

FURTHER INFORMATION

Alcohol Advisory Council of New Zealand – ALAC - www.alac.org.nz

Now part of the Government's Health Promotion Agency. The website provides access to a wide range of alcohol-related resources and information.

New Zealand Drug Foundation - www.drugfoundation.org.nz

Their free Drugs in Focus booklets are aimed at parents, older teenagers, treatment workers, schools, public health units and other agencies needing good, factual and honest drug information. These can be ordered from their website, which also has a range of alcohol and drug related information.

www.parentingstrategies.net

Free personalised online parenting strategies designed to prevent adolescent alcohol misuse.

www.teentools.co.nz

A site that gives parents tools, guidelines and local contacts to assist in your children having a safe and happy journey through the teenage years.

BIBLIOGRAPHY AND FURTHER READING

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Te Kahui Mana Ririki (2011) *Traditional Maori Parenting. An historical review of literature of traditional Maori child rearing practises in pre-European times*.

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² Ministry of Health *Alcohol Use in New Zealand: Key Results of the 2007/08 New Zealand Alcohol and Drug Use Survey* (Wellington, 2009) at 15–33 [Alcohol Use Survey 2007/08].

³ The real story of Kiwis & Alcohol. ALAC 2012

⁴ Ministry of Health Unpublished Data Analysis of the 2004 New Zealand Health Behaviours Survey – Alcohol Use (June 2009) [Ministry of Health Data Analysis].

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⁶ New Zealand Police *National Alcohol Assessment* (Wellington, 2009) at 7 www.police.govt.nz [National Alcohol Assessment].

⁷ Child and Youth Mortality Review Committee, Te Rōpū Arotake Auau Mate o te Hunga Tamariki, Taiohi. 2009. *Special Report: The involvement of alcohol consumption in the deaths of children and young people in New Zealand during the years 2005–2007*. Wellington: Child and Youth Mortality Review Committee.

⁸ Urbano-Márquez, A.; Estruch, R.; Fernández-Solá, J.; Nicolás, J.M.; Paré, J.C.; & Rubin, E. The greater risk of alcoholic cardiomyopathy and myopathy in women compared with men. *JAMA* 274(2):149-154, 1995.

⁹ Nixon, S.J. Cognitive deficits in alcoholic women. *Alcohol Health & Research World* 18(3):228-232, 1994.

¹⁰ ALAC website <http://www.alac.org.nz/alcohol-you/your-drinking-okay/low-risk-alcohol-drinking-advice>

¹¹ "Booze death warning to parents". The New Zealand Herald, Wednesday Apr 20, 2011.