



**mike**

## Partying and having fun

“I was worried that I wouldn’t be able to party and have fun like normal teenagers do. I’m not saying I want to take drugs and get drunk every night but it is true that a lot of teenagers do try these things.

I still go to parties with my friends. They sometimes have parties at the rehabilitation centre. These are fun to go to. There isn’t any alcohol or drugs but there is always stuff to do and it’s a good laugh.

I go to some parties with my friends too. We just go and hang out at someone’s house.

Since hurting my head, I don’t like loud music anyway. I can only listen to it for a bit and I find crowds of people a bit stressful. Hanging out at someone’s house is okay, but only if there isn’t loads of people.

I’ve learnt that you don’t need alcohol and drugs to have fun and if you have an ABI you have to think about what you are doing more than other people. I can’t risk getting drunk or taking drugs because I could fall and hurt my head again. If you have an ABI, it doesn’t mean that you can’t have fun. You just need to find other ways of doing it.”

