Is There Evidence To Support Low-Risk Drinking Guidelines For Youth

**Shared Resources**

**British Columbia Centre of Excellence for Women's Health**

**Documents**
- Girl-Centred Approaches to Prevention, Harm Reduction and Treatment
- Preventing Heavy Alcohol Use Among Girls & Young Women: Practical Tools & Resources for Practitioners & Girls’ Programmers

**Website**
- Young Women, Alcohol and Other Substance Use

**Presentations**
- Symposium on Heavy Alcohol Use Among Girls and Young Women Gender-Informed Primary Prevention Approaches for BC
- Preventing Heavy Alcohol Use in Girls

**Research Summary**
- Girls’ Perspectives on Girls’ Groups and Healthy Living

**Webinar**
- Girls, Alcohol & Depression  (November 8th, 2012, 12PM)

**Centre for Addiction and Health (CAMH)**

**Report**
- Ontario Student Drug Use and Health Survey  (2011)

**Centre for Addictions Research of BC**

**Learning Resources**
- iMinds (for schools, grades 4-10)
- Drug Education Blog

**Research Articles**
Is there a 'low-risk' drinking level for youth? The risk of acute harm as a function of quantity and frequency of drinking (Special Issue: Low Risk Drinking Guidelines)

Is There a “Low-Risk” Drinking Level for Youth? Exploring the Harms Associated with Adolescent Drinking Patterns

**Fringe The Binge**

Youth Developed Blog

- Fringe the Binge

**Parent Action on Drugs**

*Brochures*

- Test Your Alcohol IQ (For senior high school students)
- If You Are A Girl (For female high school students)
- Hook up to the facts (For young women in high school and post-secondary)
  - Is a teenage girl you care about at risk for breast cancer?
- Young, Pregnant & In Control (For young pregnant and parenting moms)

*Websites*

- Young Moms 2 Young Moms (For young pregnant/parenting women and those who support them)
- Hook Up to Breast Cancer Prevention (For young women and those who support them)

**Peer-Education Programs**:

- CBC – Challenges Beliefs and Changes (For senior high school peer leaders who provide a discussion/activity based program for younger students in grades 8 or 9)

**Injury Free Nova Scotia**

- "No Magic Goat" campaign

**MiddlesexLondon Health Unit**

*Parenting Videos*

- Teens and Alcohol Videos

*Youth-Developed Game*

- Alcohol and Substance Misuse Game in Adventures in Sex City Level 2