: Yeah.
- 12) Interviewer: QUESTION FOR LIVERS OUT: Can you find any difference between the drink habits you had when you lived in college and the ones you have now you are a liver out? Could you please explain your answer?
Respondent: Drinking less frequently now that I'm living out. When we were in college, we used to sort of have a routine like every day, like every Wednesday or like every day, fucking into freshers' life.
- 13) Interviewer: Do you and your friends usually pre-drink before going out?
Respondent: Yes.
- 14) Interviewer: QUESTION FOR PEOPLE WHO PRE-DRINK: Why do you pre-drink before going out?
Respondent: It's a lot cheaper and it's a better way like to socialise and catching up but you can't actually hear each other speaking and stuff.
- 15) Interviewer: QUESTION NOT FOR FRESHERS: How has your drinking changed over the past years you spent at university? Do you think it has increased, decreased or is it more or less the same?
Respondent: It did increase but it's back to how I was before I came to university.
- 16) Interviewer: Could you please describe what you think binge drinking is and what you think about it?
Respondent: Binge drinking is drinking with the purpose of getting drunk.
- 17) Interviewer: Do you think that your drink habits fit in with what we call binge drinking? Respondent: Yeah.

- 18) Interviewer: Do you think binge drinking is more common among
livers in or livers out? Respondent: Probably equally.
- 19) Interviewer: Are you aware of alcohol-related crimes like drink
spiking and have you or one of your friends ever been a victim of
drink spiking?
Respondent: I'm aware of it but I've never seen it.
- 20) Interviewer: In your opinion, could pre-drinking instead of buying
drinks in clubs be a way to avoid drink spiking?
Respondent: Yes.
- 21) Interviewer: Have you ever heard or read about any sexual assault,
physical assault or robbery caused by alcohol-related phenomena like
binge drinking or drink spiking and what do you think about this risk
and other alcohol-related risks?
Respondent: Yeah, I'm aware that stuff like that goes on and I tend
not to be involved or have been in things like spiking or something.
- 22) Interviewer: Do you think sexual assault, physical assault and robbery
are common and serious alcohol-related risks in Britain? Could you
please explain your answer?
Respondent: Yes but I mean among certain people.
- 23) Interviewer: Do you think alcohol-related phenomena such as binge
drinking and drink spiking are very common among university
students in Britain? Could you please explain your answer?
Respondent: No, I don't think it's common place when you're spiking
and you can't... among students of doing this harm. So I've heard of it
happening but it's more locals rather than in uni.

Student 21 - male

This survey is designed to better understand the consumption of alcohol among British university students and the risks related to alcohol phenomena such as binge drinking and drink spiking. Please be honest in providing information as the survey is anonymous.

- 1) Interviewer: Which year are you in at university?
Respondent: Second year.
- 2) Interviewer: Do you live in college?
Respondent: No.
- 3) Interviewer: Why do you think students like drinking alcohol?
Respondent: Cause it's fun.
- 4) Interviewer: Do you drink alcohol at all?
Respondent: Yeah.
- 5) Interviewer: How old were you the first time you drank alcohol?
Respondent: 10?
- 6) Interviewer: When was the last time you drank any alcohol?
Respondent: Last night.
- 7) Interviewer: On average, how often do you drink per week? What is the average number of drinks you consume in a week?
Respondent: Probably twice a week and maybe five pints.
- 8) Interviewer: When you drink, how much do you drink?
Respondent: About four pints.
- 9) Interviewer: What do you usually drink?
Respondent: Beer.
- 10) Interviewer: Have you ever participated in drinking games?
Respondent: Yeah.
- 11) Interviewer: Has anybody ever pressured you into drinking alcohol?
Respondent: Yeah.
- 12) Interviewer: QUESTION FOR LIVERS OUT: Can you find any difference between the drink habits you had when you lived in college and the ones you have now you are a liver out? Could you please explain your answer?
Respondent: I probably drink more now I live out cause there's no porters staff.
- 13) Interviewer: Do you and your friends usually pre-drink before going out?
Respondent: Yes.
- 14) Interviewer: QUESTION FOR PEOPLE WHO PRE-DRINK: Why do you pre-drink before going out?

Respondent: Cause it's cheaper.

15) Interviewer: QUESTION NOT FOR FRESHERS: How has your drinking changed over the past years you spent at university? Do you think it has increased, decreased or is it more or less the same?

Respondent: Drink more now I'm at university because if parents are there, they stop you.

16) Interviewer: Could you please describe what you think binge drinking is and what you think about it?

Respondent: Binge drinking I'd say is drinking more than like ten units in a night. I think it's ok within reason. I think if you start hurting yourself or keep forgetting the night, it's not great.

17) Interviewer: Do you think that your drink habits fit in with what we call binge drinking? Respondent: Sometimes.

18) Interviewer: Do you think binge drinking is more common among livers in or livers out? Respondent: Livers in.

19) Interviewer: Are you aware of alcohol-related crimes like drink spiking and have you or one of your friends ever been a victim of drink spiking?

Respondent: I'm aware of it but I don't know anyone this has happened to.

20) Interviewer: In your opinion, could pre-drinking instead of buying drinks in clubs be a way to avoid drink spiking?

Respondent: Yes.

21) Interviewer: Have you ever heard or read about any sexual assault, physical assault or robbery caused by alcohol-related phenomena like binge drinking or drink spiking and what do you think about this risk and other alcohol-related risks?

Respondent: Yeah, I've read about it. I think it's kind of the attitude but it's never happened to me so it doesn't really bother me but obviously it's sad for the people that it's happened to.

22) Interviewer: Do you think sexual assault, physical assault and robbery are common and serious alcohol-related risks in Britain? Could you please explain your answer?

Respondent: I don't think it's that common. I think it just happens to the odd few that are unlucky. Like a deadly robbery is that bad but I think it's mainly just injuries and stuff.

23) Interviewer: Do you think alcohol-related phenomena such as binge drinking and drink spiking are very common among university students in Britain? Could you please explain your answer?

Respondent: Not at all. I'm not aware of anyone this has happened to or I think people that say it's happened to them don't even know, they just forgot how much they were drunk.

Student 22 - male

This survey is designed to better understand the consumption of alcohol among British university students and the risks related to alcohol phenomena such as binge drinking and drink spiking. Please be honest in providing information as the survey is anonymous.

1) Interviewer: Which year are you in at university?

Respondent: Third year.

2) Interviewer: Do you live in college?

Respondent: Yes.

3) Interviewer: Why do you think students like drinking alcohol?

Respondent: It tends to allow them to lower inhibitions, relax, focus less on work and stuff, release stress and it's a social thing, really most a social thing.

4) Interviewer: Do you drink alcohol at all?

Respondent: Yeah.

5) Interviewer: How old were you the first time you drank alcohol?

Respondent: The first time I drank alcohol, I would probably have been 8 or something like that, parents giving it with the meal.

6) Interviewer: When was the last time you drank any alcohol?

Respondent: Yesterday at lunchtime.

- 7) Interviewer: On average, how often do you drink per week? What is the average number of drinks you consume in a week?
Respondent: Probably like five to six times a week and I don't know, probably averages out about two drinks a day, something like that.
- 8) Interviewer: When you drink, how much do you drink?
Respondent: It varies. I tend to drink like either on nights out, where it should be a lot more, probably a bottle of wine, or like it would just be kind of something like eight gin and tonic.
- 9) Interviewer: What do you usually drink?
Respondent: Gin and tonic, wine, shots of actually sambuca and jägerbombs.
- 10) Interviewer: Have you ever participated in drinking games?
Respondent: Yeah.
- 11) Interviewer: Has anybody ever pressured you into drinking alcohol?
Respondent: When you say the word "pressured", I guess like if I've ever felt genuinely forced into having to consume it, probably not. Has anyone ever done something like "we'd like you to drink", then yes.
- 12) Interviewer: QUESTION FOR LIVERS OUT: Can you find any difference between the drink habits you had when you lived in college and the ones you have now you are a liver out? Could you please explain your answer?
- 13) Interviewer: Do you and your friends usually pre-drink before going out?
Respondent: Yeah, it's the best bit of a night out.
- 14) Interviewer: QUESTION FOR PEOPLE WHO PRE-DRINK: Why do you pre-drink before going out?
Respondent: It's the best bit, it's the social bit, it's in fact the bit I enjoy the most. Obviously sometimes we only do the pre-drink aspect before we're going out cause it's sort of a lot better and nicer and people get to talk.
- 15) Interviewer: QUESTION NOT FOR FRESHERS: How has your drinking changed over the past years you spent at university? Do you think it has increased, decreased or is it more or less the same?

Respondent: I think it's probably more or less the same. It's more spread out, less and then turned to nights out, maybe a little bit less, yeah but it's probably about the same, just less condensed. Quality of the alcohol I drink has gone up, as for the regularity which I drink, it has probably gone up as well.

16) Interviewer: Could you please describe what you think binge drinking is and what you think about it?

Respondent: I could say that binge drinking is the consumption of quite a large amount of alcohol in a short space of time, usually followed by an antisocial behaviour but not necessarily. I think it has an awful story. I think there is an issue in the UK with binge drinking but I don't think people going out clubbing should all be labelled binge drinkers like yes, they probably drink quite a lot but there's like drinking quite a lot in an area, just extremes where you find people in gutters and stuff and you see on like Geordie Shore what they drink could be binge drinking.

17) Interviewer: Do you think that your drink habits fit in with what we call binge drinking?

Respondent: On nights out, probably close to it but I think the NHS definition of binge drinking is extremely high, so I'd probably say by that definition, definitely, but by like social norms, probably not.

18) Interviewer: Do you think binge drinking is more common among livers in or livers out? Respondent: Probably more common amongst livers in but simply because there's a high percentage of younger people who suddenly are allowed to alcohol, they haven't got parents maintaining like the amount they can have and stuff like that so as you would expect if someone gave them free rein, they may go over the board, that's probably why.

19) Interviewer: Are you aware of alcohol-related crimes like drink spiking and have you or one of your friends ever been a victim of drink spiking?

Respondent: I'm aware of them. There's definitely girls who say they've been spiked but maybe they've just drunk a bit too much, it's

probably more likely. I've never really heard of confirmed cases to be fair.

20) Interviewer: In your opinion, could pre-drinking instead of buying drinks in clubs be a way to avoid drink spiking?

Respondent: Yeah, 100%.

21) Interviewer: Have you ever heard or read about any sexual assault, physical assault or robbery caused by alcohol-related phenomena like binge drinking or drink spiking and what do you think about this risk and other alcohol-related risks?

Respondent: I've heard about it, obviously in the news and stuff, but personally no, never had anyone and like I think people, this may sound so awful, make themselves victims aware with it. Like if you are going to put yourself in a vulnerable state with alcohol, you shouldn't be putting yourself in a place where there can be that situation. Obviously, they should be up to go wherever they want, even if they shouldn't be in that state, their friends shouldn't allow them to go somewhere where something like that could happen as well as I think it's probably mostly fights and that sort of things.

22) Interviewer: Do you think sexual assault, physical assault and robbery are common and serious alcohol-related risks in Britain? Could you please explain your answer?

Respondent: In Britain? No, I don't think so really. I guess from my experiences, living in extremely safe places, like Durham is considered to be extremely safe, Chapelton where I am from is bloody safe as well. I would consider British very unlikely for those kind of things.

23) Interviewer: Do you think alcohol-related phenomena such as binge drinking and drink spiking are very common among university students in Britain? Could you please explain your answer?

Respondent: They probably are more common in universities. Binge drinking because of the social aspects which often leads to people drinking too much. Drink spiking probably because in university places and towns and cities, you can find lots of clubs and lots of

young people, so they're the target of drink spikers, so that's where they're going to go.

Student 23 - male

This survey is designed to better understand the consumption of alcohol among British university students and the risks related to alcohol phenomena such as binge drinking and drink spiking. Please be honest in providing information as the survey is anonymous.

- 1) Interviewer: Which year are you in at university?
Respondent: Fourth year.
- 2) Interviewer: Do you live in college?
Respondent: No.
- 3) Interviewer: Why do you think students like drinking alcohol?
Respondent: Cause it's fun.
- 4) Interviewer: Do you drink alcohol at all?
Respondent: Yes.
- 5) Interviewer: How old were you the first time you drank alcohol?
Respondent: Let's guess at the age of 10.
- 6) Interviewer: When was the last time you drank any alcohol?
Respondent: Today.
- 7) Interviewer: On average, how often do you drink per week? What is the average number of drinks you consume in a week?
Respondent: Probably once or twice a week and I probably get through, I don't know, three quarters of a bottle of vodka.
- 8) Interviewer: When you drink, how much do you drink?
Respondent: Probably three quarters of a bottle of vodka.
- 9) Interviewer: What do you usually drink?
Respondent: Depends on what I'm feeling. Wine, vodka, gin, whiskey, sometimes a bit of beer to top off.
- 10) Interviewer: Have you ever participated in drinking games?
Respondent: Yes.

- 11) Interviewer: Has anybody ever pressured you into drinking alcohol?
Respondent: Haven't really felt pressured but yeah there've been people.
- 12) Interviewer: QUESTION FOR LIVERS OUT: Can you find any difference between the drink habits you had when you lived in college and the ones you have now you are a liver out? Could you please explain your answer?
Respondent: I go out till like actual clubs less since opening college.
- 13) Interviewer: Do you and your friends usually pre-drink before going out?
Respondent: Yes.
- 14) Interviewer: QUESTION FOR PEOPLE WHO PRE-DRINK: Why do you pre-drink before going out?
Respondent: So Klute is less depressing.
- 15) Interviewer: QUESTION NOT FOR FRESHERS: How has your drinking changed over the past years you spent at university? Do you think it has increased, decreased or is it more or less the same?
Respondent: It's maybe less frequent but more intense.
- 16) Interviewer: Could you please describe what you think binge drinking is and what you think about it?
Respondent: Binge drinking is drinking excessively on a particular day as opposed to not drinking like little bits and little less often throughout the week but I think it's fine, I think it's fun.
- 17) Interviewer: Do you think that your drink habits fit in with what we call binge drinking?
Respondent: Yes so in the NHS definition.
- 18) Interviewer: Do you think binge drinking is more common among livers in or livers out? Respondent: Livers in, I think, probably, because there's a night like every day of the week and you don't really have the commitments of your course that you do.
- 19) Interviewer: Are you aware of alcohol-related crimes like drink spiking and have you or one of your friends ever been a victim of drink spiking?
Respondent: I've heard of people but I'm not friends of them.

20) Interviewer: In your opinion, could pre-drinking instead of buying drinks in clubs be a way to avoid drink spiking?

Respondent: Yeah, potentially.

21) Interviewer: Have you ever heard or read about any sexual assault, physical assault or robbery caused by alcohol-related phenomena like binge drinking or drink spiking and what do you think about this risk and other alcohol-related risks?

Respondent: I've heard of people sort of basically getting off with guys like ask them if they want to go out to their place and then midway through decided they didn't want to do it and then that kind of sexual assault but nothing sort of, you know, like back at the alley with a knife, kind of thing.

22) Interviewer: Do you think sexual assault, physical assault and robbery are common and serious alcohol-related risks in Britain? Could you please explain your answer?

Respondent: I think in Britain as a whole, that's what sort of society has told me but generally in Durham, I haven't heard that much about it.

23) Interviewer: Do you think alcohol-related phenomena such as binge drinking and drink spiking are very common among university students in Britain? Could you please explain your answer?

Respondent: Yeah, I guess, from what media has told me but I haven't really encountered that much in Durham.

Student 24 - male

This survey is designed to better understand the consumption of alcohol among British university students and the risks related to alcohol phenomena such as binge drinking and drink spiking. Please be honest in providing information as the survey is anonymous.

1) Interviewer: Which year are you in at university?

Respondent: Fifth.

- 2) Interviewer: Do you live in college?
Respondent: No.
- 3) Interviewer: Why do you think students like drinking alcohol?
Respondent: I think part of it comes down to when you come to university, it's all quite new, it's quite fresh and you usually like have little drinking dates. It's a novelty fact, tied with that social fact that this freshers' week culture that you go out and get drunk on freshers' week and the whole culture of whatever you do, you're going to do it with drinking. So many socials and a lot of the social structure at university is tied up in alcohol and drinking and drinking games and so on, so I think it's a lot of a mix of novelty and, to a degree, peer pressure for some people but not many because they actually do enjoy and want to sample it but I think that a lot of them fancy usually that.
- 4) Interviewer: Do you drink alcohol at all?
Respondent: I do.
- 5) Interviewer: How old were you the first time you drank alcohol?
Respondent: 14 -15 although yeah, does it count if I was given a night cup of alcohol when I was about 2? I don't remember this but apparently, when I was really young I was given a night cup to have me sleep and I don't remember that but I mention it anyway.
- 6) Interviewer: When was the last time you drank any alcohol?
Respondent: Right now, which sounds really bad.
- 7) Interviewer: On average, how often do you drink per week? What is the average number of drinks you consume in a week?
Respondent: I don't normally drink in a week. I don't know in the last week than I normally drink at all. Normally I don't really have anything, maybe two or three drinks a week, so like two or three pints a week at most. It's normally less, I'd say.
- 8) Interviewer: When you drink, how much do you drink?
Respondent: Entirely depends on situations. Normally, it would be maybe two pints, like two or three bottles of beer. Some social situations, I have a few more, four or five drinks. Not normally more than that.
- 9) Interviewer: What do you usually drink?

Respondent: Beer, whiskey, occasionally red wine, occasionally rum, occasionally cocktails, that's fine.

10) Interviewer: Have you ever participated in drinking games?

Respondent: Yes.

11) Interviewer: Has anybody ever pressured you into drinking alcohol?

Respondent: Yes.

12) Interviewer: QUESTION FOR LIVERS OUT: Can you find any difference between the drink habits you had when you lived in college and the ones you have now you are a liver out? Could you please explain your answer?

Respondent: Only in first year, really. I drank differently in third year, that's for different reasons, it wasn't since college. In first year, when I lived in, I drank a lot more because it was sort of the culture and socialisation, how you socialise, you could have a few drinks before going to a club with the flatmates or you'd go to the bar, meet up with other people and go on a bar crawl. Since living out, I generally drank less, especially the last two years.

13) Interviewer: Do you and your friends usually pre-drink before going out?

Respondent: No.

14) Interviewer: QUESTION FOR PEOPLE WHO PRE-DRINK: Why do you pre-drink before going out?

15) Interviewer: QUESTION NOT FOR FRESHERS: How has your drinking changed over the past years you spent at university? Do you think it has increased, decreased or is it more or less the same?

Respondent: It decreased in second year, it increased at the very start of third year and then dropped off and I basically didn't drink at all for over a year and I've been drinking in very small amounts since probably august.

16) Interviewer: Could you please describe what you think binge drinking is and what you think about it?

Respondent: It's drinking to get drunk, it's drinking to the point where you know it's going to affect you, affect your behaviour, affect the way you're feeling but you drink that way because you want it to have

that effect on you. The official definition is something like, I can't even remember, twelve units, something like that, I can't remember. I'd say it's drinking to get drunk, it's drinking knowing that you're having more than you should and I think people do it, yeah, because they want to lose control, they want to like escape from stuff, to relax, to have a good time, to make it easier to feel in a party mood.

17) Interviewer: Do you think that your drink habits fit in with what we call binge drinking?

Respondent: No.

18) Interviewer: Do you think binge drinking is more common among livers in or livers out? Respondent: Livers in, definitely.

19) Interviewer: Are you aware of alcohol-related crimes like drink spiking and have you or one of your friends ever been a victim of drink spiking?

Respondent: I may haven't. I think one of my friends was once.

20) Interviewer: In your opinion, could pre-drinking instead of buying drinks in clubs be a way to avoid drink spiking?

Respondent: It depends whether or not you keep drinking when you go out cause a lot of people pre-drink so that they get tipsy or a bit drunk but then keep drinking in clubs and if you're a little tipsy or a little drunk when you arrive in the club, it comes a lot more risk of being spiked. So it entirely depends on whether you keep drinking. I think if you drink and then stop drinking when you go out, it could reduce the risk but if you keep drinking, I think it's going to not really make much difference, it possibly makes you even more at risk.

21) Interviewer: Have you ever heard or read about any sexual assault, physical assault or robbery caused by alcohol-related phenomena like binge drinking or drink spiking and what do you think about this risk and other alcohol-related risks?

Respondent: I think it certainly is a much quite a danger when you drink. First of all, the loss of coronation, the loss of control, if you're having a lot, it puts you in immediate danger and it finally can have such a convict effect on you. You can't consent or something really when you're drunk, so in the immediate it makes it really easy for

someone to pray on you if you're drunk and yeah, I think generally there needs to be greater recognition in the society that drunken consent isn't really informed consent. Yeah, I think binge drinking and getting drunk really increase the risk of sexual assault.

22) Interviewer: Do you think sexual assault, physical assault and robbery are common and serious alcohol-related risks in Britain? Could you please explain your answer?

Respondent: I don't know about common because that implies more often than the norm or fairly frequent but I'd say it's certainly more common when you're drunk. I think alcohol-related incidents are more common than non-alcohol-related ones.

23) Interviewer: Do you think alcohol-related phenomena such as binge drinking and drink spiking are very common among university students in Britain? Could you please explain your answer?

Respondent: From anecdotal evidence, I'd suggest not but just obviously and seen the way that people act, I wouldn't be surprised if it's quite common cause people can occasionally want to take advantage of people. In my own experience, it's not that common but in terms of what I actually think, I think it's probably quite common.

Student 25 - male

This survey is designed to better understand the consumption of alcohol among British university students and the risks related to alcohol phenomena such as binge drinking and drink spiking. Please be honest in providing information as the survey is anonymous.

1) Interviewer: Which year are you in at university?

Respondent: Fourth year.

2) Interviewer: Do you live in college?

Respondent: No.

3) Interviewer: Why do you think students like drinking alcohol?

Respondent: It's fun, I guess, and it's only to have a good evening.

- 4) Interviewer: Do you drink alcohol at all?
Respondent: Yes.
- 5) Interviewer: How old were you the first time you drank alcohol?
Respondent: 17.
- 6) Interviewer: When was the last time you drank any alcohol?
Respondent: Tonight or yesterday.
- 7) Interviewer: On average, how often do you drink per week? What is the average number of drinks you consume in a week?
Respondent: I probably drink five or six nights a week and normally about three pints.
- 8) Interviewer: When you drink, how much do you drink?
Respondent: It's normally three pints, I think.
- 9) Interviewer: What do you usually drink?
Respondent: Beer or wine.
- 10) Interviewer: Have you ever participated in drinking games?
Respondent: Yes.
- 11) Interviewer: Has anybody ever pressured you into drinking alcohol?
Respondent: I don't think so.
- 12) Interviewer: QUESTION FOR LIVERS OUT: Can you find any difference between the drink habits you had when you lived in college and the ones you have now you are a liver out? Could you please explain your answer?
Respondent: I would go to the bar a lot more when I lived in college and I think I tend to drink at home a lot more by myself.
- 13) Interviewer: Do you and your friends usually pre-drink before going out?
Respondent: Some of them do, yes.
- 14) Interviewer: QUESTION FOR PEOPLE WHO PRE-DRINK: Why do you pre-drink before going out?
Respondent: I'm with them but they do because it's cheaper.
- 15) Interviewer: QUESTION NOT FOR FRESHERS: How has your drinking changed over the past years you spent at university? Do you think it has increased, decreased or is it more or less the same?

Respondent: I think it's about the same but it's less social, it's more like I'm just drinking.

16) Interviewer: Could you please describe what you think binge drinking is and what you think about it?

Respondent: I'd say it's drinking a lot in one evening, a lot more than the recommended amount and I think it's generally like you should never be doing it but you'll do it if you can.

17) Interviewer: Do you think that your drink habits fit in with what we call binge drinking?

Respondent: Not really, no.

18) Interviewer: Do you think binge drinking is more common among livers in or livers out?

Respondent: I'd say livers in, I think.

19) Interviewer: Are you aware of alcohol-related crimes like drink spiking and have you or one of your friends ever been a victim of drink spiking?

Respondent: I'm aware of it but I don't know if any of my friends have been.

20) Interviewer: In your opinion, could pre-drinking instead of buying drinks in clubs be a way to avoid drink spiking?

Respondent: Probably, yeah.

21) Interviewer: Have you ever heard or read about any sexual assault, physical assault or robbery caused by alcohol-related phenomena like binge drinking or drink spiking and what do you think about this risk and other alcohol-related risks?

Respondent: I've heard about it a lot, yeah, and I think it's hard to be at least but people are going to drink anyway.

22) Interviewer: Do you think sexual assault, physical assault and robbery are common and serious alcohol-related risks in Britain? Could you please explain your answer?

Respondent: I think if someone has been drinking alcohol, there seems to be a lot more sexual assault and violence.

23) Interviewer: Do you think alcohol-related phenomena such as binge drinking and drink spiking are very common among university students in Britain? Could you please explain your answer?

Respondent: I haven't really seen or heard much about it, so I can't really answer this.

Student 26 - male

This survey is designed to better understand the consumption of alcohol among British university students and the risks related to alcohol phenomena such as binge drinking and drink spiking. Please be honest in providing information as the survey is anonymous.

1) Interviewer: Which year are you in at university?

Respondent: Second.

2) Interviewer: Do you live in college?

Respondent: I don't.

3) Interviewer: Why do you think students like drinking alcohol?

Respondent: Because they like the feeling of getting drunk and it's a legal means of tenor.

4) Interviewer: Do you drink alcohol at all?

Respondent: I do.

5) Interviewer: How old were you the first time you drank alcohol?

Respondent: Probably 11 or something.

6) Interviewer: When was the last time you drank any alcohol?

Respondent: Wednesday?

7) Interviewer: On average, how often do you drink per week? What is the average number of drinks you consume in a week?

Respondent: Probably about no to twice a week and when I do, one or two drinks.

8) Interviewer: When you drink, how much do you drink?

Respondent: One or two drinks.

9) Interviewer: What do you usually drink?

Respondent: Beer, ales.

10) Interviewer: Have you ever participated in drinking games?

Respondent: Yes.

11) Interviewer: Has anybody ever pressured you into drinking alcohol?

Respondent: No.

12) Interviewer: QUESTION FOR LIVERS OUT: Can you find any difference between the drink habits you had when you lived in college and the ones you have now you are a liver out? Could you please explain your answer?

Respondent: Yes, when I lived in college, I used to drink quite a lot more, I probably drank at least once a week. Towards exams period like 100% less and now I go out twice a term.

13) Interviewer: Do you and your friends usually pre-drink before going out?

Respondent: Yes.

14) Interviewer: QUESTION FOR PEOPLE WHO PRE-DRINK: Why do you pre-drink before going out?

Respondent: Cause drinks out are more expensive.

15) Interviewer: QUESTION NOT FOR FRESHERS: How has your drinking changed over the past years you spent at university? Do you think it has increased, decreased or is it more or less the same?

Respondent: It increased massively when I went to first year, cause I didn't drink at all, and it's decreased quite a lot when I went to second.

16) Interviewer: Could you please describe what you think binge drinking is and what you think about it?

Respondent: I think it's a culture where people enjoy feeling different from what they normally do so they try to obtain that kind of feeling and the only means by doing that is by drinking a lot of alcohol and it's not a good culture cause it's unhealthy and people, especially in Durham, seem to have this feeling that it's not their fault that they get to drink, it's just part of the culture when you're at the end of the day and just, yeah.

17) Interviewer: Do you think that your drink habits fit in with what we call binge drinking?

Respondent: No.

18) Interviewer: Do you think binge drinking is more common among livers in or livers out? Respondent: Livers in.

19) Interviewer: Are you aware of alcohol-related crimes like drink spiking and have you or one of your friends ever been a victim of drink spiking?

Respondent: I'm not aware of it that well and no one of my friends has even been.

20) Interviewer: In your opinion, could pre-drinking instead of buying drinks in clubs be a way to avoid drink spiking?

Respondent: Yes.

21) Interviewer: Have you ever heard or read about any sexual assault, physical assault or robbery caused by alcohol-related phenomena like binge drinking or drink spiking and what do you think about this risk and other alcohol-related risks?

Respondent: I have never heard of in my personal case of anyone I know that happening but I do think obviously when you drink alcohol your inhibitions are lower so you don't care as much about the consequences so you're more likely to do such things.

22) Interviewer: Do you think sexual assault, physical assault and robbery are common and serious alcohol-related risks in Britain? Could you please explain your answer?

Respondent: I don't think it is. Sexual assault is probably the highest in this university. I think alcohol is definitely a catalysts to an occurrence but I think you also need I guess a genetic predisposition and just the idea is in general unaltered, do the action in the first place and that's less common.

23) Interviewer: Do you think alcohol-related phenomena such as binge drinking and drink spiking are very common among university students in Britain? Could you please explain your answer?

Respondent: No, not among university students where people are well-educated in the sense that it's not the right moral thing to do.

Student 27 - male

This survey is designed to better understand the consumption of alcohol among British university students and the risks related to alcohol phenomena such as binge drinking and drink spiking. Please be honest in providing information as the survey is anonymous.

- 1) Interviewer: Which year are you in at university?
Respondent: I'm a third year.
- 2) Interviewer: Do you live in college?
Respondent: No.
- 3) Interviewer: Why do you think students like drinking alcohol?
Respondent: Because it's a social lubricant I suppose.
- 4) Interviewer: Do you drink alcohol at all?
Respondent: Yeah, I do drink alcohol.
- 5) Interviewer: How old were you the first time you drank alcohol?
Respondent: Probably 14.
- 6) Interviewer: When was the last time you drank any alcohol?
Respondent: Saturday.
- 7) Interviewer: On average, how often do you drink per week? What is the average number of drinks you consume in a week?
Respondent: I probably drink on average three or four times a week and maybe twelve drinks.
- 8) Interviewer: When you drink, how much do you drink?
Respondent: In moderation.
- 9) Interviewer: What do you usually drink?
Respondent: Beer, wine, gin.
- 10) Interviewer: Have you ever participated in drinking games?
Respondent: Yes.
- 11) Interviewer: Has anybody ever pressured you into drinking alcohol?
Respondent: Yes.
- 12) Interviewer: QUESTION FOR LIVERS OUT: Can you find any difference between the drink habits you had when you lived in college

and the ones you have now you are a liver out? Could you please explain your answer?

Respondent: Personally, I don't think my drinking habits are so much different.

13) Interviewer: Do you and your friends usually pre-drink before going out?

Respondent: Yes.

14) Interviewer: QUESTION FOR PEOPLE WHO PRE-DRINK: Why do you pre-drink before going out?

Respondent: Costs.

15) Interviewer: QUESTION NOT FOR FRESHERS: How has your drinking changed over the past years you spent at university? Do you think it has increased, decreased or is it more or less the same?

Respondent: More or less the same.

16) Interviewer: Could you please describe what you think binge drinking is and what you think about it?

Respondent: It's drinking to an excess. I think it's a kind of poor reflection on a culture. I think people play like it's more important, maybe.

17) Interviewer: Do you think that your drink habits fit in with what we call binge drinking?

Respondent: No.

18) Interviewer: Do you think binge drinking is more common among livers in or livers out?

Respondent: I don't think there's a trend.

19) Interviewer: Are you aware of alcohol-related crimes like drink spiking and have you or one of your friends ever been a victim of drink spiking?

Respondent: I'm aware of it, yes, and friends have been victims about four years ago.

20) Interviewer: In your opinion, could pre-drinking instead of buying drinks in clubs be a way to avoid drink spiking?

Respondent: Yeah, true.

21) Interviewer: Have you ever heard or read about any sexual assault, physical assault or robbery caused by alcohol-related phenomena like binge drinking or drink spiking and what do you think about this risk and other alcohol-related risks?

Respondent: Yes, I've heard about it and I think there is a link between binge drinking and especially violence and sexual assault.

22) Interviewer: Do you think sexual assault, physical assault and robbery are common and serious alcohol-related risks in Britain? Could you please explain your answer?

Respondent: Yeah, I do. I think there could be more of an understanding about what's deemed acceptable and what's not, especially in the sexual assault.

23) Interviewer: Do you think alcohol-related phenomena such as binge drinking and drink spiking are very common among university students in Britain? Could you please explain your answer?

Respondent: I wouldn't say very common but more common than it should be.

Student 28 - male

This survey is designed to better understand the consumption of alcohol among British university students and the risks related to alcohol phenomena such as binge drinking and drink spiking. Please be honest in providing information as the survey is anonymous.

1) Interviewer: Which year are you in at university?

Respondent: Fourth year.

2) Interviewer: Do you live in college?

Respondent: No, I don't.

3) Interviewer: Why do you think students like drinking alcohol?

Respondent: Partly peer pressure, partly because it allows them to be somewhere often, partly because they enjoy the taste.

4) Interviewer: Do you drink alcohol at all?

- Respondent: Yes.
- 5) Interviewer: How old were you the first time you drank alcohol?
Respondent: Probably 10 or 11.
- 6) Interviewer: When was the last time you drank any alcohol?
Respondent: Four - five days ago.
- 7) Interviewer: On average, how often do you drink per week? What is the average number of drinks you consume in a week?
Respondent: I probably drink one or two days a week and I would have maybe three pints each time.
- 8) Interviewer: When you drink, how much do you drink?
Respondent: Probably three pints.
- 9) Interviewer: What do you usually drink?
Respondent: Beer.
- 10) Interviewer: Have you ever participated in drinking games?
Respondent: Yes.
- 11) Interviewer: Has anybody ever pressured you into drinking alcohol?
Respondent: Yes.
- 12) Interviewer: QUESTION FOR LIVERS OUT: Can you find any difference between the drink habits you had when you lived in college and the ones you have now you are a liver out? Could you please explain your answer?
Respondent: Yes, you definitely drink more alcohol in college, particularly because a) your exams is all staying cancelled and you might want to go out more and b) because you have basically a pub on site.
- 13) Interviewer: Do you and your friends usually pre-drink before going out?
Respondent: I would have a drink pre-going out but not necessarily pre-drinking as common to be smashed before going out.
- 14) Interviewer: QUESTION FOR PEOPLE WHO PRE-DRINK: Why do you pre-drink before going out?
- 15) Interviewer: QUESTION NOT FOR FRESHERS: How has your drinking changed over the past years you spent at university? Do you think it has increased, decreased or is it more or less the same?

Respondent: I would say it is more or less the same.

16) Interviewer: Could you please describe what you think binge drinking is and what you think about it?

Respondent: I think binge drinking is drinking alcohol to excess during a short period of time and I think it's dangerous and pretty more dangerous than people think and I think it's a way of sometimes showing off and having actually no identity, I think that's sad.

17) Interviewer: Do you think that your drink habits fit in with what we call binge drinking?

Respondent: No, I don't.

18) Interviewer: Do you think binge drinking is more common among livers in or livers out? Respondent: Livers in.

19) Interviewer: Are you aware of alcohol-related crimes like drink spiking and have you or one of your friends ever been a victim of drink spiking?

Respondent: I would say no but probably they would say yes but I say no.

20) Interviewer: In your opinion, could pre-drinking instead of buying drinks in clubs be a way to avoid drink spiking?

Respondent: Yes, it can but I don't think it's the main reason why they do it, I think it's cheaper.

21) Interviewer: Have you ever heard or read about any sexual assault, physical assault or robbery caused by alcohol-related phenomena like binge drinking or drink spiking and what do you think about this risk and other alcohol-related risks?

Respondent: I've heard of it but I haven't had it happened to me or friends. I think maybe it works on both sides, so it's easier, I imagine, I've no idea but it'd be easier for someone to be attacked if they were under the effects of alcohol and it would be less likely to maybe give in and also from the attacker's perspective, maybe they want to attack someone as they need Dutch courage in order to attack them and so drinking is a way of enabling them to do that.

22) Interviewer: Do you think sexual assault, physical assault and robbery are common and serious alcohol-related risks in Britain? Could you please explain your answer?

Respondent: I would say yes. Some people want to commit those crimes and they use alcohol maybe as an excuse to do them. See, when you're drunk, you do what you actually wanted to do when you weren't drunk but now you have an excuse on alcohol.

23) Interviewer: Do you think alcohol-related phenomena such as binge drinking and drink spiking are very common among university students in Britain? Could you please explain your answer?

Respondent: I wouldn't say spiking is common but binge drinking definitely is common, yeah.

Student 29 - male

This survey is designed to better understand the consumption of alcohol among British university students and the risks related to alcohol phenomena such as binge drinking and drink spiking. Please be honest in providing information as the survey is anonymous.

1) Interviewer: Which year are you in at university?

Respondent: Fourth.

2) Interviewer: Do you live in college?

Respondent: No.

3) Interviewer: Why do you think students like drinking alcohol?

Respondent: Feeling awesome.

4) Interviewer: Do you drink alcohol at all?

Respondent: Yes.

5) Interviewer: How old were you the first time you drank alcohol?

Respondent: 13?

6) Interviewer: When was the last time you drank any alcohol?

Respondent: Saturday.

- 7) Interviewer: On average, how often do you drink per week? What is the average number of drinks you consume in a week?
Respondent: Three times a week and fifteen?
- 8) Interviewer: When you drink, how much do you drink?
Respondent: Lots, five drinks probably.
- 9) Interviewer: What do you usually drink?
Respondent: Wine or rum.
- 10) Interviewer: Have you ever participated in drinking games?
Respondent: Yes.
- 11) Interviewer: Has anybody ever pressured you into drinking alcohol?
Respondent: Yes.
- 12) Interviewer: QUESTION FOR LIVERS OUT: Can you find any difference between the drink habits you had when you lived in college and the ones you have now you are a liver out? Could you please explain your answer?
Respondent: I think there's a difference but only cause when I lived in college, I was first year, and now I'm in final year I drink less but I think that's not to do with where I live.
- 13) Interviewer: Do you and your friends usually pre-drink before going out?
Respondent: Yeah.
- 14) Interviewer: QUESTION FOR PEOPLE WHO PRE-DRINK: Why do you pre-drink before going out?
Respondent: Because it's cheaper.
- 15) Interviewer: QUESTION NOT FOR FRESHERS: How has your drinking changed over the past years you spent at university? Do you think it has increased, decreased or is it more or less the same?
Respondent: More or less the same.
- 16) Interviewer: Could you please describe what you think binge drinking is and what you think about it?
Respondent: I think binge drinking is when you drink to get drunk and you drink more than is necessary to have fun. It can lead to an anti-social behaviour.

- 17) Interviewer: Do you think that your drink habits fit in with what we call binge drinking? Respondent: Maybe.
- 18) Interviewer: Do you think binge drinking is more common among livers in or livers out? Respondent: Maybe livers out.
- 19) Interviewer: Are you aware of alcohol-related crimes like drink spiking and have you or one of your friends ever been a victim of drink spiking?
Respondent: I don't think so.
- 20) Interviewer: In your opinion, could pre-drinking instead of buying drinks in clubs be a way to avoid drink spiking?
Respondent: Yes.
- 21) Interviewer: Have you ever heard or read about any sexual assault, physical assault or robbery caused by alcohol-related phenomena like binge drinking or drink spiking and what do you think about this risk and other alcohol-related risks?
Respondent: I have heard about things like that and that's a risk, I suppose it's scary, really.
- 22) Interviewer: Do you think sexual assault, physical assault and robbery are common and serious alcohol-related risks in Britain? Could you please explain your answer?
Respondent: I think it depends where. I don't think they're that common but I think some places are worse than others.
- 23) Interviewer: Do you think alcohol-related phenomena such as binge drinking and drink spiking are very common among university students in Britain? Could you please explain your answer?
Respondent: Binge drinking yes, I don't know about drink spiking.

Student 30 - male

This survey is designed to better understand the consumption of alcohol among British university students and the risks related to alcohol phenomena such as binge drinking and drink spiking. Please be honest in providing information as the survey is anonymous.

- 1) Interviewer: Which year are you in at university?
Respondent: Third.
- 2) Interviewer: Do you live in college?
Respondent: I live out, no.
- 3) Interviewer: Why do you think students like drinking alcohol?
Respondent: It's a nice way to relax, it's like a social lubricant, it makes easier to talk to new people a bit more than usual I think.
- 4) Interviewer: Do you drink alcohol at all?
Respondent: Yeah, I drink.
- 5) Interviewer: How old were you the first time you drank alcohol?
Respondent: I'd have a small amount at 13 but properly about 16.
- 6) Interviewer: When was the last time you drank any alcohol?
Respondent: Sunday, so three days ago.
- 7) Interviewer: On average, how often do you drink per week? What is the average number of drinks you consume in a week?
Respondent: Ten pints, maybe?
- 8) Interviewer: When you drink, how much do you drink?
Respondent: Six-seven pints normally, I may have like a pint with a meal or something.
- 9) Interviewer: What do you usually drink?
Respondent: Beer, like bitters and stouts.
- 10) Interviewer: Have you ever participated in drinking games?
Respondent: A few times.
- 11) Interviewer: Has anybody ever pressured you into drinking alcohol?
Respondent: Not really.
- 12) Interviewer: QUESTION FOR LIVERS OUT: Can you find any difference between the drink habits you had when you lived in college and the ones you have now you are a liver out? Could you please explain your answer?
Respondent: I probably drink less now that I live out. In first year, everyone's drinking and it's easier to feel like having a couple of drinking more often. Now going out or on special occasions.
- 13) Interviewer: Do you and your friends usually pre-drink before going out?

Respondent: No.

14) Interviewer: QUESTION FOR PEOPLE WHO PRE-DRINK: Why do you pre-drink before going out?

15) Interviewer: QUESTION NOT FOR FRESHERS: How has your drinking changed over the past years you spent at university? Do you think it has increased, decreased or is it more or less the same?

Respondent: Decreased probably.

16) Interviewer: Could you please describe what you think binge drinking is and what you think about it?

Respondent: Probably drinking until you no longer can control your actions and doing that regularly.

17) Interviewer: Do you think that your drink habits fit in with what we call binge drinking? Respondent: Probably no, no I don't think that I drink enough or often enough.

18) Interviewer: Do you think binge drinking is more common among livers in or livers out?

Respondent: I'd say livers in, really, cause there's more the atmosphere of seeing people.

19) Interviewer: Are you aware of alcohol-related crimes like drink spiking and have you or one of your friends ever been a victim of drink spiking?

Respondent: I'm aware of them but don't know anyone who's suffered from it.

20) Interviewer: In your opinion, could pre-drinking instead of buying drinks in clubs be a way to avoid drink spiking?

Respondent: It could well be. I think it's being around drinks and cocktails, and one does leave their possibilities open.

21) Interviewer: Have you ever heard or read about any sexual assault, physical assault or robbery caused by alcohol-related phenomena like binge drinking or drink spiking and what do you think about this risk and other alcohol-related risks?

Respondent: I've heard about them but don't know anyone and personally I haven't. Drinking alcohol can't make you more perceptive about it but I think it's quite what you should.

22) Interviewer: Do you think sexual assault, physical assault and robbery are common and serious alcohol-related risks in Britain? Could you please explain your answer?

Respondent: I think they are serious risks, I think you can wear off them. I don't think they're that common or they're maybe in a few specific areas.

23) Interviewer: Do you think alcohol-related phenomena such as binge drinking and drink spiking are very common among university students in Britain? Could you please explain your answer?

Respondent: I don't think they're that common among students probably because much students tend to go out as groups. I think it's more adults to prang on students.

A.3 Porters' and pub and bar landlords' and staff's interviews

Non-student adult 1 – college porter – male

This survey is designed to better understand the consumption of alcohol among British university students and the risks related to alcohol phenomena such as binge drinking and drink spiking. Please be honest in providing information as the survey is anonymous.

1) Interviewer: What is your job?

Respondent: Porter.

2) Interviewer: What is your age range?

a) 18 – 25

b) 26 – 40

c) 41 – 55

d) 56 and over

Respondent: 41 – 55.

3) Interviewer: Why do you think students like drinking alcohol?

Respondent: Probably as a release from the studies that they have and the stress. Basically young people just like to party I would think.

4) Interviewer: Why do you think students like pre-drinking before going out?

a) Because it is cheaper than buying alcohol in clubs

b) To have more fun and drink more

c) Both of the answers above

d) Other

Respondent: Because it is cheaper than buying alcohol in clubs.

5) Interviewer: What do you think about drinking games?

Respondent: Personally, I wouldn't do anything like that and I don't particularly like it, when I see the drinking games going on at the bar in the college. I don't like them, I think they're silly, asking for trouble.

6) Interviewer: Do you think there is any difference between the drink habits that students who live in college have and the ones students who live out have? Could you please explain your answer?

Respondent: I don't really know what goes on out of college to be honest but I would imagine there'd be not much difference.

7) Interviewer: According to you, how does students' drinking change over the years they spend at university in Britain?

Respondent: I think the first years go a little bit wild but going back to living out, obviously second years again I don't really know out what goes on but I think third years when they come back they have more work to do, dissertations to do and go out less to do a little bit more work in their rooms or library or wherever.

8) Interviewer: Could you please describe what you think binge drinking is and what you think about it?

Respondent: It's drinking a large quantity of alcohol in one go like, say, on a Friday, Saturday or Sunday or just overdoing basically.

9) Interviewer: Do you think binge drinking is more common among livers in or livers out?

Respondent: We don't really see livers out, you have to go to houses to see what goes on there, so I don't know.

10) Interviewer: What do you think about alcohol-related crimes like drink spiking?

Respondent: I think people should be punished really for doing things like that cause it's dangerous, somebody could have a fatal accident.

11) Interviewer: In your opinion, could pre-drinking instead of buying drinks in clubs be a way for students to avoid drink spiking?

Respondent: I think people who spike drinks have got something wrong with them, why anyway would they want do that, what fun do they get from that. I mean, the person's gone off somehow, you're not going to see the results of the spiking so why do they do it?

12) Interviewer: Have you ever heard or read about any sexual assault, physical assault or robbery caused by alcohol-related phenomena like binge drinking or drink spiking and what do you think about this risk and other alcohol-related risks?

Respondent: I suppose there've been things on the news, assaults, but we haven't got anything locally around this college. Obviously things... For there are in the country but not sort of assaults related to students, just general public. I've not heard of assaults through people who've been spiked or just too drunk to be able to remember what's happened.

13) Interviewer: Do you think sexual assault, physical assault and robbery are common and serious alcohol-related risks in Britain? Could you please explain your answer?

Respondent: I can't really say, I don't know if they're common or not. Definitely serious.

14) Interviewer: Do you think alcohol-related phenomena such as binge drinking and drink spiking are very common among university students in Britain? Could you please explain your answer?

Respondent: I'd say binge drinking definitely, I don't know if spiking would be as common. Definitely binge drinking. I think one of the staff was spiked but that was in Newcastle, it wasn't in Durham and it was non-students, adults.

15) Interviewer: Have you ever witnessed any alcohol-related episode such as sexual assault, physical assault or robbery? If you have, what did you do?

Respondent: No, not seen anything like that.

16) Interviewer: Has a student ever shared with you an alcohol-related experience they had had? Respondent: Not personally, no.

Non-student adult 2 – college porter – male

This survey is designed to better understand the consumption of alcohol among British university students and the risks related to alcohol phenomena such as binge drinking and drink spiking. Please be honest in providing information as the survey is anonymous.

1) Interviewer: What is your job?

Respondent: I'm a porter.

2) Interviewer: What is your age range?

- a) 18 – 25
- b) 26 – 40
- c) 41 – 55
- d) 56 and over

Respondent: 56 and over.

3) Interviewer: Why do you think students like drinking alcohol?

Respondent: I think it calms their nerves, it's at night later when you see them, I think it just calms their nerves cause when you see them they're excited, after they've had their drink they seem calmer.

4) Interviewer: Why do you think students like pre-drinking before going out?

- a) Because it is cheaper than buying alcohol in clubs
- b) To have more fun and drink more
- c) Both of the answers above
- d) Other

Respondent: Because it is cheaper than buying alcohol in clubs.

5) Interviewer: What do you think about drinking games?

Respondent: Don't like them.

6) Interviewer: Do you think there is any difference between the drink habits that students who live in college have and the ones students who live out have? Could you please explain your answer?

Respondent: I don't know who lives out because we never see them but the ones who live in are maybe just no harmful.

7) Interviewer: According to you, how does students' drinking change over the years they spend at university in Britain?

Respondent: I don't really know cause I'm neither not.

8) Interviewer: Could you please describe what you think binge drinking is and what you think about it?

Respondent: I think it's just drinking too much, it's very absurd, that's what I think it is.

9) Interviewer: Do you think binge drinking is more common among livers in or livers out?

Respondent: I don't know because we don't see the livers out.

10) Interviewer: What do you think about alcohol-related crimes like drink spiking?

Respondent: Don't believe them.

11) Interviewer: In your opinion, could pre-drinking instead of buying drinks in clubs be a way for students to avoid drink spiking?

Respondent: I don't know.

12) Interviewer: Have you ever heard or read about any sexual assault, physical assault or robbery caused by alcohol-related phenomena like binge drinking or drink spiking and what do you think about this risk and other alcohol-related risks?

Respondent: No I haven't. It's a bad risk but you shouldn't really do it.

13) Interviewer: Do you think sexual assault, physical assault and robbery are common and serious alcohol-related risks in Britain? Could you please explain your answer?

Respondent: Yeah they are serious.

14) Interviewer: Do you think alcohol-related phenomena such as binge drinking and drink spiking are very common among university students in Britain? Could you please explain your answer?

Respondent: Might be down the country but here there has never been much of it.

15) Interviewer: Have you ever witnessed any alcohol-related episode such as sexual assault, physical assault or robbery? If you have, what did you do?

Respondent: No.

16) Interviewer: Has a student ever shared with you an alcohol-related experience they had had? Respondent: No.

Non-student adult 3 – college porter – male

This survey is designed to better understand the consumption of alcohol among British university students and the risks related to alcohol phenomena such as binge drinking and drink spiking. Please be honest in providing information as the survey is anonymous.

1) Interviewer: What is your job?

Respondent: What is my job? I'd say porter.

2) Interviewer: What is your age range?

a) 18 – 25

b) 26 – 40

c) 41 – 55

d) 56 and over

Respondent: 56 and over.

3) Interviewer: Why do you think students like drinking alcohol?

Respondent: I think it's to become with the norm cause everybody else does it.

4) Interviewer: Why do you think students like pre-drinking before going out?

- a) Because it is cheaper than buying alcohol in clubs
- b) To have more fun and drink more
- c) Both of the answers above
- d) Other

Respondent: Because it is cheaper than buying alcohol in clubs.

- 5) Interviewer: What do you think about drinking games?

Respondent: I think they go over the top and I just think they make them drink more.

- 6) Interviewer: Do you think there is any difference between the drink habits that students who live in college have and the ones students who live out have? Could you please explain your answer?

Respondent: Yes, I think that students that live in drink a lot more because of the culture within the college, and I don't think they drink as much for the culture where they live because I think they don't need that.

- 7) Interviewer: According to you, how does students' drinking change over the years they spend at university in Britain?

Respondent: Vastly. I think they drink a lot more during their first year.

- 8) Interviewer: Could you please describe what you think binge drinking is and what you think about it?

Respondent: Binge drinking, it's obviously over the amount that they can take, and then they take on top of that so that just turns them out of control.

- 9) Interviewer: Do you think binge drinking is more common among livers in or livers out? Respondent: More common among livers in.

- 10) Interviewer: What do you think about alcohol-related crimes like drink spiking?

Respondent: I think that's totally wrong because they should be allowed to drink what they want without people spiking them.

- 11) Interviewer: In your opinion, could pre-drinking instead of buying drinks in clubs be a way for students to avoid drink spiking?

Respondent: Yes.

12) Interviewer: Have you ever heard or read about any sexual assault, physical assault or robbery caused by alcohol-related phenomena like binge drinking or drink spiking and what do you think about this risk and other alcohol-related risks?

Respondent: I haven't, no, not drink spiking.

13) Interviewer: Do you think sexual assault, physical assault and robbery are common and serious alcohol-related risks in Britain? Could you please explain your answer?

Respondent: Yeah. No, I don't really. I think they do without drinking.

14) Interviewer: Do you think alcohol-related phenomena such as binge drinking and drink spiking are very common among university students in Britain? Could you please explain your answer?

Respondent: It is but I think it's because more or less just for gatherings of students than anything else. I don't think there's anything that combines them with the spiking.

15) Interviewer: Have you ever witnessed any alcohol-related episode such as sexual assault, physical assault or robbery? If you have, what did you do?

Respondent: No, I haven't.

16) Interviewer: Has a student ever shared with you an alcohol-related experience they had had? Respondent: No.

Non-student adult 4 – college porter – male

This survey is designed to better understand the consumption of alcohol among British university students and the risks related to alcohol phenomena such as binge drinking and drink spiking. Please be honest in providing information as the survey is anonymous.

1) Interviewer: What is your job?

Respondent: I'm a porter.

2) Interviewer: What is your age range?

- a) 18 – 25
- b) 26 – 40
- c) 41 – 55
- d) 56 and over

Respondent: 41 – 55.

- 3) Interviewer: Why do you think students like drinking alcohol?

Respondent: I think they find it a sociable thing. It's a way of interacting with other students and mixing, expanding their peer group and getting to know new people.

- 4) Interviewer: Why do you think students like pre-drinking before going out?

- a) Because it is cheaper than buying alcohol in clubs
- b) To have more fun and drink more
- c) Both of the answers above
- d) Other

Respondent: I think it's cheaper, I think nowadays it's part of their nights out, it's part of the culture that students actually live. It's cheaper but also it's part of their sociable night out, they see that as part of their nighttime experience.

- 5) Interviewer: What do you think about drinking games?

Respondent: Fine in the right context. It depends what school they get out and we were young once, so we may have done it, so in the right context they're ok.

- 6) Interviewer: Do you think there is any difference between the drink habits that students who live in college have and the ones students who live out have? Could you please explain your answer?

Respondent: I think there probably is a slight difference. The reason is they have their own place rather than people who went to place downtown, who often live in houses, that's how during university the student accommodation is, not in houses, and they have a sociable place to go. When here, they live in a college, it's a very small space and often it's surrounded by other colleges that have parties and social

gathering moves, that's very hard, so it's almost forcing to go downtown for the students who live in and I think they can socialise easier when they've got their own place where they can control their own space and they've got also their neighbours.

- 7) Interviewer: According to you, how does students' drinking change over the years they spend at university in Britain?

Respondent: I've been a student here as well in Durham University and I've also been a student in Lancaster University and I work here now, in this college. I don't know the means, so I think people have always had something to pick on, in the society, you know, you've a back head of history, so when I was a lad you had the punks, you had the new romantics, you had the rave culture and sort of styles and I was always looking for something to sort of try and pick on. Things change and move on but I think these things also existed and I think we're always looking in rose-tinted glasses at the past. When I was a lad, it wasn't like this but in there, there was, I mean, the truth has to be known.

- 8) Interviewer: Could you please describe what you think binge drinking is and what you think about it?

Respondent: Binge drinking is when you drink a large amount of alcohol in a short amount of time. Now it's to get a desired effect, they go to get the person. People therefore can have reasons in their place to get drunk and it's to have that feeling of being drunk, you know what I mean, people actually chase it.

- 9) Interviewer: Do you think binge drinking is more common among livers in or livers out?

Respondent: I think it's down to the individual and that means that there's more than the lifestyle they actually live. Well, my job in Durham University, I obviously focus on living in students... In the late evenings, living out students, I don't tend to see them so I'm making assumption here and there's no real difference. I mean that's more the assumptive kind of way I can see the living out students.

- 10) Interviewer: What do you think about alcohol-related crimes like drink spiking?

Respondent: I think they're wrong, you know what I mean, it goes on, but what can often base a laugh and a joke when you're 18 / 19, it's fine unless these things go wrong but I think these things get blown out of proportions as well by the press etc. People have this idea, I'm a drink spiked, they've just drunk too much. Does it actually take place as much as we think it does? Possibly not. I think often it's just individuals that drink too much and they keep looking for an excuse.

11) Interviewer: In your opinion, could pre-drinking instead of buying drinks in clubs be a way for students to avoid drink spiking?

Respondent: Yeah, I suppose they have control of their own environments but it's a problem of the group of friends and their things like a laugh and a joke, you know what I mean, to do it anyway so you might do it in your own house or you're doing that downtown. That culture's there when you're in a group of friends, their things like a laugh and a joke and I don't know, drop some vodka in a drink or something like this and they would do it within a house as well as they would do it in a club or pub downtown.

12) Interviewer: Have you ever heard or read about any sexual assault, physical assault or robbery caused by alcohol-related phenomena like binge drinking or drink spiking and what do you think about this risk and other alcohol-related risks?

Respondent: Within my job here, I've come across minor things. In my previous life I've come across within my life and not in my job at university, I'd say there's a low level of harassment etc. that I've tended to come across here on an actual assault etc. I'd say it's a bit of physical assault but I've never come across sexual assault within university.

13) Interviewer: Do you think sexual assault, physical assault and robbery are common and serious alcohol-related risks in Britain? Could you please explain your answer?

Respondent: I think it's brought on by it, I think it has a blow within these problems, I think people probably put themselves in more vulnerable situations etc., go off with strangers, the madness that they do. I think within the university peer young females as a rule when

they have a bit to drink tend to go off with their friend and their friend would walk them home; young males tend to sort of be a bit invulnerable and this walks themselves off home, they go by themselves, that makes themselves open to possible assault.

14) Interviewer: Do you think alcohol-related phenomena such as binge drinking and drink spiking are very common among university students in Britain? Could you please explain your answer?

Respondent: Yes, I think it is but I think it's quite common among young people in the society as a whole but I think because you've got a large amount of young people in the town all together, it's quite easy to sort of pick on them because it sticks out more, whereas in the normal town the local population is more spread out so you don't see that sort of problem as such, but I think this goes back to what we were saying before but when I was a young lad, I'm about 50 now, but when I was a young lad I used to drink etc. I don't think there's any more problem in university students than is in young people in general.

15) Interviewer: Have you ever witnessed any alcohol-related episode such as sexual assault, physical assault or robbery? If you have, what did you do?

Respondent: I've come across mild level within the college since my job jumped here and I think I just stopped what was happening from happening but I've come across actual physical assault etc. before and have stopped that as well, that's before my job in university.

16) Interviewer: Has a student ever shared with you an alcohol-related experience they had had? Respondent: They have but, I mean, it sort of revolved here I wouldn't really be prepared to share them because I think often people share things in confidence with me here with my job and I don't think that's right for me to share their information.

Non-student adult 5 – college porter – male

This survey is designed to better understand the consumption of alcohol among British university students and the risks related to

alcohol phenomena such as binge drinking and drink spiking. Please be honest in providing information as the survey is anonymous.

1) Interviewer: What is your job?

Respondent: Receptionist / porter.

2) Interviewer: What is your age range?

a) 18 – 25

b) 26 – 40

c) 41 – 55

d) 56 and over

Respondent: 56 and over.

3) Interviewer: Why do you think students like drinking alcohol?

Respondent: Because it tastes nice.

4) Interviewer: Why do you think students like pre-drinking before going out?

a) Because it is cheaper than buying alcohol in clubs

b) To have more fun and drink more

c) Both of the answers above

d) Other

Respondent: Peer pressure, probably partly due to cost and a misguided understanding of what alcohol can do to your body.

5) Interviewer: What do you think about drinking games?

Respondent: Nonsense.

6) Interviewer: Do you think there is any difference between the drink habits that students who live in college have and the ones students who live out have? Could you please explain your answer?

Respondent: I don't know, I can't comment on that, I don't know enough about them to be able to give an answer.

7) Interviewer: According to you, how does students' drinking change over the years they spend at university in Britain?

Respondent: Again, I don't really know, I haven't enough experience.

8) Interviewer: Could you please describe what you think binge drinking is and what you think about it?

Respondent: Well, binge drinking, my interpretation is drinking an excessive amount in a short period of time. I think it's stupid.

9) Interviewer: Do you think binge drinking is more common among livers in or livers out? Respondent: Again, I don't know.

10) Interviewer: What do you think about alcohol-related crimes like drink spiking?

Respondent: I think the evidence is that you see that it is probably quite common place and happens quite frequently, although from my past experience in my previous life, cause I was a policeman for 30 years, it's not often reported, so it's probably quite common but not often reported.

11) Interviewer: In your opinion, could pre-drinking instead of buying drinks in clubs be a way for students to avoid drink spiking?

Respondent: I don't really know the answer for that question. I would probably say no because the opportunity to spike drinks is still there.

12) Interviewer: Have you ever heard or read about any sexual assault, physical assault or robbery caused by alcohol-related phenomena like binge drinking or drink spiking and what do you think about this risk and other alcohol-related risks?

Respondent: I've heard of many and dealt with many in my previous life as a police officer of sexual and indecent assault on women and men but obviously it's quite unusual for men to report them. And certainly the drinking culture sort of lends itself to that happening frequently because it makes people vulnerable.

13) Interviewer: Do you think sexual assault, physical assault and robbery are common and serious alcohol-related risks in Britain? Could you please explain your answer?

Respondent: Yes, I do because of the contribution that the alcohol makes. It makes the victim vulnerable, insensible and an easy target but also the perpetrator knows that because the perpetrator will either be an intentional offender, so he or she has done it before, so they will deliver their target to a girl that's insensible through drink because it is

an easy target and they know that the risk of being caught is clearly lessened by the fact that the person is affected by alcohol because of the evidential side of things. But also alcohol can affect people and in certain cases lead them to make offences such as sexual offences because it alters their mind.

14) Interviewer: Do you think alcohol-related phenomena such as binge drinking and drink spiking are very common among university students in Britain? Could you please explain your answer?

Respondent: I think that I'll have to divide them into two. I don't know enough about drink spiking to be able to comment on that side of it, right, from my position here with students. The binge drinking, I would say in this college I haven't witnessed any of that in my position here. However St. Cuthbert society, which is along there, they are consistently noisy the students in there and I've witnessed groups in these rooms, well, also carrying bottles of alcohol and things as they're going to town or go round the colleges. I suppose our college is different because of the type of college it is and the students that come here but certainly from what I've seen then I would say that yesterday they will binge drink and all pre-load because they claim that drinking calms them when they're bored or when go out on the street to go wherever they want to and they're drunk, so yeah, I think it's quite prevalent in that respect but spiking drinks, I don't know.

15) Interviewer: Have you ever witnessed any alcohol-related episode such as sexual assault, physical assault or robbery? If you have, what did you do?

Respondent: Well, I used to arrest them all the time but here, in the last five years, I haven't witnessed any sexual assault or any incidence of violence or offending behaviour connected with alcohol in this college. A few have been sick and things like that through alcohol but that's just the person, not really affecting anybody else.

16) Interviewer: Has a student ever shared with you an alcohol-related experience they had had? Respondent: No.

Non-student adult 6 – college porter – male

This survey is designed to better understand the consumption of alcohol among British university students and the risks related to alcohol phenomena such as binge drinking and drink spiking. Please be honest in providing information as the survey is anonymous.

1) Interviewer: What is your job?

Respondent: I'm a porter.

2) Interviewer: What is your age range?

a) 18 – 25

b) 26 – 40

c) 41 – 55

d) 56 and over

Respondent: 41 – 55.

3) Interviewer: Why do you think students like drinking alcohol?

Respondent: It's a release from home.

4) Interviewer: Why do you think students like pre-drinking before going out?

a) Because it is cheaper than buying alcohol in clubs

b) To have more fun and drink more

c) Both of the answers above

d) Other

Respondent: Because it is cheaper than buying alcohol in clubs.

5) Interviewer: What do you think about drinking games?

Respondent: It's been going on, they're as old as the hills, you'll never ever change them, they'll always be here, so how or which you complain about them, they'll always be here. I mean, I don't particularly partake but they happen quite frequently.

6) Interviewer: Do you think there is any difference between the drink habits that students who live in college have and the ones students who live out have? Could you please explain your answer?

Respondent: I can't answer that, I wouldn't know the difference to be honest.

7) Interviewer: According to you, how does students' drinking change over the years they spend at university in Britain?

Respondent: Yeah I think it goes less. As the years go on, it goes less.

8) Interviewer: Could you please describe what you think binge drinking is and what you think about it?

Respondent: Binge drinking is far too understandable, it's just drinking beer, wine, spirits to excess until you can't even walk in straight.

9) Interviewer: Do you think binge drinking is more common among livers in or livers out? Respondent: I've never experienced it cause luckily we're postgraduate college here and they've a literally better behaviour than the undergraduates. I've never witnessed it, I have to be honest.

10) Interviewer: What do you think about alcohol-related crimes like drink spiking?

Respondent: I think that's appalling.

11) Interviewer: In your opinion, could pre-drinking instead of buying drinks in clubs be a way for students to avoid drink spiking?

Respondent: It possibly is, yeah, it possibly is.

12) Interviewer: Have you ever heard or read about any sexual assault, physical assault or robbery caused by alcohol-related phenomena like binge drinking or drink spiking and what do you think about this risk and other alcohol-related risks?

Respondent: It's appalling of course, I mean their friends should warn them as well, people around them should be aware of the risk as well. There's should be a community or something.

13) Interviewer: Do you think sexual assault, physical assault and robbery are common and serious alcohol-related risks in Britain? Could you please explain your answer?

Respondent: I don't suppose there is any difference in either country, I'm afraid, you know.

14) Interviewer: Do you think alcohol-related phenomena such as binge drinking and drink spiking are very common among university students in Britain? Could you please explain your answer?

Respondent: I don't think they're terribly common. I think we would have heard more.

15) Interviewer: Have you ever witnessed any alcohol-related episode such as sexual assault, physical assault or robbery? If you have, what did you do?

Respondent: I've never witnessed myself but if I had, I would intervene.

16) Interviewer: Has a student ever shared with you an alcohol-related experience they had had? Respondent: Yes, in a rather silly way, yes.

Non-student adult 7 – college porter – male

This survey is designed to better understand the consumption of alcohol among British university students and the risks related to alcohol phenomena such as binge drinking and drink spiking. Please be honest in providing information as the survey is anonymous.

1) Interviewer: What is your job?

Respondent: My job at the moment is college porter but until last year I was one of the managers here in St. Aidan's college, so I was a manager and now I'm a college porter.

2) Interviewer: What is your age range?

- a) 18 – 25
- b) 26 – 40
- c) 41 – 55
- d) 56 and over

Respondent: 56 and over.

3) Interviewer: Why do you think students like drinking alcohol?

Respondent: I think that a lot of it is peer pressure, I think that one or two students who do enjoy drinking alcohol, I think the majority of them feel not pressurised but in a sort of group their expectations are that they would drink and if they don't, they'd be probably seen as being strange or odd or out of the crowd and it's unfortunate really, and I think it's maybe the UK students, I think that only the overseas students have a different view but UK students have this idea that when they go out, they have to get a large amount of alcohol into their bodies.

- 4) Interviewer: Why do you think students like pre-drinking before going out?
- a) Because it is cheaper than buying alcohol in clubs
 - b) To have more fun and drink more
 - c) Both of the answers above
 - d) Other

Respondent: Because it is cheaper than buying alcohol in clubs.

- 5) Interviewer: What do you think about drinking games?

Respondent: I think that they are extremely dangerous and I have seen in my time here at St. Aidan's, cause I've worked here for five years, that students become very ill because of drinking games and I didn't realise that you can actually get a drinking game online, you can go onto the internet and they have various versions of drinking games, and I think that's incredibly silly and if there was some sort of funny aspect to whether there were like soft drinks or non alcoholic drinks and it was a bit more fun, I think that would be ok, but when they are mixing different types of alcohol and drinking them without knowing the consequences is immature and silly, it can be dangerous, people who have a large amount of alcohol and don't know what the consequences are and especially this time in Durham when we're trying because of the loss of lives, you know the three students who died over the last year. We're not sure whether they were all alcohol-related but they were all out in the town and they had all been drinking, so it must have had some sort of contribution to their death,

which is really, really sad. So drinking games I think are stupidly dangerous.

- 6) Interviewer: Do you think there is any difference between the drink habits that students who live in college have and the ones students who live out have? Could you please explain your answer?

Respondent: I think that the ones who are in college probably follow the crowd more. I think once they start to live out, they've chosen their friends, we hope that they choose friends to live with who have similar outlooks to them, so that they still drink when they live out but I think it's more of a problem in college because of the sort of peer pressure and the sort of gang, sort of mentality, so they go out with a large group and then they take along with what the crowd wants to do, so it's probably more of a college problem than a living out problem. Sure one or two students would get drunk when they live out but when the livers out come back to college for events, they really do drink a lot and it's a thing when they come to college and they're expected to drink, which is again an awful culture to have and something that we should try and avoid. That's what it is at the moment.

- 7) Interviewer: According to you, how does students' drinking change over the years they spend at university in Britain?

Respondent: I am quite old, I've only worked in university for five years but I think in the UK just the drinking culture has changed dramatically in the last certainly ten years. When young people and olds go out to drink, I think the last ten years especially they're binge drinking, they've huge amounts of alcohol and what's more surprising for someone like me is the females, it seems that the females are maybe not worse but as bad as some of the males and that sometimes maybe they're not rightly the same because both genders should be more responsible, but the females are really bad at the moment and I think it's not just a college thing, it's a UK cultural thing as well. If students get into a crowd who are going to go out drinking they will follow suit. You see, I see quite a few students who are not that type, they tend to stay with people of their own sort of like values. One or two in a sense look like "I don't drink" and in general "I won't do

this” and that’s really difficult when you’re in a crowd of people and you are encouraged to drink with your friends, that’s a difficult thing. I think the college culture is quite strong for drinking, so I think probably they have more problems when they live in. When they live out, you hope that they become more independent, more mature and hopefully they’ve better traces.

- 8) Interviewer: Could you please describe what you think binge drinking is and what you think about it?

Respondent: Well, I think binge drinking is just simply because the youngsters think that they have to be really drunk to have a good time, they get a lot of alcohol before they go out and then exists a sort of how much can they drink and what types of things can they drink and it’s just horrendous, I think it’s an awful thing. And I think that when I was a youngster, yes it was fun, I used to drink a lot, but I didn’t want to be sick or didn’t want to be out of control but it was just an individual choice. But I think binge drinking has certainly increased a lot in the UK in the last ten to fifteen years and the unfortunate thing is just that it’s maybe seen now by young people as the norm, you know, which is really sad and I think the only thing that will change their mind is if in time when they get to be more mature they realise how silly it is or by hands of one of their friends and they think “how rude, you shouldn’t do this” but at the moment it’s not just a college problem, it’s a UK cultural problem as well. I’m not sure if you have this in, sorry in Asia I wouldn’t think it would happen, but I’m not sure about the European countries, I’m just not sure whether the problem is as bad. I think it maybe will be in certain parts.

- 9) Interviewer: Do you think binge drinking is more common among livers in or livers out?

Respondent: I think it might be more common with livers in. I haven’t really got enough information to give a proper judgment because we only see livers out occasionally but you will hold that livers out would make better choices, so I think livers in are more prone to binge drink.

- 10) Interviewer: What do you think about alcohol-related crimes like drink spiking?

Respondent: I think that drink spiking is extremely dangerous and females must be very careful because of people spiking their drinks and then they get into a situation where they can't make decisions, important decisions when they are out on their own and that is a really dangerous position to be. And you see lots of sexual-related crimes and a lot of the time it is "the people were drunk" and the female said that she couldn't say yes or no because she isn't able to do that and really nobody wants to be in that condition and I think it's a really, really dangerous thing and I'm sure a lot of young women have regrets because they had drunk too much. Young men yeah because alcohol-related crimes for young men will be like criminal damage or assault, they get into fights and so yeah, and the cost too is not just to themselves but also like hospitals early on the weekend after they're full with people who have been injured because of alcohol: they were just driving or fighting or falling down or do whatever and it must be a huge cost to the NHS, alcohol-related crimes, and the police must get fed up by the weekend, just trying to stop all these petty crimes, fighting, criminal damage just because of alcohol and it's never an excuse, you know, people to "oh, I didn't know what I was doing because I was drunk". What? That's no reason at all, is it? But people think that because they are drunk, they become invincible or they are somebody else, so all in all there's no really crime-related incidents because of alcohol. The law was increased but it can be really dangerous especially for females.

11) Interviewer: In your opinion, could pre-drinking instead of buying drinks in clubs be a way for students to avoid drink spiking?

Respondent: Yeah, I suppose it could and it's also done sometimes by the responsible pubs and clubs, they can issue people with cups which go on the top of their drinks, so things can't be spiked, they could put their cup in stalls or whatever and they tell people when they're in these pubs or clubs "don't leave your drinks on the table, keep your drink with you or make sure that someone watches them, don't wander off somewhere" but they do it, they go dance and talk and go to the toilet, and if they leave their drinks, then they are opened for

someone coming along and spiking their drinks. I've had examples over years where people have come back and people who were completely drunk have come back to college and someone said "oh, their drink was spiked" and, you know, it's just really sad and quite dangerous. Yeah, I think that pubs and clubs can do more and I think that going out before you go to the clubs if you pre-drink sensibly and then when you go there, you're just going to have soft drinks or water. That would be a reasonable way to do it. Whether they do that or not, I don't know.

- 12) Interviewer: Have you ever heard or read about any sexual assault, physical assault or robbery caused by alcohol-related phenomena like binge drinking or drink spiking and what do you think about this risk and other alcohol-related risks?

Respondent: Yeah, I've heard of it quite a lot and it hasn't happened a lot within the university while I've been here but you certainly read about that in the newspaper all the time and some quite high profile kids as well, people are involved in sexual assaults and more than one or two of them have been drinking, because when you are that drunk, you can't be in control, you're just weak, you don't know what... I've seen these students come back, you know, they're just not aware of what they're doing, so if they're not aware of where they are and what they do, they're in a really vulnerable position. So yeah, I have heard of it, I read about it. It doesn't happen often for university, I think because here in Durham, even though it's a university city, it's a very small place and it's still quite safe but I think in the cities and universities that are in the cities, I think they may have a bigger problem than we do. I think Durham is still relatively safe, if people are sensible but you have certainly heard about it. I think that to use excuses like "well, I had sex with this girl. If she was on college, she would have known what she was doing". That is never ever the right thing to do, never, and I can't see anybody say "you know, I'm not guilty because of this". I don't buy that, I just don't buy that. I think if people want to have sex, then both of them should be consentient and be able to give consent properly and drinking certainly misguides

people sometimes and then people sometimes may get into trouble because they may have the right intentions but on the other side there are people who certainly don't have the right intentions, who would target people who were drunk and therefore the only advice I give to the students in my mentor group and the students here is when they go out, stay with their friends, stay as a group, you know, look after each other because even though Durham is a safe place to live, these things still do happen, they might be careful.

- 13) Interviewer: Do you think sexual assault, physical assault and robbery are common and serious alcohol-related risks in Britain? Could you please explain your answer?

Respondent: Yeah, I'm sure they are and I think that there is a lot more crime because of alcohol. As I said before, not just sexual assaults but criminal damage or assaults. I bet I've seen some figures on the police but I bet the really high majority are based on alcohol-related crimes. I've seen young men here who are very, very intelligent, well-educated, respectful young men who have actually caused complete damage in the college, they've smashed the brooms and whatever and I interviewed them afterwards and they were so ashamed and then were also "I was so drunk I didn't know what I was doing" and they realised that was an excuse but I've seen that, I have seen people very mournful who said "please, don't tell the police, please, don't tell my parents, I will pay for this damage" and of course this is purely and simply, it's not in their nature, purely and simply because of alcohol, and I think a really high percentage of crimes that involve young people usually have alcohol as its base.

- 14) Interviewer: Do you think alcohol-related phenomena such as binge drinking and drink spiking are very common among university students in Britain? Could you please explain your answer?

Respondent: I think that university students, I hope that they would have more intelligence to understand the dangers of binge drinking and I think that it does happen. I don't think it's the majority of the student population, I think it's the minority and I see in the college where we have about 500 students here or say 250 first years, freshers,

whom we see all the time and I would say it's a minority of them people, I'd say more or less 10%, who tend to follow the binge drinking sort of culture and they follow this the whole year and they don't seem to realise what problems it causes, and it's difficult to get the message across them, so I wouldn't say it's the majority of students, I would say it's the minority. I think that at certain times not more students but maybe 50% of students have tried or have had a night where they drank too much. I think on a regular basis it's a minority of the students.

15) Interviewer: Have you ever witnessed any alcohol-related episode such as sexual assault, physical assault or robbery? If you have, what did you do?

Respondent: Yeah, I've seen it but not sexual assault. I have seen assaults and when we have events in the college, normally it's people who are visitors, so students from other colleges or students' friends, and I have witnessed fights between student lads and always, always alcohol-related, they're never sober, you know, and usually calls over fairly petty things and me and one or two of the other porters have been on the so-called door a door manage with the courses, so the courses where you seek to try and control these situations in a sort of professional way, not like bouncers and go and kill everybody, to try and calm people down, get them away from each other, get them with friends and try to make sure that the situation doesn't escalate. But I've seen police calls to the college because some young men just won't sit back down even though they're told to stop drinking or to leave, they're so drunk they don't know what's going on, and we have had to call the security and the police. We don't want to do that but that just happened and it's happened in various formals and the strange thing is the Christmas formal or the sports formal is usually horrendous. This sports formal when they're in their sports teams and they feel some sort of rivalry and they are like "our team and their team, we'll have some drinks" and that goes on quite a lot, so there's one or two formals where you know that you've got to be very careful, keep a careful eye on the students because it does happen and it's not

always the students who live in, sometimes it's just visitors, and we also try and teach our bar staff to be aware as well of what or who they're selling to and if people are looking as if they were starting to become troublesome because of alcohol, tell the security people to try and stop and trouble starting. So I haven't seen sexual assault, I've heard about it cause one or two of our oldest students have been assaulted when they were coming back to the college, usually by people who've been drinking. I've seen lots of criminal damage because we see it's in the college and one or two occasions where assaults or fights have took place, yeah.

- 16) Interviewer: Has a student ever shared with you an alcohol-related experience they had had? Respondent: Yeah, they have. Sometime when I was on the late time, I've seen one or two students come back. I've had a word with them a few days later and said, you know, "I saw that..." and they've always been quite apologetic and sort of a bit ashamed and "Oh God, I'm so sorry, I was really drunk that night, I didn't know what I was doing. My friends walked me back, I fell over on the taxi, I was sick in my room" and generally most of the time they are quite sorry for their actions. I've seen this quite a lot. I would say that the guys who work during the night, they would see people return from the pubs at least once or twice a week when the students come in who have had too much to drink. It is a common occurrence, which is a bit sad.

Non-student adult 8 – college porter – male

This survey is designed to better understand the consumption of alcohol among British university students and the risks related to alcohol phenomena such as binge drinking and drink spiking. Please be honest in providing information as the survey is anonymous.

- 1) Interviewer: What is your job?
Respondent: Porter.

2) Interviewer: What is your age range?

- a) 18 – 25
- b) 26 – 40
- c) 41 – 55
- d) 56 and over

Respondent: 41 – 55.

3) Interviewer: Why do you think students like drinking alcohol?

Respondent: To socialise.

4) Interviewer: Why do you think students like pre-drinking before going out?

- a) Because it is cheaper than buying alcohol in clubs
- b) To have more fun and drink more
- c) Both of the answers above
- d) Other

Respondent: Because it is cheaper than buying alcohol in clubs.

5) Interviewer: What do you think about drinking games?

Respondent: Bad.

6) Interviewer: Do you think there is any difference between the drink habits that students who live in college have and the ones students who live out have? Could you please explain your answer?

Respondent: No, I don't think there is any difference.

7) Interviewer: According to you, how does students' drinking change over the years they spend at university in Britain?

Respondent: It gets less when they are postgraduates cause they have more to study.

8) Interviewer: Could you please describe what you think binge drinking is and what you think about it?

Respondent: Binge drinking is consuming a large amount of alcohol one or two days a week instead of over the course of the week.

9) Interviewer: Do you think binge drinking is more common among livers in or livers out? Respondent: They are both the same probably.

- 10) Interviewer: What do you think about alcohol-related crimes like drink spiking?
Respondent: It's disgusting.
- 11) Interviewer: In your opinion, could pre-drinking instead of buying drinks in clubs be a way for students to avoid drink spiking?
Respondent: No.
- 12) Interviewer: Have you ever heard or read about any sexual assault, physical assault or robbery caused by alcohol-related phenomena like binge drinking or drink spiking and what do you think about this risk and other alcohol-related risks?
Respondent: I haven't really, no.
- 13) Interviewer: Do you think sexual assault, physical assault and robbery are common and serious alcohol-related risks in Britain? Could you please explain your answer?
Respondent: Not alcohol-related. Could do it also when they're not drinking alcohol.
- 14) Interviewer: Do you think alcohol-related phenomena such as binge drinking and drink spiking are very common among university students in Britain? Could you please explain your answer?
Respondent: It doesn't matter whether they're in university or not. It's common with everybody.
- 15) Interviewer: Have you ever witnessed any alcohol-related episode such as sexual assault, physical assault or robbery? If you have, what did you do?
Respondent: No.
- 16) Interviewer: Has a student ever shared with you an alcohol-related experience they had had?
Respondent: No.

Non-student adult 9 – college porter – male

This survey is designed to better understand the consumption of alcohol among British university students and the risks related to alcohol phenomena such as binge drinking and drink spiking.

Please be honest in providing information as the survey is anonymous.

1) Interviewer: What is your job?

Respondent: I'm obviously a porter.

2) Interviewer: What is your age range?

a) 18 – 25

b) 26 – 40

c) 41 – 55

d) 56 and over

Respondent: 41 – 55.

3) Interviewer: Why do you think students like drinking alcohol?

Respondent: Cause they have fun.

4) Interviewer: Why do you think students like pre-drinking before going out?

a) Because it is cheaper than buying alcohol in clubs

b) To have more fun and drink more

c) Both of the answers above

d) Other

Respondent: Both of the answers above.

5) Interviewer: What do you think about drinking games?

Respondent: Not very much.

6) Interviewer: Do you think there is any difference between the drink habits that students who live in college have and the ones students who live out have? Could you please explain your answer?

Respondent: I think livers in do it most.

7) Interviewer: According to you, how does students' drinking change over the years they spend at university in Britain?

Respondent: Couldn't really answer this cause I've never noticed any difference.

8) Interviewer: Could you please describe what you think binge drinking is and what you think about it?

Respondent: Binge drinking is not good for your health and I would say it's not advisable.

9) Interviewer: Do you think binge drinking is more common among livers in or livers out?

Respondent: I'd say it's the same.

10) Interviewer: What do you think about alcohol-related crimes like drink spiking?

Respondent: Should be looked further.

11) Interviewer: In your opinion, could pre-drinking instead of buying drinks in clubs be a way for students to avoid drink spiking?

Respondent: Possibly yes.

12) Interviewer: Have you ever heard or read about any sexual assault, physical assault or robbery caused by alcohol-related phenomena like binge drinking or drink spiking and what do you think about this risk and other alcohol-related risks?

Respondent: Yes, I've heard of it and personally, they should take more care in what they drink.

13) Interviewer: Do you think sexual assault, physical assault and robbery are common and serious alcohol-related risks in Britain? Could you please explain your answer?

Respondent: Don't think they are common.

14) Interviewer: Do you think alcohol-related phenomena such as binge drinking and drink spiking are very common among university students in Britain? Could you please explain your answer?

Respondent: Quite common.

15) Interviewer: Have you ever witnessed any alcohol-related episode such as sexual assault, physical assault or robbery? If you have, what did you do?

Respondent: Can't say I have witnessed any, no.

16) Interviewer: Has a student ever shared with you an alcohol-related experience they had had?

Respondent: No.

Non-student adult 10 – college porter – male

This survey is designed to better understand the consumption of alcohol among British university students and the risks related to alcohol phenomena such as binge drinking and drink spiking. Please be honest in providing information as the survey is anonymous.

1) Interviewer: What is your job?

Respondent: Porter, receptionist.

2) Interviewer: What is your age range?

a) 18 – 25

b) 26 – 40

c) 41 – 55

d) 56 and over

Respondent: 56 and over.

3) Interviewer: Why do you think students like drinking alcohol?

Respondent: I think there's a degree of peer pressure, it's the "come to uni, get wasted".

4) Interviewer: Why do you think students like pre-drinking before going out?

a) Because it is cheaper than buying alcohol in clubs

b) To have more fun and drink more

c) Both of the answers above

d) Other

Respondent: To have more fun and drink more.

5) Interviewer: What do you think about drinking games?

Respondent: Ridiculous. Dangerous, in fact.

6) Interviewer: Do you think there is any difference between the drink habits that students who live in college have and the ones students who live out have? Could you please explain your answer?

Respondent: I've no evidence, I don't know what they're like when they're out.

- 7) Interviewer: According to you, how does students' drinking change over the years they spend at university in Britain?
Respondent: I suspect freshers drink more.
- 8) Interviewer: Could you please describe what you think binge drinking is and what you think about it?
Respondent: Binge drinking I would say is going to the pub and drinking as much as you can in the time that you've got available to do it.
- 9) Interviewer: Do you think binge drinking is more common among livers in or livers out? Respondent: Again, I don't know what livers out are like.
- 10) Interviewer: What do you think about alcohol-related crimes like drink spiking?
Respondent: I've never actually seen it but I believe it does go on.
- 11) Interviewer: In your opinion, could pre-drinking instead of buying drinks in clubs be a way for students to avoid drink spiking?
Respondent: I suppose they can still get spiked in college, you know.
- 12) Interviewer: Have you ever heard or read about any sexual assault, physical assault or robbery caused by alcohol-related phenomena like binge drinking or drink spiking and what do you think about this risk and other alcohol-related risks?
Respondent: Yeah, I think it does go on.
- 13) Interviewer: Do you think sexual assault, physical assault and robbery are common and serious alcohol-related risks in Britain? Could you please explain your answer?
Respondent: I think it is a horrible culture taking advantage of women when they're drunk.
- 14) Interviewer: Do you think alcohol-related phenomena such as binge drinking and drink spiking are very common among university students in Britain? Could you please explain your answer?
Respondent: I've no evidence.
- 15) Interviewer: Have you ever witnessed any alcohol-related episode such as sexual assault, physical assault or robbery? If you have, what did you do?

Respondent: One of our guests in the summer conference period was assaulted in the street by a drunk person down the bailey. It was a non-student that did it and we called the police.

16) Interviewer: Has a student ever shared with you an alcohol-related experience they had had?

Respondent: Yeah, they have.

Non-student adult 11 – college porter – male

This survey is designed to better understand the consumption of alcohol among British university students and the risks related to alcohol phenomena such as binge drinking and drink spiking. Please be honest in providing information as the survey is anonymous.

1) Interviewer: What is your job?

Respondent: My job is porter.

2) Interviewer: What is your age range?

a) 18 – 25

b) 26 – 40

c) 41 – 55

d) 56 and over

Respondent: 41 – 55.

3) Interviewer: Why do you think students like drinking alcohol?

Respondent: It's a social side.

4) Interviewer: Why do you think students like pre-drinking before going out?

a) Because it is cheaper than buying alcohol in clubs

b) To have more fun and drink more

c) Both of the answers above

d) Other

Respondent: Both of the answers above.

- 5) Interviewer: What do you think about drinking games?
Respondent: I think they're very irresponsible.
- 6) Interviewer: Do you think there is any difference between the drink habits that students who live in college have and the ones students who live out have? Could you please explain your answer?
Respondent: I don't really think there's much difference between the living in students and the living out.
- 7) Interviewer: According to you, how does students' drinking change over the years they spend at university in Britain?
Respondent: The longer they're here, the too they settle down with their drinks. They're not as bad in the third year than what they would be in the first and second.
- 8) Interviewer: Could you please describe what you think binge drinking is and what you think about it?
Respondent: Binge drinking is when you go out drinking out here or you drink more than you really should be consuming in one time.
- 9) Interviewer: Do you think binge drinking is more common among livers in or livers out?
Respondent: Probably livers in.
- 10) Interviewer: What do you think about alcohol-related crimes like drink spiking?
Respondent: It happens but I'm not really aware for very much of any of them.
- 11) Interviewer: In your opinion, could pre-drinking instead of buying drinks in clubs be a way for students to avoid drink spiking?
Respondent: Could be, yeah.
- 12) Interviewer: Have you ever heard or read about any sexual assault, physical assault or robbery caused by alcohol-related phenomena like binge drinking or drink spiking and what do you think about this risk and other alcohol-related risks?
Respondent: I think anyone that binge drinks exposes themselves at risk for any crime that can happen.

13) Interviewer: Do you think sexual assault, physical assault and robbery are common and serious alcohol-related risks in Britain? Could you please explain your answer?

Respondent: Like I said, I'm not aware of anything close by but I could imagine it would be.

14) Interviewer: Do you think alcohol-related phenomena such as binge drinking and drink spiking are very common among university students in Britain? Could you please explain your answer?

Respondent: Definitely binge drinking is, definitely.

15) Interviewer: Have you ever witnessed any alcohol-related episode such as sexual assault, physical assault or robbery? If you have, what did you do?

Respondent: I have first seen physical assault and I've tried to intervene and stop that.

16) Interviewer: Has a student ever shared with you an alcohol-related experience they had had?

Respondent: They have one time mentioned that they'd been assaulted.

Non-student adult 12 – college porter – male

This survey is designed to better understand the consumption of alcohol among British university students and the risks related to alcohol phenomena such as binge drinking and drink spiking. Please be honest in providing information as the survey is anonymous.

1) Interviewer: What is your job?

Respondent: Porter.

2) Interviewer: What is your age range?

a) 18 – 25

b) 26 – 40

c) 41 – 55

d) 56 and over

Respondent: 26 – 40.

3) Interviewer: Why do you think students like drinking alcohol?

Respondent: Escapism and it's the sense of belonging so when they're all drinking, they feel like they're part of a group.

4) Interviewer: Why do you think students like pre-drinking before going out?

- a) Because it is cheaper than buying alcohol in clubs
- b) To have more fun and drink more
- c) Both of the answers above
- d) Other

Respondent: Because it is cheaper than buying alcohol in clubs.

5) Interviewer: What do you think about drinking games?

Respondent: Mixed view. As long as there's somebody there to supervise, I think they might be ok, within moderation.

6) Interviewer: Do you think there is any difference between the drink habits that students who live in college have and the ones students who live out have? Could you please explain your answer?

Respondent: I think the ones who live out may have a little bit more of a free spirit. The ones in college might seem to be tight to rules and regulations so there's almost always somebody watching them, whereas if you're living out, you have nobody watching, you're your own boss.

7) Interviewer: According to you, how does students' drinking change over the years they spend at university in Britain?

Respondent: To be fair, I've not been here since a short time but I think as life gets more stressed and alcohol becomes more easily available and cheaper, I think you'll find alcohol use and abuse will increase quite a lot.

8) Interviewer: Could you please describe what you think binge drinking is and what you think about it?

Respondent: Binge drinking is basically taking a weekly amount of alcohol units and drinking them all in the space of a couple of hours. I think it's a little bit silly but I understand why it happens.

9) Interviewer: Do you think binge drinking is more common among livers in or livers out?

Respondent: Livers out, definitely.

10) Interviewer: What do you think about alcohol-related crimes like drink spiking?

Respondent: I think it's wrong and it never stops happening. It happened when I was younger, I know a young man who was drink spiked with a concoction of drugs and he was rushed into hospital and it was only due to his fitness, cause he was a cyclist but he survived, so I think it's very dangerous, I think it's very irresponsible, you know. If someone wants to take a concoction of drugs and drink, it should be up to the individual.

11) Interviewer: In your opinion, could pre-drinking instead of buying drinks in clubs be a way for students to avoid drink spiking?

Respondent: It could be but I think it also raises the question if they were already drunk when they entered the club so somebody has quite easily spiked their drink without them knowing anyway.

12) Interviewer: Have you ever heard or read about any sexual assault, physical assault or robbery caused by alcohol-related phenomena like binge drinking or drink spiking and what do you think about this risk and other alcohol-related risks?

Respondent: I've heard about it, not first time but I've read about it and heard about it and there's not much that can be done if you've got young ladies who are drinking heavily and then going out shall we say wearing provocative clothing, then forgot who's been drinking too much, also. Anything can happen to them, you know. You don't need to spike a drink for that to happen, you know. And there's also violence, you know, for a girl who says "no, I don't want to" and the man has drunk too much, he can become quite aggressive towards her, so you know it's wrong.

13) Interviewer: Do you think sexual assault, physical assault and robbery are common and serious alcohol-related risks in Britain? Could you please explain your answer?

Respondent: Yeah, I think they are, depending on your area. The more deprived the area, I think the risks do increase because people need more escapism. If you've got money, you don't need to go to that extent to drinking. It's all much about the drink exaggerates fears within people and then they know that they haven't got lots of attacks and fears of other people around in the society. The more wealth you've got, you don't feel that, you feel you just drink and have a good laugh. I'm not saying it doesn't happen within the wealthy community but I think it's more to do with the deprived community.

14) Interviewer: Do you think alcohol-related phenomena such as binge drinking and drink spiking are very common among university students in Britain? Could you please explain your answer?

Respondent: I wouldn't be able to answer that accurately. I think binge drinking yes, that's definitely a given throughout all universities wherever you go in the country. Drink spiking I think again that is just down to one or two individuals who are irresponsibly spiking drinks of people that are drunk.

15) Interviewer: Have you ever witnessed any alcohol-related episode such as sexual assault, physical assault or robbery? If you have, what did you do?

Respondent: I've only seen one from afar and the police were already at the incident, and it was two guys who had been broken from a fight.

16) Interviewer: Has a student ever shared with you an alcohol-related experience they had had?

Respondent: Not a student here but I used to be a teacher and students, they have and so yeah, they have related certain tales of drunken missing what they were up to, you know.

Non-student adult 13 – college porter – male

This survey is designed to better understand the consumption of alcohol among British university students and the risks related to alcohol phenomena such as binge drinking and drink spiking.

Please be honest in providing information as the survey is anonymous.

1) Interviewer: What is your job?

Respondent: Porter.

2) Interviewer: What is your age range?

a) 18 – 25

b) 26 – 40

c) 41 – 55

d) 56 and over

Respondent: 26 – 40.

3) Interviewer: Why do you think students like drinking alcohol?

Respondent: It's part of their culture.

4) Interviewer: Why do you think students like pre-drinking before going out?

a) Because it is cheaper than buying alcohol in clubs

b) To have more fun and drink more

c) Both of the answers above

d) Other

Respondent: Because it is cheaper than buying alcohol in clubs.

5) Interviewer: What do you think about drinking games?

Respondent: They need to be supervised better.

6) Interviewer: Do you think there is any difference between the drink habits that students who live in college have and the ones students who live out have? Could you please explain your answer?

Respondent: I think it's more or less both the same. There's not much difference whether they live in or they live out.

7) Interviewer: According to you, how does students' drinking change over the years they spend at university in Britain?

Respondent: I haven't actually seen a student go from undergraduate to postgraduate. Postgraduates seem to be a lot more quiet and the undergraduates, they're "heya", you know what I mean.

- 8) Interviewer: Could you please describe what you think binge drinking is and what you think about it?
Respondent: Binge drinking happens not just to students at university but also like where I live so in towns, it's not just university. Weekends nearly, that's when the binge drinking takes part.
- 9) Interviewer: Do you think binge drinking is more common among livers in or livers out? Respondent: Livers out, definitely.
- 10) Interviewer: What do you think about alcohol-related crimes like drink spiking?
Respondent: They're disgusting.
- 11) Interviewer: In your opinion, could pre-drinking instead of buying drinks in clubs be a way for students to avoid drink spiking?
Respondent: Yes, I think it would do.
- 12) Interviewer: Have you ever heard or read about any sexual assault, physical assault or robbery caused by alcohol-related phenomena like binge drinking or drink spiking and what do you think about this risk and other alcohol-related risks?
Respondent: I haven't actually come across robbery or sexual assault or anything like that. I came across the death of people, you know, the people who have actually died here.
- 13) Interviewer: Do you think sexual assault, physical assault and robbery are common and serious alcohol-related risks in Britain? Could you please explain your answer?
Respondent: Yes, it does happen but we cannot just label students. It's outside the students as well, it's on the streets, it's common on the streets.
- 14) Interviewer: Do you think alcohol-related phenomena such as binge drinking and drink spiking are very common among university students in Britain? Could you please explain your answer?
Respondent: I've never come across something like that so I cannot really answer.
- 15) Interviewer: Have you ever witnessed any alcohol-related episode such as sexual assault, physical assault or robbery? If you have, what did you do?

Respondent: I haven't come across something like that.

- 16) Interviewer: Has a student ever shared with you an alcohol-related experience they had had?

Respondent: Basically people had a nasty fall or they were just drunk and they basically just tried and look after them, you know, it's just things that happen, nothing really serious like, you know, the deaths of the students.

Non-student adult 14 – college porter – male

This survey is designed to better understand the consumption of alcohol among British university students and the risks related to alcohol phenomena such as binge drinking and drink spiking. Please be honest in providing information as the survey is anonymous.

- 1) Interviewer: What is your job?

Respondent: Porter.

- 2) Interviewer: What is your age range?

- a) 18 – 25
- b) 26 – 40
- c) 41 – 55
- d) 56 and over

Respondent: 56 and over.

- 3) Interviewer: Why do you think students like drinking alcohol?

Respondent: Because they get drowned into the hype during the night.

- 4) Interviewer: Why do you think students like pre-drinking before going out?

- a) Because it is cheaper than buying alcohol in clubs
- b) To have more fun and drink more
- c) Both of the answers above
- d) Other

Respondent: Because it is cheaper than buying alcohol in clubs.

- 5) Interviewer: What do you think about drinking games?
Respondent: I don't like them.
- 6) Interviewer: Do you think there is any difference between the drink habits that students who live in college have and the ones students who live out have? Could you please explain your answer?
Respondent: I think when they live in college, you have very large groups of students who would drown into the same thing cause they're all friends and you get hundreds together pass again through the hype. When they live out, they're more reclined down, they just go out on certain nights or they just have quiet drinks in their house or maybe they go to clubs but not as much as they do in here.
- 7) Interviewer: According to you, how does students' drinking change over the years they spend at university in Britain?
Respondent: Yes, I think when they first come, because freshers don't all necessarily drink, when they first come here, they've been protected at all. When they come here, again they drown into the university life, they drown into college life, they drown into everything that goes with it, so like on Wednesdays like yesterday they have a lot of heavy drinking and a lot of binge drinking.
- 8) Interviewer: Could you please describe what you think binge drinking is and what you think about it?
Respondent: Binge drinking to me is just too much consumption and they think they can take it, they can drink and drink and drink and they consume that much and again, it all goes down to whether they're in a large group or with one or two persons. If you're with one or two persons, you're more likely just to drink steady; if you go to any college bars, well, I've been here for 22 years, you can see people sensibly in their little group having a couple of drinks but when they get to socials together...
- 9) Interviewer: Do you think binge drinking is more common among livers in or livers out?
Respondent: I should say more in than out.
- 10) Interviewer: What do you think about alcohol-related crimes like drink spiking?

Respondent: I think it's disgusting.

- 11) Interviewer: In your opinion, could pre-drinking instead of buying drinks in clubs be a way for students to avoid drink spiking?

Respondent: Yes, because most of the offences with regards to spiking drinks happen when people live at bottom lines in clubs or things like that.

- 12) Interviewer: Have you ever heard or read about any sexual assault, physical assault or robbery caused by alcohol-related phenomena like binge drinking or drink spiking and what do you think about this risk and other alcohol-related risks?

Respondent: Well, it is a big risk cause you've got young ladies who pass out on the street and it's impossible to wake them up and we try to do what we can and call the ambulance but sexual crime through drinking is something that is more... See a stranger gets on a young lady when she's walking down the streets, and what if it was a student, I think students would claim they look after themselves most of the time.

- 13) Interviewer: Do you think sexual assault, physical assault and robbery are common and serious alcohol-related risks in Britain? Could you please explain your answer?

Respondent: In general, I think alcohol does do a lot of things. I don't prescribe to the thought that if a young lady goes out in a short skirt and top, that she should be subject to something like that. Robbery, yes, I mean, I think robbery again it falls through drinking. Also, possibly people try and get money and things by an alcoholic or again drug addicts.

- 14) Interviewer: Do you think alcohol-related phenomena such as binge drinking and drink spiking are very common among university students in Britain? Could you please explain your answer?

Respondent: I only speak for six universities, I mean, not worked in them but my daughters are students. I don't think spiking within university is as high as if you were down the street. In colleges, I think it's controlled. Binge drinking, I don't think it's just something in Durham, I think this happens throughout all universities, it means

you've got it also in Oxford, in Cambridge, you know, that's what I think.

15) Interviewer: Have you ever witnessed any alcohol-related episode such as sexual assault, physical assault or robbery? If you have, what did you do?

Respondent: Physical assault, yes, I just split them up and called the police. Sexual assault, nothing in university. Other assaults, yeah, I've seen one or two, what I've just done, I called the police to come along, but I've seen sexual assault when I was in my hometown.

16) Interviewer: Has a student ever shared with you an alcohol-related experience they had had?

Respondent: Yes, many times.

Non-student adult 15 – college porter – female

This survey is designed to better understand the consumption of alcohol among British university students and the risks related to alcohol phenomena such as binge drinking and drink spiking. Please be honest in providing information as the survey is anonymous.

1) Interviewer: What is your job?

Respondent: Porter.

2) Interviewer: What is your age range?

a) 18 – 25

b) 26 – 40

c) 41 – 55

d) 56 and over

Respondent: 56 and over.

3) Interviewer: Why do you think students like drinking alcohol?

Respondent: I would say because of their stress level, I think it helps them with stress.

- 4) Interviewer: Why do you think students like pre-drinking before going out?
- a) Because it is cheaper than buying alcohol in clubs
 - b) To have more fun and drink more
 - c) Both of the answers above
 - d) Other

Respondent: To have more fun and drink more.

- 5) Interviewer: What do you think about drinking games?

Respondent: Silly.

- 6) Interviewer: Do you think there is any difference between the drink habits that students who live in college have and the ones students who live out have? Could you please explain your answer?

Respondent: I can't answer for students that live out cause I don't know what they get up to, I can only see what they get up to in Hatfield but I probably would say it's probably worse in college, where they try to be like everyone else.

- 7) Interviewer: According to you, how does students' drinking change over the years they spend at university in Britain?

Respondent: Yes, they change their drink habits. From freshers, they drink a lot and then in few years, they calm down.

- 8) Interviewer: Could you please describe what you think binge drinking is and what you think about it?

Respondent: Binge drinking is when they drink a lot in one go instead of doing it on a steady piece to see how much they can drink in one go and to get as drunk as fast as possible. I think it's just part of being young and grown-up and I don't think it's ever going to be any different.

- 9) Interviewer: Do you think binge drinking is more common among livers in or livers out?

Respondent: I can't answer that, I don't know if I guess, but I think probably livers in.

- 10) Interviewer: What do you think about alcohol-related crimes like drink spiking?

Respondent: Disgusting.

11) Interviewer: In your opinion, could pre-drinking instead of buying drinks in clubs be a way for students to avoid drink spiking?

Respondent: Possibly, yes.

12) Interviewer: Have you ever heard or read about any sexual assault, physical assault or robbery caused by alcohol-related phenomena like binge drinking or drink spiking and what do you think about this risk and other alcohol-related risks?

Respondent: Yes and it's horrible.

13) Interviewer: Do you think sexual assault, physical assault and robbery are common and serious alcohol-related risks in Britain? Could you please explain your answer?

Respondent: No, I don't think it's serious risk, I think the media makes it worse than what it actually is.

14) Interviewer: Do you think alcohol-related phenomena such as binge drinking and drink spiking are very common among university students in Britain? Could you please explain your answer?

Respondent: No, I don't think it's common but it is out there.

15) Interviewer: Have you ever witnessed any alcohol-related episode such as sexual assault, physical assault or robbery? If you have, what did you do?

Respondent: No, I haven't actually witnessed anything like that when I've been in Hatfield but I have witnessed it in other jobs that I've been at.

16) Interviewer: Has a student ever shared with you an alcohol-related experience they had had?

Respondent: Yes.

Non-student adult 16 – pub / bar landlord or staff – male

This survey is designed to better understand the consumption of alcohol among British university students and the risks related to alcohol phenomena such as binge drinking and drink spiking.

Please be honest in providing information as the survey is anonymous.

1) Interviewer: What is your job?

Respondent: Bar staff.

2) Interviewer: What is your age range?

a) 18 – 25

b) 26 – 40

c) 41 – 55

d) 56 and over

Respondent: 18 – 25.

3) Interviewer: Why do you think students like drinking alcohol?

Respondent: Cause it's part of being a student's life, isn't it? They try to be students.

4) Interviewer: Why do you think students like pre-drinking before going out?

a) Because it is cheaper than buying alcohol in clubs

b) To have more fun and drink more

c) Both of the answers above

d) Other

Respondent: Both of the answers above.

5) Interviewer: What do you think about drinking games?

Respondent: I don't know cause I don't even drink myself.

6) Interviewer: Do you think there is any difference between the drink habits that students who live in college have and the ones students who live out have? Could you please explain your answer?

Respondent: A little bit, cause the ones who live in college in university obviously are part of the uni life so everyone is doing it, whereas people who are students but aren't in college are less likely to do so.

7) Interviewer: According to you, how does students' drinking change over the years they spend at university in Britain?

Respondent: I think at first it's all you do, isn't it? As the studies progress, they get more intense so they have to focus more on studies than going out and party.

- 8) Interviewer: Could you please describe what you think binge drinking is and what you think about it?

Respondent: It's all the use of drinking, isn't it? Go past your limits.

- 9) Interviewer: Do you think binge drinking is more common among livers in or livers out?

Respondent: I'm not sure.

- 10) Interviewer: What do you think about alcohol-related crimes like drink spiking?

Respondent: I don't see the point in them.

- 11) Interviewer: In your opinion, could pre-drinking instead of buying drinks in clubs be a way for students to avoid drink spiking?

Respondent: Yeah.

- 12) Interviewer: Have you ever heard or read about any sexual assault, physical assault or robbery caused by alcohol-related phenomena like binge drinking or drink spiking and what do you think about this risk and other alcohol-related risks?

Respondent: I think all of those things are a risk when you have people drinking and then they go over their limit but I haven't heard that much of any crimes related to alcohol.

- 13) Interviewer: Do you think sexual assault, physical assault and robbery are common and serious alcohol-related risks in Britain? Could you please explain your answer?

Respondent: I think they're more likely to happen if people have had alcohol but it's about the way they manage the control of themselves, I think.

- 14) Interviewer: Do you think alcohol-related phenomena such as binge drinking and drink spiking are very common among university students in Britain? Could you please explain your answer?

Respondent: I'd say binge drinking but not so much the spiking of drinks.

15) Interviewer: Have you ever witnessed any alcohol-related episode such as sexual assault, physical assault or robbery? If you have, what did you do?

Respondent: I have seen it, I have seen violence due to drinking but not students doing it.

16) Interviewer: Has a student ever shared with you an alcohol-related experience they had had?

Respondent: Not really, no.

Non-student adult 17 – pub / bar landlord or staff – male

This survey is designed to better understand the consumption of alcohol among British university students and the risks related to alcohol phenomena such as binge drinking and drink spiking. Please be honest in providing information as the survey is anonymous.

1) Interviewer: What is your job?

Respondent: Barista.

2) Interviewer: What is your age range?

- a) 18 – 25
- b) 26 – 40
- c) 41 – 55
- d) 56 and over

Respondent: 18 – 25.

3) Interviewer: Why do you think students like drinking alcohol?

Respondent: I'd probably rely on the same reasons that everybody else does, I've never thought of it before, I guess to feel more confident in the things they normally do probably.

4) Interviewer: Why do you think students like pre-drinking before going out?

- a) Because it is cheaper than buying alcohol in clubs
- b) To have more fun and drink more

- c) Both of the answers above
- d) Other

Respondent: Both of the answers above.

- 5) Interviewer: What do you think about drinking games?

Respondent: I enjoy drinking too much to rush it.

- 6) Interviewer: Do you think there is any difference between the drink habits that students who live in college have and the ones students who live out have? Could you please explain your answer?

Respondent: Yeah probably because students who live in are exposed to more promotions.

- 7) Interviewer: According to you, how does students' drinking change over the years they spend at university in Britain?

Respondent: Generally they drink less towards the end cause they have more work.

- 8) Interviewer: Could you please describe what you think binge drinking is and what you think about it?

Respondent: I'd say binge drinking is just drinking a lot very quickly really. I don't know the numbers of drinks.

- 9) Interviewer: Do you think binge drinking is more common among livers in or livers out? Respondent: There is probably no difference.

- 10) Interviewer: What do you think about alcohol-related crimes like drink spiking?

Respondent: Drink spiking is bad. I don't know, I mean I don't have much experience of it.

- 11) Interviewer: In your opinion, could pre-drinking instead of buying drinks in clubs be a way for students to avoid drink spiking?

Respondent: No cause they would turn up to the club already drunk.

- 12) Interviewer: Have you ever heard or read about any sexual assault, physical assault or robbery caused by alcohol-related phenomena like binge drinking or drink spiking and what do you think about this risk and other alcohol-related risks?

Respondent: I've not read of it, I've not known any of it, probably it's something that goes on.

13) Interviewer: Do you think sexual assault, physical assault and robbery are common and serious alcohol-related risks in Britain? Could you please explain your answer?

Respondent: Well, maybe. I mean, I don't think alcohol consumption would be the main reason for crimes like that even if it may be involved in something.

14) Interviewer: Do you think alcohol-related phenomena such as binge drinking and drink spiking are very common among university students in Britain? Could you please explain your answer?

Respondent: Probably differently cause I went to uni in Glasgow and I've never really known it had a problem with that. I'm sure it happened.

15) Interviewer: Have you ever witnessed any alcohol-related episode such as sexual assault, physical assault or robbery? If you have, what did you do?

Respondent: No.

16) Interviewer: Has a student ever shared with you an alcohol-related experience they had had?

Respondent: Yeah, but they don't like involving me into it.

Non-student adult 18 – pub / bar landlord or staff – female

This survey is designed to better understand the consumption of alcohol among British university students and the risks related to alcohol phenomena such as binge drinking and drink spiking. Please be honest in providing information as the survey is anonymous.

1) Interviewer: What is your job?

Respondent: Barmaid.

2) Interviewer: What is your age range?

a) 18 – 25

b) 26 – 40

c) 41 – 55

d) 56 and over

Respondent: 26 – 40.

3) Interviewer: Why do you think students like drinking alcohol?

Respondent: Because it just enhances their night out.

4) Interviewer: Why do you think students like pre-drinking before going out?

a) Because it is cheaper than buying alcohol in clubs

b) To have more fun and drink more

c) Both of the answers above

d) Other

Respondent: Both of the answers above.

5) Interviewer: What do you think about drinking games?

Respondent: I think they're fun.

6) Interviewer: Do you think there is any difference between the drink habits that students who live in college have and the ones students who live out have? Could you please explain your answer?

Respondent: Yeah I think the ones that live together drink more. I think it's part of the culture of living together, not peer pressure but I suppose you can have advice in there.

7) Interviewer: According to you, how does students' drinking change over the years they spend at university in Britain?

Respondent: I suppose it calms down in the third year, doesn't it?

8) Interviewer: Could you please describe what you think binge drinking is and what you think about it?

Respondent: As far as I'm aware, binge drinking is drinking a lot of alcohol in like a short time. I think it's something most people do like most people who go out on a Saturday night, non-students. Students might have got a few nights during the week.

9) Interviewer: Do you think binge drinking is more common among livers in or livers out? Respondent: Livers in.

10) Interviewer: What do you think about alcohol-related crimes like drink spiking?

Respondent: It's horrible, isn't it?

- 11) Interviewer: In your opinion, could pre-drinking instead of buying drinks in clubs be a way for students to avoid drink spiking?

Respondent: No, I think they could be more susceptible too because if they drank more before they go out, they'd more drunk and more vulnerable.

- 12) Interviewer: Have you ever heard or read about any sexual assault, physical assault or robbery caused by alcohol-related phenomena like binge drinking or drink spiking and what do you think about this risk and other alcohol-related risks?

Respondent: We hear about them all the time. That's difficult because I don't think it's necessarily related to alcohol because I think if you've got back in you anyway, if you're going to do that, it's probably harder if you're drunk to carry out. I think social crimes are probably more related to people who are drunk.

- 13) Interviewer: Do you think sexual assault, physical assault and robbery are common and serious alcohol-related risks in Britain? Could you please explain your answer?

Respondent: Yeah I think they are. I don't think robbery, I don't know why, but I've just never heard of drinking and robbery combined in order for crime but sexual assault tends to come from people who have too much to drink, so they are perpetrators.

- 14) Interviewer: Do you think alcohol-related phenomena such as binge drinking and drink spiking are very common among university students in Britain? Could you please explain your answer?

Respondent: I think more than anybody else.

- 15) Interviewer: Have you ever witnessed any alcohol-related episode such as sexual assault, physical assault or robbery? If you have, what did you do?

Respondent: I've seen a physical assault, one of my friends had to separate them and generally if possible or anything, I would call the police.

- 16) Interviewer: Has a student ever shared with you an alcohol-related experience they had had?

Respondent: Yeah people who have been spiked.

Non-student adult 19 – pub / bar landlord or staff – male

This survey is designed to better understand the consumption of alcohol among British university students and the risks related to alcohol phenomena such as binge drinking and drink spiking. Please be honest in providing information as the survey is anonymous.

1) Interviewer: What is your job?

Respondent: Barman.

2) Interviewer: What is your age range?

a) 18 – 25

b) 26 – 40

c) 41 – 55

d) 56 and over

Respondent: 26 – 40.

3) Interviewer: Why do you think students like drinking alcohol?

Respondent: It's a social thing, isn't it? Enjoy time with the friends, alcohol it helps.

4) Interviewer: Why do you think students like pre-drinking before going out?

a) Because it is cheaper than buying alcohol in clubs

b) To have more fun and drink more

c) Both of the answers above

d) Other

Respondent: Because it is cheaper than buying alcohol in clubs.

5) Interviewer: What do you think about drinking games?

Respondent: I personally don't agree with them but we've all done them over the years. I don't agree with pub crawls, that's the one thing I don't agree with, pub crawls.

6) Interviewer: Do you think there is any difference between the drink habits that students who live in college have and the ones students who live out have? Could you please explain your answer?

Respondent: I think students that live in, cause it's normally the first years, isn't it, probably drink less because it's all new to them, they've just left home, you know, they don't drink. It's when they go out into the houses and they've probably got a lot more freedom and things like that, that's when they start drinking. Plus they've got a better relationship, I've understanding in a part of their degrees, not like in the first where they're going to work. Second year is normally the party year, isn't it?

7) Interviewer: According to you, how does students' drinking change over the years they spend at University in Britain?

Respondent: Well, in Durham, I mean I've been drinking in Durham for 20 years, students didn't use to come into Durham into the city pubs 20-15 years ago, you didn't see students, not like you do now. The bars have changed in the last 10 years. They've got pubs now making it easier for students to come in, see, years ago you could stay in the college bars. Now they're coming into town, whereas 10 years ago they didn't do that, you know.

8) Interviewer: Could you please describe what you think binge drinking is and what you think about it?

Respondent: Binge drinking is just drinking stupid amounts of alcohol that your body is not used to and as a result, you know, accidents happen.

9) Interviewer: Do you think binge drinking is more common among livers in or livers out?

Respondent: I'd say people who live out of course.

10) Interviewer: What do you think about alcohol-related crimes like drink spiking?

Respondent: It's horrendous. I've seen some of these things as a policeman years ago. Drink spiking is horrendous.

11) Interviewer: In your opinion, could pre-drinking instead of buying drinks in clubs be a way for students to avoid drink spiking?

Respondent: Well, that's true. If you drink your own drink in your house, then I suppose you know no one would want to spike it, isn't it, you know what I mean. Normally nine times out of ten it happens when you come out into clubs and pubs.

- 12) Interviewer: Have you ever heard or read about any sexual assault, physical assault or robbery caused by alcohol-related phenomena like binge drinking or drink spiking and what do you think about this risk and other alcohol-related risks?

Respondent: Well, I can say I'm an ex policeman, so I've such seen more than you would want to know, that's why I'm saying, I don't agree with it. In Newcastle, that's where I was a policeman, it was a weekly thing and yeah, women and men raped, men as well, it's horrendous.

- 13) Interviewer: Do you think sexual assault, physical assault and robbery are common and serious alcohol-related risks in Britain? Could you please explain your answer?

Respondent: Definitely yeah. Nine times out of ten a serious assault's going on in nights where drinking is involved.

- 14) Interviewer: Do you think alcohol-related phenomena such as binge drinking and drink spiking are very common among university students in Britain? Could you please explain your answer?

Respondent: I don't know about the drink spiking, I'm not really saying too many students have been spiked but binge drinking is on a weekly occurrence.

- 15) Interviewer: Have you ever witnessed any alcohol-related episode such as sexual assault, physical assault or robbery? If you have, what did you do?

Respondent: I've arrested them.

- 16) Interviewer: Has a student ever shared with you an alcohol-related experience they had had?

Respondent: Yes. There was a couple of students who told me they'd been spiked, you know, and it's like one of them must have told when they discovered that, I don't think they've been spiked, I think that you drank something that your body is not used to, you remember,

you're only 23 so I mean, you've only got a few years of drinking and if you drink a lot, some kids who come out are 18 or 19 years old and they've never drunk in their life, you know, and then some of them drink gin and tonic and one vodka or bottle of wine and the next, you know, I don't think they've been spiked, I think they just drank more than your body can take, cause your body is not used to it, you know.

Non-student adult 20 – pub / bar landlord or staff – female

This survey is designed to better understand the consumption of alcohol among British university students and the risks related to alcohol phenomena such as binge drinking and drink spiking. Please be honest in providing information as the survey is anonymous.

1) Interviewer: What is your job?

Respondent: Bar maiden.

2) Interviewer: What is your age range?

a) 18 – 25

b) 26 – 40

c) 41 – 55

d) 56 and over

Respondent: 18 – 25.

3) Interviewer: Why do you think students like drinking alcohol?

Respondent: Just to get a booze.

4) Interviewer: Why do you think students like pre-drinking before going out?

a) Because it is cheaper than buying alcohol in clubs

b) To have more fun and drink more

c) Both of the answers above

d) Other

Respondent: Because it is cheaper than buying alcohol in clubs.

- 5) Interviewer: What do you think about drinking games?
Respondent: It's all about if you're doing it at home and you didn't care but if you're drinking too much, you generally tend to drink more and more and more and get more and more drinks.
- 6) Interviewer: Do you think there is any difference between the drink habits that students who live in college have and the ones students who live out have? Could you please explain your answer?
Respondent: Not really, no.
- 7) Interviewer: According to you, how does students' drinking change over the years they spend at university in Britain?
Respondent: Don't know, it varies.
- 8) Interviewer: Could you please describe what you think binge drinking is and what you think about it?
Respondent: Binge drinking is basically, you just drink from morning to night, you go from pub to pub and pub and pub.
- 9) Interviewer: Do you think binge drinking is more common among livers in or livers out?
Respondent: I find that in general the young generation just drink in.
- 10) Interviewer: What do you think about alcohol-related crimes like drink spiking?
Respondent: It's disgusting, I've had it long before.
- 11) Interviewer: In your opinion, could pre-drinking instead of buying drinks in clubs be a way for students to avoid drink spiking?
Respondent: Yeah, it should. Up here, no, we've got never sleepy drinks. We've got a bottle twist you can put on top of your bottle.
- 12) Interviewer: Have you ever heard or read about any sexual assault, physical assault or robbery caused by alcohol-related phenomena like binge drinking or drink spiking and what do you think about this risk and other alcohol-related risks?
Respondent: I haven't really heard of anything round. Sexual assault yes but it's more to the east.
- 13) Interviewer: Do you think sexual assault, physical assault and robbery are common and serious alcohol-related risks in Britain? Could you please explain your answer?

Respondent: Not really, no.

- 14) Interviewer: Do you think alcohol-related phenomena such as binge drinking and drink spiking are very common among university students in Britain? Could you please explain your answer?

Respondent: Not really, I think it's not a uni thing. People that don't go to uni do it.

- 15) Interviewer: Have you ever witnessed any alcohol-related episode such as sexual assault, physical assault or robbery? If you have, what did you do?

Respondent: I've witnessed physical assault. There was a group of them and I stopped them.

- 16) Interviewer: Has a student ever shared with you an alcohol-related experience they had had?

Respondent: No.

Non-student adult 21 – pub / bar landlord or staff – male

This survey is designed to better understand the consumption of alcohol among British university students and the risks related to alcohol phenomena such as binge drinking and drink spiking. Please be honest in providing information as the survey is anonymous.

- 1) Interviewer: What is your job?

Respondent: Right here I'm a barman but I'm also a student.

- 2) Interviewer: What is your age range?

- a) 18 – 25
- b) 26 – 40
- c) 41 – 55
- d) 56 and over

Respondent: 18 – 25.

- 3) Interviewer: Why do you think students like drinking alcohol?

Respondent: It's good for social bonding, particularly when you're in your environment and you don't know people.

- 4) Interviewer: Why do you think students like pre-drinking before going out?
- a) Because it is cheaper than buying alcohol in clubs
 - b) To have more fun and drink more
 - c) Both of the answers above
 - d) Other

Respondent: Both of the answers above.

- 5) Interviewer: What do you think about drinking games?

Respondent: I think they're fun and I know the games.

- 6) Interviewer: Do you think there is any difference between the drink habits that students who live in college have and the ones students who live out have? Could you please explain your answer?

Respondent: In colleges, you're more likely to be drinking with a larger number of people because there are more people in the college, whereas in houses it's supposed you're maybe drinking with your closest friends.

- 7) Interviewer: According to you, how does students' drinking change over the years they spend at university in Britain?

Respondent: For me, I drank more in my first year because there's less academic pressure and sort of novelty and then in my third year I'm studying much harder, so...

- 8) Interviewer: Could you please describe what you think binge drinking is and what you think about it?

Respondent: I wouldn't really say that university binge drinking is much as people say. I think that binge drinking is more something that you do like throughout the day or break in every single day and not the reason that suits you.

- 9) Interviewer: Do you think binge drinking is more common among livers in or livers out? Respondent: Probably livers in.

- 10) Interviewer: What do you think about alcohol-related crimes like drink spiking? Respondent: I don't have a guess.

11) Interviewer: In your opinion, could pre-drinking instead of buying drinks in clubs be a way for students to avoid drink spiking?

Respondent: I think you'd be much higher and more likely to drink in to avoid drink spiking.

12) Interviewer: Have you ever heard or read about any sexual assault, physical assault or robbery caused by alcohol-related phenomena like binge drinking or drink spiking and what do you think about this risk and other alcohol-related risks?

Respondent: Yeah I think I've read about those. I think alcohol does make people more inclined to violence and they cannot take better decisions than they do normally whatsoever.

13) Do you think sexual assault, physical assault and robbery are common and serious alcohol- Interviewer: related risks in Britain? Could you please explain your answer?

Respondent: Yeah, they seem to be common from what the media have shown me.

14) Interviewer: Do you think alcohol-related phenomena such as binge drinking and drink spiking are very common among university students in Britain? Could you please explain your answer?

Respondent: I think giving a definition of binge drinking, binge drinking is common among university students and drink spiking, a lot of them say they've been doing it, I don't know how many of them are actually perpetrators.

15) Interviewer: Have you ever witnessed any alcohol-related episode such as sexual assault, physical assault or robbery? If you have, what did you do?

Respondent: Physical assault, yeah. Police were involved so they arrested them.

16) Interviewer: Has a student ever shared with you an alcohol-related experience they had had?

Respondent: Yeah.

Non-student adult 22 – pub / bar landlord or staff – female

This survey is designed to better understand the consumption of alcohol among British university students and the risks related to alcohol phenomena such as binge drinking and drink spiking. Please be honest in providing information as the survey is anonymous.

1) Interviewer: What is your job?

Respondent: Bar staff.

2) Interviewer: What is your age range?

a) 18 – 25

b) 26 – 40

c) 41 – 55

d) 56 and over

Respondent: 41 – 55.

3) Interviewer: Why do you think students like drinking alcohol?

Respondent: I think it's a form of relaxation, to try to chill.

4) Interviewer: Why do you think students like pre-drinking before going out?

a) Because it is cheaper than buying alcohol in clubs

b) To have more fun and drink more

c) Both of the answers above

d) Other

Respondent: Both of the answers above.

5) Interviewer: What do you think about drinking games?

Respondent: I don't believe in them, very dangerous.

6) Interviewer: Do you think there is any difference between the drink habits that students who live in college have and the ones students who live out have? Could you please explain your answer?

Respondent: I think it comes down to each individual student.

7) Interviewer: According to you, how does students' drinking change over the years they spend at university in Britain?

Respondent: I would say in the second and third year they drink more, not too much in their first year.

- 8) Interviewer: Could you please describe what you think binge drinking is and what you think about it?

Respondent: I think binge drinking is when you gorge these and these on nights sort out for drinking and then in the particular night that they're going out, they consume a rather large amount of alcohol.

- 9) Interviewer: Do you think binge drinking is more common among livers in or livers out? Respondent: Both.

- 10) Interviewer: What do you think about alcohol-related crimes like drink spiking?

Respondent: I think it's disgusting, I think it's very, very dangerous.

- 11) Interviewer: In your opinion, could pre-drinking instead of buying drinks in clubs be a way for students to avoid drink spiking?

Respondent: I think so.

- 12) Interviewer: Have you ever heard or read about any sexual assault, physical assault or robbery caused by alcohol-related phenomena like binge drinking or drink spiking and what do you think about this risk and other alcohol-related risks?

Respondent: Not personally in this town. Having said that, you know, it could happen.

- 13) Interviewer: Do you think sexual assault, physical assault and robbery are common and serious alcohol-related risks in Britain? Could you please explain your answer?

Respondent: No, I don't.

- 14) Interviewer: Do you think alcohol-related phenomena such as binge drinking and drink spiking are very common among university students in Britain? Could you please explain your answer?

Respondent: I can't really answer that because obviously I don't spend time among students, we don't get a lot of students in here.

- 15) Interviewer: Have you ever witnessed any alcohol-related episode such as sexual assault, physical assault or robbery? If you have, what did you do?

Respondent: No, I haven't.

16) Interviewer: Has a student ever shared with you an alcohol-related experience they had had?

Respondent: No.

Non-student adult 23 – pub / bar landlord or staff – male

This survey is designed to better understand the consumption of alcohol among British university students and the risks related to alcohol phenomena such as binge drinking and drink spiking. Please be honest in providing information as the survey is anonymous.

1) Interviewer: What is your job?

Respondent: Bar staff.

2) Interviewer: What is your age range?

a) 18 – 25

b) 26 – 40

c) 41 – 55

d) 56 and over

Respondent: 18 – 25.

3) Interviewer: Why do you think students like drinking alcohol?

Respondent: Because it's quite sociable.

4) Interviewer: Why do you think students like pre-drinking before going out?

a) Because it is cheaper than buying alcohol in clubs

b) To have more fun and drink more

c) Both of the answers above

d) Other

Respondent: Because it is cheaper than buying alcohol in clubs.

5) Interviewer: What do you think about drinking games?

Respondent: I think they're quite sociable and get people more involved to parties where they normally drink as much.

6) Interviewer: Do you think there is any difference between the drink habits that students who live in college have and the ones students who live out have? Could you please explain your answer?

Respondent: I think that's quite similar because I think for people who drink within college there's a limit because the person behind the bar doesn't make you drunk in certain ways, whereas if they're in their house drinking, people who live out can drink as much as they like and there's no one who can stop them.

7) Interviewer: According to you, how does students' drinking change over the years they spend at university in Britain?

Respondent: I think drinking is a well-known kind of... like everyone takes part in it, drinking to be culture in university.

8) Interviewer: Could you please describe what you think binge drinking is and what you think about it?

Respondent: Binge drinking is something that people in pubs do twice a week but you consume more alcohol like than the normal intake in one night, kind of.

9) Interviewer: Do you think binge drinking is more common among livers in or livers out?

Respondent: I'd say livers out perhaps.

10) Interviewer: What do you think about alcohol-related crimes like drink spiking?

Respondent: It's totally wrong.

11) Interviewer: In your opinion, could pre-drinking instead of buying drinks in clubs be a way for students to avoid drink spiking?

Respondent: Yes, I know it depends cause if you're partly exposed you could get spiked or just it's dangerous.

12) Interviewer: Have you ever heard or read about any sexual assault, physical assault or robbery caused by alcohol-related phenomena like binge drinking or drink spiking and what do you think about this risk and other alcohol-related risks?

Respondent: I've heard of. I've heard of stories off in the newspaper but it's like I've never come across it in person.

13) Interviewer: Do you think sexual assault, physical assault and robbery are common and serious alcohol-related risks in Britain? Could you please explain your answer?

Respondent: I think there's a high chance of people who are drunk can get sexually assault and police stop the case like always.

14) Interviewer: Do you think alcohol-related phenomena such as binge drinking and drink spiking are very common among university students in Britain? Could you please explain your answer?

Respondent: I think binge drinking is. However, spiking, I don't think it's commonly known.

15) Interviewer: Have you ever witnessed any alcohol-related episode such as sexual assault, physical assault or robbery? If you have, what did you do?

Respondent: I've seen a physical assault in terms of alcohol and police officers were involved when there's been either a friend of mine or another group from me watching from the outside as a pier people fighting when drunk.

16) Interviewer: Has a student ever shared with you an alcohol-related experience they had had?

Respondent: I think people have told us of when they've been attacked or something when they've been drunk or got on a fight, I think I've heard of things like that.

Non-student adult 24 – pub / bar landlord or staff – male

This survey is designed to better understand the consumption of alcohol among British university students and the risks related to alcohol phenomena such as binge drinking and drink spiking. Please be honest in providing information as the survey is anonymous.

1) Interviewer: What is your job?

Respondent: Essentially, I'm a handyman: I do cleaning, stocking cellars, I run the bar, I house manage...

2) Interviewer: What is your age range?

- a) 18 – 25
- b) 26 – 40
- c) 41 – 55
- d) 56 and over

Respondent: 18 – 25.

3) Interviewer: Why do you think students like drinking alcohol?

Respondent: For what I've seen, sorry if I'm going to blather on that now but there's two sections of students, so obviously you've got your literates or you've got your musical side and you've got your social booze that you want to go out with just round the ground and get drunk. There is the ones who drink on the social side because it's cheaper, it hasn't got a lot of entertainment so you go to this club, so it's got music and everyone's drinking and there's peer pressure, but nine times out of ten it's people who do like alcohol for drink.

4) Interviewer: Why do you think students like pre-drinking before going out?

- a) Because it is cheaper than buying alcohol in clubs
- b) To have more fun and drink more
- c) Both of the answers above
- d) Other

Respondent: Both of the answers above: obviously yes, it's cheap. They can have a bit more fun but it's also because they go out at different times, you see, so for example I could go out at 8 o'clock and my friends would be out since 5, so they would already be tanked up, and I'll be in the house right away and they get halfway where they are so I'll neck half a bottle of alcohol and I'll be "alright, I'm ready for the night", except when I get screwed out, you're like "yeah that was a really bad idea".

5) Interviewer: What do you think about drinking games?

Respondent: It depends because as from my personal point of view, if it's a dead night on the bar they're hilarious and they're really funny,

but if it's a busy night the volume that can get too dizzy, the roughness of it kind of encourages ones as well, so I'm more positive towards drinking games because indeed they make the one to like... In a sense of we were a couple of lads who want pint glasses, what is the matter in that, we were lads, risk and drink a pint and that's fun cause half them can handle a glass. It's funny, you say who can and who can't, so I'm positive towards it but as long as it's on the safe side so it's not like there's a couple of lads, I should say the other week, swam in the river, they swam from the boat outside to our side, to the other side, this guy off his face, stripped on naked, it was raining, he was high tight, he barely made it and I was "how stupid". That's so stupid, so those times drinking games no but the rock sound of drinking games, you play rock by the police, that's hilarious other than noisy, that's fantastic.

- 6) Interviewer: Do you think there is any difference between the drink habits that students who live in college have and the ones students who live out have? Could you please explain your answer?

Respondent: The ones who live out, there is a difference in their habits. The reason why, it's cause nine times out of ten the ones who live out of college would have lived here all their lives, they know what pubs to go to, when to go and the ones who are going to be busy, so their drink habits are going to be "right through that bar now, let's go spend our money in this bar and then let's go and get smashed" and then get themselves more dead, they know they're pissed inside out but the ones who live in college come from, like yourself, abroad or from America or from down south and nine times out of ten they say if you're in London or in a different city, so if I were in Newcastle now, now I've been in Newcastle and now I've moved out and stay in Durham, so if I were to drink in Newcastle, I'd get the first bar and if I liked that bar, I would stay in that bar and I would spend all my money in that bar but I'm not member; thought I was, really, I've got to go to another bar, so the habits change, you tend to drink more if you don't know where you're at, cause you think "oh, I like this, I want to stay here now", wish it weren't to happen to you cause it's all

cheap and you go to somewhere else expensive, but people who live here always come here, so it tends to vary.

- 7) Interviewer: According to you, how does students' drinking change over the years they spend at university in Britain?

Respondent: I've actually seen this with my friends and people who are members of the bar, for example I was talking to this one person, very friendly person, he used to come here once or twice a week but it's in a group, have a couple of drinks, go home, over the course of the month when his grant got bigger and he had more free time, halfway through exams, I saw him every weekend and he became very, very naughty, very, very loud and burly and he did get thrown out. You see, my friend's on the band and he used to come once every two weeks, once in three weeks and he used to be rarely common here, now he's in every day, so it does change over time cause it's social, not work so, for example, you've just changed university, the same goes with job, anything brand new, you don't go straight down your way and go "Hi, it's me", your work, you're into it and then you build up so it's hierarchic, really: you come in, you have one pint and go home. All over the week, when you're stuck in your comfort zone and you're like "I can trust that person, I know who these are", that makes you stuck home more frequently.

- 8) Interviewer: Could you please describe what you think binge drinking is and what you think about it?

Respondent: Binge drinking is the excessive consumption of alcohol in the Government's guidelines. My idea of binge drinking is when you're all drifted in punching down and you find yourself smile and binge drink cause everyone has excessive amounts of alcohol. Every time you go out, you can't assess when one is drunk. You are drunk as soon as you drink your alcohol. So my idea of binge drinking is someone who goes out every day. Borderline alcoholic but they're not presuming they have might had, don't depend on it, don't made it live, binge clubs to spend their money, that's binge drinking.

- 9) Interviewer: Do you think binge drinking is more common among livers in or livers out? Respondent: Livers out if I was to think about it

because livers in, yes, they go out every other weekend, by the way they go out every weekend but they stop on a Monday or Sunday or maybe have a cuppa during the week and that's cause they're not working cause they live in a city member so if they're not up in the city, they go wrong for it, but livers out, they're the people who as soon as they finish class, like down the pub, two / three pints, you probably see it at 2 o'clock, everyone will finish class and they're coming for a couple of pints and a meal and then they go out in the night as well because they've got somewhere different to go to. So binge drinking does tend to happen a lot more on people who live out because you're never going to start and find a new local but you're always going to start and find a known one.

10) Interviewer: What do you think about alcohol-related crimes like drink spiking?

Respondent: I personally have been in a drink drive accident, it wasn't my own fault, I was not the driver but I was the passenger and kicked somebody out, jumped off car, off my face, it was 80 miles away from home and I don't agree with it. I have friends who have been drink spiked, so has been the driver of the drink drive accident and I have been the horrendous drunken abused both as a child and up, and I hate working here, and I hate it. Socially you come up, have a drink, there's no need to be rowdy. If you refuse your three rounds you couldn't have and some people think they have been challenged by a guy who probably stays normal and he starts waving his arms along and slap people and I was like "no, go, just go" and I was like that's why we're staying awoken in the boat house and that's why I should have stayed in more student bars cause more students do start fights but we've a lot of people. Matt who's on the bar, he is a doctor at university and he became a doctor a year and a half ago, so he was a student until a year and a half ago and I have been a student but violence does happen very, very often because you get new students coming in who have probably never drunk before because there's all peer pressure, there's all the university hype, it's "right, let's go and have a drink, let's come get tanked up", you can't understand, you

don't know your limits yet, you'll probably never want to till you're 20 / 25 and that's where more students start and retain to stop when they're 25 when touching other drinking games because they've got their limit in a lifetime. No, I don't agree with them.

- 11) Interviewer: In your opinion, could pre-drinking instead of buying drinks in clubs be a way for students to avoid drink spiking?

Respondent: Yes it would, obviously there's other ways but that would really, really help but don't get like what I said, don't try and catch up with someone you've met, as long as you're not drinking, never, never ever try and catch up. It's not a marathon: if you've bought a pint, save your pint. If you spill it, buy another one, and that's fine.

- 12) Interviewer: Have you ever heard or read about any sexual assault, physical assault or robbery caused by alcohol-related phenomena like binge drinking or drink spiking and what do you think about this risk and other alcohol-related risks?

Respondent: Obviously we've got more incidents down the river, you know those students drowned, and I know people and very close people who have been on either hand off drunk ripped, daily ripped, every basic drink you can think of and I don't agree with it. It's horrendous, it's the fact that I understand alcohol makes your brain ten times slower, so you could do something and you remember it ten minutes later. However, don't be stupid, eat before you go out, have a couple of pre-drinks. I know, my girlfriend does it, if she's getting ready with her friends, they have a glass of wine or a bottle of wine or tea and it works out but no, don't stand for it, and that's the way I think. Or another note which might be supportive or close is when friends, bar staff and both the community think people who live here, the police, they should basically go "right, she's obviously too drunk, he's obviously a little bit sober but knows what he's doing, he's obviously tanked up, keep an eye on us". Many times we've actually had to, cause there's been men in the pub following women and me, myself have distracted this man while the woman being climbed in a

taxi round the corner and then I went “right, you can go”, and it’s horrible, it’s disgusting, takes the fun off them.

- 13) Interviewer: Do you think sexual assault, physical assault and robbery are common and serious alcohol-related risks in Britain? Could you please explain your answer?

Respondent: Definitely. You can walk into town, you can go to the police and 50% of them are going to be alcohol-related.

- 14) Interviewer: Do you think alcohol-related phenomena such as binge drinking and drink spiking are very common among university students in Britain? Could you please explain your answer?

Respondent: Yes, obviously binge drinking you’ve just been given 100000 pound grant and there isn’t more you can have in your life, it’s like winning the lottery. Half of that’s for the accommodation and courses, the rest of it you’ve just been given what, 25 grant, what else you can spend them on. Most people buy a car, reign has bought a car insurance for you, entire student loan, so you get a job. Spiking it does happen because also in Durham they do get a lot of street cellars and of course you’ve got the Boat House and Slug and Lettuce, you’ve got the people who stand in the toilet that sprays, I don’t know if the women have them as well, and they’re probably misguided, nine times out of ten the guys next from it carry in but that’s why I stay within crowded areas unless you are in a big crowd yourself and me and then you go in but obviously hold your drink and never put it down. If you put down your drink and you go to the toilet, leave it, get another one. Even if it’s a full one, don’t touch it, because whether it’s safe or not, you can’t tell cause nine times out of ten as soon as you put a coke in, heroine inside of a bottle, alcohol destroys it, it destroys your order, so leave it, buy another drink, save your life, you’ve got enough money, don’t know why you care anymore, go for it.

- 15) Interviewer: Have you ever witnessed any alcohol-related episode such as sexual assault, physical assault or robbery? If you have, what did you do?

Respondent: As I said before, I would keep the guy away, that’s part of my job, and robbery, an ex of mine got rubbed by a local alcoholic

but it was fine. I've also seen someone being spiked so I went over that two individuals and went "sorry, may I be able to take your drink away off you?". Obviously he was big belly and like "why are you taking the drink off him?", "well, I think it was spiked and here's a fresh one, my friend, thank you very much, I'll take that one off you". He had gone down to the toilet, fifteen guys followed him so he had to think about it when he went back up.

16) Interviewer: Has a student ever shared with you an alcohol-related experience they had had?

Respondent: A couple of my friends have, a couple of my friends are students and they go out drinking in Newcastle more or less for the gay pride just for a hype really and they've told me what people have done. It does make me sick of stomach because you're thinking you've done that to another human being and nine times out of ten they have another plan so you then go home to your partner, the following day you wake up, your face is on TV for what you've just done and you think "Christ, the hell, what have I just done?" and you can't remember it, your body is still unconscious. It's like "if I have an argument, then everybody is pissed. Fine, it's alright, I'll come over, let's have a drink." I seriously am normally very, very cheerful, very, very happy but of course there are some horrible people in the world, but yeah, I've had a lot of people telling me things.

Non-student adult 25 – pub / bar landlord or staff – male

This survey is designed to better understand the consumption of alcohol among British university students and the risks related to alcohol phenomena such as binge drinking and drink spiking. Please be honest in providing information as the survey is anonymous.

1) Interviewer: What is your job?

Respondent: Well, two jobs: I'm a chef, I serve at the bar in the ground house, and a bartender as well.

2) Interviewer: What is your age range?

- a) 18 – 25
- b) 26 – 40
- c) 41 – 55
- d) 56 and over

Respondent: 18 – 25.

3) Interviewer: Why do you think students like drinking alcohol?

Respondent: To socialise.

4) Interviewer: Why do you think students like pre-drinking before going out?

- a) Because it is cheaper than buying alcohol in clubs
- b) To have more fun and drink more
- c) Both of the answers above
- d) Other

Respondent: Because it is cheaper than buying alcohol in clubs.

5) Interviewer: What do you think about drinking games?

Respondent: I've never really done it to be honest so I can't really comment on that.

6) Interviewer: Do you think there is any difference between the drink habits that students who live in college have and the ones students who live out have? Could you please explain your answer?

Respondent: No, I can't answer that one to be honest.

7) Interviewer: According to you, how does students' drinking change over the years they spend at university in Britain?

Respondent: I guess their body gets used to alcohol so in a way it's good because they can control themselves but in a way it's bad cause obviously of what has turned into the body.

8) Interviewer: Could you please describe what you think binge drinking is and what you think about it?

Respondent: Binge drinking is when you just drink for fun, you know. I used to do it when I was younger, you know, and now I think it's stupid cause I've got another sort of life, you know.

9) Interviewer: Do you think binge drinking is more common among
livers in or livers out?

Respondent: I'd say in university.

10) Interviewer: What do you think about alcohol-related crimes like
drink spiking?

Respondent: I think it's wrong, I think it has to be shut, to be honest.

11) Interviewer: In your opinion, could pre-drinking instead of buying
drinks in clubs be a way for students to avoid drink spiking?

Respondent: There should be like bottle top things so caps they can
have their straw through, to be really honest, that's my opinion on
that.

12) Interviewer: Have you ever heard or read about any sexual assault,
physical assault or robbery caused by alcohol-related phenomena like
binge drinking or drink spiking and what do you think about this risk
and other alcohol-related risks?

Respondent: I haven't personally, I've heard in the news but I haven't
heard of it from my friends and family, you know.

13) Interviewer: Do you think sexual assault, physical assault and robbery
are common and serious alcohol-related risks in Britain? Could you
please explain your answer?

Respondent: It could be with alcohol but some people just do it cause
they need money, you know, some people are crazy.

14) Interviewer: Do you think alcohol-related phenomena such as binge
drinking and drink spiking are very common among university
students in Britain? Could you please explain your answer?

Respondent: No, it's all random, I know people who've gone to
America and Canada and burn out drinking but it's illegal out there so
it's more serious out there than over here, you know.

15) Interviewer: Have you ever witnessed any alcohol-related episode
such as sexual assault, physical assault or robbery? If you have, what
did you do?

Respondent: I haven't seen anyone but me and my friend were out for
a pizza and we got jumped cause some people had had alcohol, you

know. I think it's wrong, you know, if you can't handle your drink, you shouldn't drink at the end of the day, you know.

16) Interviewer: Has a student ever shared with you an alcohol-related experience they had had?

Respondent: No.

Non-student adult 26 – pub / bar landlord or staff – female

This survey is designed to better understand the consumption of alcohol among British university students and the risks related to alcohol phenomena such as binge drinking and drink spiking. Please be honest in providing information as the survey is anonymous.

1) Interviewer: What is your job?

Respondent: I'm just a bar attendant.

2) Interviewer: What is your age range?

a) 18 – 25

b) 26 – 40

c) 41 – 55

d) 56 and over

Respondent: 18 – 25.

3) Interviewer: Why do you think students like drinking alcohol?

Respondent: Because it's entertaining.

4) Interviewer: Why do you think students like pre-drinking before going out?

a) Because it is cheaper than buying alcohol in clubs

b) To have more fun and drink more

c) Both of the answers above

d) Other

Respondent: Both of the answers above.

5) Interviewer: What do you think about drinking games?

Respondent: I think it's quite fun, you know.

- 6) Interviewer: Do you think there is any difference between the drink habits that students who live in college have and the ones students who live out have? Could you please explain your answer?

Respondent: Yes definitely, cause you've got students in college houses and obviously there's young people that you'll meet, you know, who drink in and get each others to go out so it's freshers.

- 7) Interviewer: According to you, how does students' drinking change over the years they spend at university in Britain?

Respondent: They drink less, I think.

- 8) Interviewer: Could you please describe what you think binge drinking is and what you think about it?

Respondent: It depends how often you do it and obviously it's not really good but, you know, it's very harmful for your health and everything.

- 9) Interviewer: Do you think binge drinking is more common among livers in or livers out?

Respondent: In.

- 10) Interviewer: What do you think about alcohol-related crimes like drink spiking?

Respondent: It happens.

- 11) Interviewer: In your opinion, could pre-drinking instead of buying drinks in clubs be a way for students to avoid drink spiking?

Respondent: It could be, yeah.

- 12) Interviewer: Have you ever heard or read about any sexual assault, physical assault or robbery caused by alcohol-related phenomena like binge drinking or drink spiking and what do you think about this risk and other alcohol-related risks?

Respondent: Yeah, I've heard of few and yeah, alcohol is involved.

- 13) Interviewer: Do you think sexual assault, physical assault and robbery are common and serious alcohol-related risks in Britain? Could you please explain your answer?

Respondent: Yes it is. Obviously girls are more intoxicated, don't think about what they're doing so they can't give their consent for, you know, sex or something.

14) Interviewer: Do you think alcohol-related phenomena such as binge drinking and drink spiking are very common among university students in Britain? Could you please explain your answer?

Respondent: Yes, it is. It's basically because everyone knows that people at university will be wanting to getting drunk, so they just know they will be in there.

15) Interviewer: Have you ever witnessed any alcohol-related episode such as sexual assault, physical assault or robbery? If you have, what did you do?

Respondent: I have but I couldn't do really much so I just called the police.

16) Interviewer: Has a student ever shared with you an alcohol-related experience they had had?

Respondent: No.

Non-student adult 27 – pub / bar landlord or staff – male

This survey is designed to better understand the consumption of alcohol among British university students and the risks related to alcohol phenomena such as binge drinking and drink spiking. Please be honest in providing information as the survey is anonymous.

1) Interviewer: What is your job?

Respondent: Waiter.

2) Interviewer: What is your age range?

a) 18 – 25

b) 26 – 40

c) 41 – 55

d) 56 and over

Respondent: 18 – 25.

3) Interviewer: Why do you think students like drinking alcohol?

Respondent: I think it's more social when everyone drinks.

4) Interviewer: Why do you think students like pre-drinking before going out?

- a) Because it is cheaper than buying alcohol in clubs
- b) To have more fun and drink more
- c) Both of the answers above
- d) Other

Respondent: Because it is cheaper than buying alcohol in clubs.

5) Interviewer: What do you think about drinking games?

Respondent: I don't really like them.

6) Interviewer: Do you think there is any difference between the drink habits that students who live in college have and the ones students who live out have? Could you please explain your answer?

Respondent: Maybe the ones who live in the college go out more with the students who live around.

7) Interviewer: According to you, how does students' drinking change over the years they spend at university in Britain?

Respondent: I think they do drink more when they're in uni.

8) Interviewer: Could you please describe what you think binge drinking is and what you think about it?

Respondent: It's drinking too much.

9) Interviewer: Do you think binge drinking is more common among livers in or livers out? Respondent: People who live in uni.

10) Interviewer: What do you think about alcohol-related crimes like drink spiking?

Respondent: I think it depends on the pubs you go in.

11) Interviewer: In your opinion, could pre-drinking instead of buying drinks in clubs be a way for students to avoid drink spiking?

Respondent: Yeah it could be cause, you know, you're buying there.

12) Interviewer: Have you ever heard or read about any sexual assault, physical assault or robbery caused by alcohol-related phenomena like

binge drinking or drink spiking and what do you think about this risk and other alcohol-related risks?

Respondent: I've only ever seen in my life things like people sharing things on them, that sort of things.

13) Interviewer: Do you think sexual assault, physical assault and robbery are common and serious alcohol-related risks in Britain? Could you please explain your answer?

Respondent: Yeah, they are cause it's more down to the people when they drink alcohol.

14) Interviewer: Do you think alcohol-related phenomena such as binge drinking and drink spiking are very common among university students in Britain? Could you please explain your answer?

Respondent: I think it's more the area.

15) Interviewer: Have you ever witnessed any alcohol-related episode such as sexual assault, physical assault or robbery? If you have, what did you do?

Respondent: No, I haven't.

16) Interviewer: Has a student ever shared with you an alcohol-related experience they had had?

Respondent: No.

Non-student adult 28 – pub / bar landlord or staff – female

This survey is designed to better understand the consumption of alcohol among British university students and the risks related to alcohol phenomena such as binge drinking and drink spiking. Please be honest in providing information as the survey is anonymous.

1) Interviewer: What is your job?

Respondent: Barmaid.

2) Interviewer: What is your age range?

a) 18 – 25

b) 26 – 40

- c) 41 – 55
- d) 56 and over

Respondent: 18 – 25.

- 3) Interviewer: Why do you think students like drinking alcohol?

Respondent: It's just a little bit of a break from their uni studies and stuff.

- 4) Interviewer: Why do you think students like pre-drinking before going out?

- a) Because it is cheaper than buying alcohol in clubs
- b) To have more fun and drink more
- c) Both of the answers above
- d) Other

Respondent: Because it is cheaper than buying alcohol in clubs.

- 5) Interviewer: What do you think about drinking games?

Respondent: It's just a "what to do", it's fun.

- 6) Interviewer: Do you think there is any difference between the drink habits that students who live in college have and the ones students who live out have? Could you please explain your answer?

Respondent: Not really, I think it's the same.

- 7) Interviewer: According to you, how does students' drinking change over the years they spend at university in Britain?

Respondent: I think it's the same.

- 8) Interviewer: Could you please describe what you think binge drinking is and what you think about it?

Respondent: I think it's just when you drink a lot at once and you don't drink regularly and nothing, it's what people do.

- 9) Interviewer: Do you think binge drinking is more common among livers in or livers out? Respondent: Livers out.

- 10) Interviewer: What do you think about alcohol-related crimes like drink spiking?

Respondent: I've never really experienced anything like it or none of it happened to anyone, so I don't think it happens as much as people say.

- 11) Interviewer: In your opinion, could pre-drinking instead of buying drinks in clubs be a way for students to avoid drink spiking?

Respondent: Yeah.

- 12) Interviewer: Have you ever heard or read about any sexual assault, physical assault or robbery caused by alcohol-related phenomena like binge drinking or drink spiking and what do you think about this risk and other alcohol-related risks?

Respondent: I've never known of anything that's happened.

- 13) Interviewer: Do you think sexual assault, physical assault and robbery are common and serious alcohol-related risks in Britain? Could you please explain your answer?

Respondent: I think it could happen to an extent like if the person is drunk, I think it doesn't really affect it.

- 14) Interviewer: Do you think alcohol-related phenomena such as binge drinking and drink spiking are very common among university students in Britain? Could you please explain your answer?

Respondent: I don't think they are, as I said, I've never know of anything that's happened so no.

- 15) Interviewer: Have you ever witnessed any alcohol-related episode such as sexual assault, physical assault or robbery? If you have, what did you do?

Respondent: No, I haven't.

- 16) Interviewer: Has a student ever shared with you an alcohol-related experience they had had?

Respondent: No.

Non-student adult 29 – pub / bar landlord or staff – male

This survey is designed to better understand the consumption of alcohol among British university students and the risks related to alcohol phenomena such as binge drinking and drink spiking.

Please be honest in providing information as the survey is anonymous.

1) Interviewer: What is your job?

Respondent: Bartender.

2) Interviewer: What is your age range?

a) 18 – 25

b) 26 – 40

c) 41 – 55

d) 56 and over

Respondent: 18 – 25.

3) Interviewer: Why do you think students like drinking alcohol?

Respondent: It's cause it's the first time they're away from home and party lifestyle is part of the students' culture.

4) Interviewer: Why do you think students like pre-drinking before going out?

a) Because it is cheaper than buying alcohol in clubs

b) To have more fun and drink more

c) Both of the answers above

d) Other

Respondent: Both of the answers above.

5) Interviewer: What do you think about drinking games?

Respondent: I think if you do it responsibly, that's fine.

6) Interviewer: Do you think there is any difference between the drink habits that students who live in college have and the ones students who live out have? Could you please explain your answer?

Respondent: I guess so but I think when students are away from home for the first time they reformulate their drink habits to alcohol I think, people who drink.

7) Interviewer: According to you, how does students' drinking change over the years they spend at university in Britain?

Respondent: Yeah, I think there's been a massive sort of mass drinking amongst students in the past few years. Definitely binge drinking stays a lot more with them.

- 8) Interviewer: Could you please describe what you think binge drinking is and what you think about it?

Respondent: It's just drinking a large amount in one sit maybe.

- 9) Interviewer: Do you think binge drinking is more common among livers in or livers out?

Respondent: I couldn't tell the difference.

- 10) Interviewer: What do you think about alcohol-related crimes like drink spiking?

Respondent: I don't really see a lot of it in Durham, maybe I've heard about it. I think you just have to be vigilant.

- 11) Interviewer: In your opinion, could pre-drinking instead of buying drinks in clubs be a way for students to avoid drink spiking?

Respondent: I suppose to an extent, I think there are a lot of measures in the bars to sort of protect people against this kind of thing.

- 12) Interviewer: Have you ever heard or read about any sexual assault, physical assault or robbery caused by alcohol-related phenomena like binge drinking or drink spiking and what do you think about this risk and other alcohol-related risks?

Respondent: Yes, I've heard up in the news and it just plays a factor in some things like that, more here like, you know, drunk students who have fallen in the river and things like that more than drink spiking.

- 13) Interviewer: Do you think sexual assault, physical assault and robbery are common and serious alcohol-related risks in Britain? Could you please explain your answer?

Respondent: I think it's definitely an issue and yes, I think they are.

- 14) Interviewer: Do you think alcohol-related phenomena such as binge drinking and drink spiking are very common among university students in Britain? Could you please explain your answer?

Respondent: I would say binge drinking because of the culture that's around it. I'm not so sure about drink spiking, no.

15) Interviewer: Have you ever witnessed any alcohol-related episode such as sexual assault, physical assault or robbery? If you have, what did you do?

Respondent: I have noticed a physical assault in bars that I've worked in over the years but usually I said nothing.

16) Interviewer: Has a student ever shared with you an alcohol-related experience they had had?

Respondent: No, not really.

Non-student adult 30 – pub / bar landlord or staff – male

This survey is designed to better understand the consumption of alcohol among British university students and the risks related to alcohol phenomena such as binge drinking and drink spiking. Please be honest in providing information as the survey is anonymous.

1) Interviewer: What is your job?

Respondent: Assistant manager.

2) Interviewer: What is your age range?

- a) 18 – 25
- b) 26 – 40
- c) 41 – 55
- d) 56 and over

Respondent: 26 – 40.

3) Interviewer: Why do you think students like drinking alcohol?

Respondent: To have a good time, to socialise, to better their personal lives, generally put their face out in public eye.

4) Interviewer: Why do you think students like pre-drinking before going out?

- a) Because it is cheaper than buying alcohol in clubs
- b) To have more fun and drink more
- c) Both of the answers above

d) Other

Respondent: Both of the answers above.

5) Interviewer: What do you think about drinking games?

Respondent: I don't have a problem, you know, they're part of socialisation and it's what we do. Stuff like dirty pints and stuff is dangerous and it could cause harm.

6) Interviewer: Do you think there is any difference between the drink habits that students who live in college have and the ones students who live out have? Could you please explain your answer?

Respondent: I think it's got more extreme over the last couple of years, I think people are spending more pre-drinking than they were in the past and coming out there.

7) Interviewer: According to you, how does students' drinking change over the years they spend at university in Britain?

Respondent: I think when they're postgraduates, I don't think they drink as much. I think when they're freshers, it's part of being freshers, isn't it? You go out, you have a good time.

8) Interviewer: Could you please describe what you think binge drinking is and what you think about it?

Respondent: Binge drinking is when you drink humble amounts of alcohol, spirits, mixing your drinks as well, puncturing ciders and lagers, puncturing vodka and rums, merging vodka and rum in certain drinks. Basically half than 50 mm of alcohol you're higher, and people are obviously in the rule of that more shots and drinks and I think personally it's got more extreme and personally I'm not a fan of binge drinking because accidents happen.

9) Interviewer: Do you think binge drinking is more common among livers in or livers out?

Respondent: I can't really speak about the ones who live in colleges. The ones who live in houses, I know from past experiences, people I've worked with who lived in houses, that part of their socialisation within their bar or within their houses is just sit down, have a few drinks, want to fill in, where you can slip drugs as well, doing drugs,

so I think it's more common in houses than in colleges as far as I know.

10) Interviewer: What do you think about alcohol-related crimes like drink spiking?

Respondent: I feel that there's some horrible people out there that would do it, that would just put drugs into females' drinks to rape them. I think that's a disgusting thing. The general thing is no, I can't do anything about it, they have to look out for their own drinks, I can't stop someone from spiking, their drink, I don't see it, I don't know about it. You look after your own drinks and don't leave them unattended. As a ruler, as a manager, if I see a drink unattended, regardless whether or not it's someone's drink, I'll take it away. If I ever get across someone who says "my drink's been taken away, I want a new one" I don't refuse cause you don't know what's the matter in it and I have got a duty of care to protect every single person that walks then home.

11) Interviewer: In your opinion, could pre-drinking instead of buying drinks in clubs be a way for students to avoid drink spiking?

Respondent: No, I think it's just generally they get hammered before they go out.

12) Interviewer: Have you ever heard or read about any sexual assault, physical assault or robbery caused by alcohol-related phenomena like binge drinking or drink spiking and what do you think about this risk and other alcohol-related risks?

Respondent: I have heard about certain stories. I feel that such crimes as sexual assault are disgusting, horrible, should never happen. You can't play some game on one person, you can play some 95% and the remaining 5% is the other person's fault, so it's your fault in the first place. Granted, I'm not in for a second that every single time there's a sexual assault I'm not saying that it could have been prevented or could be prevented because I believe that generally, and I've seen it as a customer going out in bars that lads like to get girls hammered on drinks but from a female perspective I can't speak, I'm not female, I feel from a female perspective that part of socialising is having all

these shots and then, when you realize you are a victim, you know, and you go home but that's when a male or even a female, you know, sexual assault on male has happened before, feels that they have a chance to move, cry, and I think it's a horrible thing and I just feel that every single person must be aware of what they are drinking and what could be in their drinks, that's my opinion.

- 13) Interviewer: Do you think sexual assault, physical assault and robbery are common and serious alcohol-related risks in Britain? Could you please explain your answer?

Respondent: I don't know if that's pretty all down to alcohol-related, I think different circumstances cause different problems. My personal feeling would be if a robbery was to occur, I'd put it more down to someone who steal for the fact that they have a drug addiction, a drug habit, because when I've done written reporting in various bars or heard of stories over the media like on the radio is generally people who have drug addiction who would like to steal, people who sexually assault, people who are drunk most of the time, there are drugs and non-drugs basically and I don't feel those people are in control of their lives but there's nothing that we could do to help, that's my opinion again.

- 14) Interviewer: Do you think alcohol-related phenomena such as binge drinking and drink spiking are very common among university students in Britain? Could you please explain your answer?

Respondent: I think it's more common in bigger areas. I feel you would hear on the news or in colleges at universities more sexual assault, fights, violence, robberies in big cities like Manchester, London, Kingston Uni, that sort of stuff. In Durham, I don't hear much from a student perspective of robberies, sexual assaults and anything like that. I hear of fights but fights are fights, you know, it happens. People are people and annoy other people, it's getting to a point where the police since anyone has a fight, they're going to issue the moving band. I've seen there's a whole issue with people who fall in the river or if they have actually fallen in the river, which is a big

issue, I feel that's the bigger issue in Durham, as far as drinks are concerned.

15) Interviewer: Have you ever witnessed any alcohol-related episode such as sexual assault, physical assault or robbery? If you have, what did you do?

Respondent: I've not witnessed sexual assault or robberies. I've kind of witnessed physical assault. I've seen a girl and her partner argue and the male pushed her over, she banged her head, but that's all I've seen.

16) Interviewer: Has a student ever shared with you an alcohol-related experience they had had?

Respondent: No. I feel students are quite reserved when it comes to tell that. We only hear about them on online newspapers like *The Tab*. I don't really hear much about it.

RIASSUNTO

Il presente studio è stato effettuato per comprendere le abitudini degli studenti universitari britannici in termini di consumo di alcol e i rischi legati a due fenomeni frequenti nel Regno Unito: il binge drinking (consumo eccessivo di alcol in un breve lasso di tempo, spesso per raggiungere velocemente lo stato di ebbrezza) e, in misura minore, il drink spiking (contaminazione di bevande con droghe o alcol). Attraverso un'analisi di studi accademici, sondaggi e articoli della stampa britannica, verrà presentato nella prima parte il ruolo dell'alcol nel Regno Unito, verranno fornite varie definizioni di binge drinking ed evidenziate le variazioni di significato del termine nel tempo. Saranno, poi, presentati i livelli di assunzione di riferimento di alcol emessi dall'NHS, il sistema sanitario nazionale del Regno Unito, seguiti da un'analisi sull'uso dell'alcol nel Regno Unito. Per quanto riguarda gli studenti universitari, verranno analizzati i motivi che li spingono al consumo di alcol, il binge drinking e le NekNomination (giochi alcolici online), l'uso dei pre-drinks (ritrovi serali tra amici per bere alcol prima di uscire) e le modalità in cui college e università aiutano gli studenti per evitare loro di incorrere in rischi legati all'alcol. In particolare, verranno analizzati drink spiking, violenze sessuali e fisiche, rischi per la salute e morte accidentale, e verranno presentate alcune strategie applicate per evitarli. La seconda parte verterà sull'analisi e discussione dei risultati di un sondaggio realizzato a Durham (Regno Unito) nel febbraio 2015 attraverso interviste a studenti universitari britannici e portieri di college e proprietari e membri dello staff di pub e bar locali con domande basate sulle loro esperienze, opinioni ed eventuali testimonianze riguardo il consumo di alcol, i fenomeni e i rischi sopra menzionati. Lo studio ha portato a vari risultati che hanno permesso di confermare e ampliare conoscenze pregresse sui temi trattati.

RÉSUMÉ

Cette étude se propose de comprendre les habitudes des étudiants universitaires britanniques en termes de consommation d'alcool et les risques liés à deux phénomènes fréquents au Royaume-Uni: le *binge-drinking* (« biture express » en français, ou consommation excessive d'alcool sur une courte période de temps, souvent pour parvenir rapidement à l'ivresse) et, dans une moindre mesure, le *drink spiking* (contamination de boissons avec des drogues ou de l'alcool). À travers l'analyse d'études académiques, sondages et articles de la presse britannique, cette étude présentera dans sa première partie le rôle de l'alcool au Royaume-Uni, citera des définitions de *binge-drinking*, soulignera les variations de signification du terme au cours du temps et expliquera les recommandations sur la consommation d'alcool émises par le NHS, le système de la santé publique du Royaume-Uni. Ensuite, elle analysera la consommation d'alcool au Royaume-Uni. En ce qui concerne les étudiants universitaires, l'attention sera posée sur les raisons qui les poussent à boire de l'alcool, le *binge-drinking* et les *NekNomination* (jeux d'alcool en ligne), les pré-drink (rencontres entre amis pour boire de l'alcool avant de sortir le soir) et la façon de laquelle les résidences universitaires et les universités aident les étudiants afin qu'ils évitent les dangers de l'alcool. Enfin, le *drink spiking*, les violences sexuelles et physiques, les risques sur la santé et la mort accidentelle seront analysés et des stratégies mises en place pour les éviter seront présentées. La deuxième partie de cette étude sera dédiée à l'analyse et discussion des résultats d'un sondage réalisé en février 2015 à Durham (Royaume-Uni) sous forme d'interview à des étudiants universitaires britanniques et des gardiens de résidences universitaires et propriétaires et équipes de pubs et cafés locaux, avec des questions sur leurs expériences, opinions et éventuels témoignages à propos de la consommation d'alcool, des phénomènes et des risques mentionnés ci-dessus. Les résultats apportés par cette étude ont permis de confirmer et étendre les connaissances précédentes sur les thèmes traités.