

ADDICTIONS FOUNDATION OF MANITOBA

AUDIOVISUAL RESOURCES

SUBJECT HEADINGS

DOPING IN SPORTS

Bulking up : the dangers of steroids (aqua)

Sr. 1-Sr. 4; Adult; 23 minutes

VHS; 1990

Canadian Learning Company

VTR/RC 1230/.B8/1990

Discusses the dangers of using steroids.

Downfall : sports and drugs (alli)

Senior 1-Senior 4; 19 minutes

VHS; 1999

Medical Audio Visual

VTR/RC 1230/.D6/1999

Most athletes are not substance abusers. However some are tempted to use steroids in hopes of improved performance. But the results are often tragic. This video has young athletes telling it like it is – a potent message to other athletes who may be thinking of using.

Get the edge (ajkh)

Gr. 7-Senior 1; 9 minutes, kit includes a video, "The Performance Edge", one poster, magazine and leader's guide.

KIT; 1994

KIT/HV 4999/.Y68/P47/1994

Designed as a positive way to teach young people about the dangers of drinking and smoking. Rather than asking teenagers to say "no" to something negative, the program urges them to say "yes" to peak performance – on the athletic field, in the classroom, on the job – and explains how tobacco and alcohol can destroy these activities.

The Harmful effects DIAGRAM poster – Steroids (artf)

Grades 5 – Adult

KIT; 199-

Directional Learning

KIT/RC 1230/.S78/2003

Series : The Harmful effects DIAGRAM poster

Includes 1 poster.

Shows the harmful effects of steroids listed with colourful diagrams and easy to read descriptions.

Health and drug education GRAPHIC poster – Steroids (ajoj)

Gr. 7 – Adult

VHS; 2003

KIT/RC 1230/ .S7/2003

Series : Health and Drug Education Poster

Shows the harmful effects of steroids listed with colourful and graphic diagrams and easy to read descriptions.

Steroid trap, The : turning winners into losers (ajaa)

Senior 1-Senior 4; Consists of 3 parts, total length 37 minutes

VHS; 1990

McIntyre Media

VTR/RC 1230/.S74/1990/v.1

Part 1: A group of teenagers talk with their coach about steroids, discuss the reasons behind the use of steroids and offer opinions on various alternatives to building self-esteem and looking good without the use of drugs.

Part 2: Explores in depth how steroids work and the mechanisms of action of steroids on the body. The possible dangerous effects of taking these drugs are presented. Both short-term and long-term effects are discussed.

(ajab) VTR/RC 1230/.S74/1990/v.2

Part 3: This segment consists of interviews with three professional athletes, two of whom have used steroids and suffered ill effects. The third, a handicapped Olympic winner, has not used steroids. He closes the program with a discussion of winning clean and the rewards of his accomplishments.