

“But no one told me it’s okay to not drink”: a qualitative study of young people who drink little or no alcohol

Table 2: Drinking types

<i>Drinking type</i>	<i>Young women</i>	<i>Young men</i>	<i>Total</i>
Former drinker no longer drinks	5	4	9
Non drinker	4	9	13
Light drinker but used to drink heavily	1	4	5
Light drinker with past episodic drunkenness	11	3	14
Light drinker who has never been drunk	5	6	11
Total	26	26	52