



## Media release

### **Teenagers from Worcester show you don't need to drink to have fun.**

**A group of Worcester teenagers are sending a sobering reminder about the dangers of underage drinking.**

The young women, who have all had negative experiences with alcohol, are encouraging others their age to know their limits and make good life decisions.

They've made a [film](#) with Fixers, the national charity that gives young people a voice, to share their message.

Team member, Chelsea Smith, 16, said: 'Due to drinking, we have all been in situations we didn't want to be in. We've experienced things such as not knowing where we are on a night out, sexual harassment and unwanted attention.'

'Our campaign isn't only about drinking and knowing your limits but it's also about not having to dress to impress. We would plaster our faces in make-up and wear inappropriate clothing just to get other people's attention. We weren't being ourselves.'

Dione Adams, 16, adds: 'Drinking is a big problem for underage people. I think everyone needs to understand this. It can be reduced by knowing your limits and making sure you get home safe.'

The group's Fixers film uses a night out to demonstrate how drinking too much can have nasty consequences.

It urges young people to think twice about their actions and not be influenced by others.

Speaking as a collective, they added: 'We are very happy with the film that has been produced. We think it helps get the message across and will hopefully help young girls in the future.'

'We plan to share it everywhere we can and we wish it helps people to realise how much drink can have an impact on you.'

'Younger people need to realise the hazards of drinking alcohol. Many young people do not realise the serious affects it can have on your body and the different actions you make which you wouldn't make if you were sober.'

'You don't have to get dressed up and drink to have a good time.'

Ann Nicholls, from the South Worcestershire Community Safety Partnership, has worked with the girls since they were 14 years old.

'Professionals in and outside school were concerned that if no-one intervened, the girls' behaviour could have serious consequences,' she said.

'We held regular sessions where we talked openly and I got them to face up to the risks they were taking and possible consequences if they didn't change. Over time their alcohol consumption decreased and their self-esteem grew.'

'I'm so proud that they've grown into such confident young women, who are now campaigning to prevent other young people making the same mistakes. They should be proud too; they are the 'Game Changers.'

Fixers works with young people aged 16-25 across the UK by providing them with professional resources to help them campaign on issues that matter to them.

The charity has helped more than 20,000 youngsters across the UK to have a voice in their community on issues such as cyber-bullying, self-harm, suicide or transphobia.

For more information or to make a donation to fund more Fixer projects, visit [www.fixers.org.uk](http://www.fixers.org.uk)

For interviews or information, please contact Lucy Tatchell on [lucytatchell@fixers.org.uk](mailto:lucytatchell@fixers.org.uk) or 01962 790045.

## **Notes to editors**

### **About Fixers:**

- Since 2008 more than 20,000 young people have become Fixers and created over 2,200 projects. With a £7.2 million grant from the Big Lottery Fund, Fixers extended from England into Wales, Northern Ireland and Scotland as well in 2013.
- “Fixers started in 2008 as just an idea... an idea given a voice by some 20,000 young people over the past nine years,” says Margo Horsley, Chief Executive of Fixers. “They have reached thousands of people with their work, on a national stage as well as in and around where they live. They choose the full array of social and health issues facing society today and set about making their mark. Fixers are always courageous and their ideas can be challenging and life-changing, not just for themselves.”
- There are lots more stories about young people doing great things on the Fixers website, Twitter and Facebook pages:  
[www.fixers.org.uk](http://www.fixers.org.uk)  
[www.twitter.com/FixersUK](http://www.twitter.com/FixersUK)  
[www.facebook.com/FixersUK](http://www.facebook.com/FixersUK)

### **About the Big Lottery:**

- The Big Lottery Fund supports the aspirations of people who want to make life better for their communities across the UK. We are responsible for giving out 40% of the money raised by the National Lottery for good causes and invest over £650 million a year in projects big and small in health, education, environment and charitable purposes.
- Since June 2004 they have awarded over £8 billion to projects that make a difference to people and communities in need, from early years intervention to commemorative travel funding for World War Two veterans.
- Since the National Lottery began in 1994, £34 billion has been raised and more than 450,000 grants awarded.
- Contact the Big Lottery Fund Media team on 0207 211 1888 or email [press.office3@biglotteryfund.org.uk](mailto:press.office3@biglotteryfund.org.uk), out of hours 07867 500 572  
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