

ADDICTIONS FOUNDATION OF MANITOBA AUDIOVISUAL RESOURCES

SUBJECT HEADINGS

TOBACCO HABIT

Animated neuroscience and the action of nicotine, cocaine, and marijuana in the brain (armh)

Senior 1 – Senior 4; Adult; 24 minutes

DVD; 2000

Films for the Humanities & Sciences

DVD/QP 376/.A5/2000

Using sophisticated 3-D animation, this program, divided into two parts, takes viewers on a journey deep into the brain to study the effects of the three substances.

The first part illustrates the major functions of the brain and shows how its principal cells, the neurons, communicate with each other through electrical and chemical signals. In the second part, animated molecules of nicotine, cocaine, and marijuana travel a route from the external of these drugs, and how each drug interacts with them and subsequently affects the body. Images of actual neurons used in the animations create a realistic effect that helps viewers understand the concepts presented. The DVD comes complete with a Teacher's Guide that includes suggested presentation methods and an assessment activity.

Barb Tarbox : a life cut short by tobacco (apxq)

Grades 7-Senior 4

VHS; 2003

AADAC

VTR/HV 5745/.B3/2003

After being diagnosed with terminal lung cancer in September 2002, Barb Tarbox devoted the last months of her life to speaking out about the dangers of smoking. She died May 18, 2003 – one of the more than 45,000 Canadians who die each year from tobacco-related diseases. This video contains powerful and emotional material that reinforces the tobacco reduction messages Barb was able to deliver in person.

We recommend that you preview the video and discussion guide before using them. Some content may be disturbing for preteens and should be discussed after reading or viewing.

Barb Tarbox : une vie coupée court par le tabac (apzf)

Grades 7-Sr.4; Adult

VHS; 2003

AADAC

VTR/HV 5745/.B37/2003

Barb Tarbox, une femme de 42 ans d'Edmonton, en Alberta, a été diagnostiquée avec un cancer du poumon en phase terminale après avoir fumé depuis la 7^e année à l'école. Ne voulant pas que la cigarette prenne une autre vie, Barb a entrepris une campagne auprès des élèves et a fait des présentations partout en Alberta et au Canada, pour les prévenir des dangers du tabagisme. En quelques mois seulement, Barb a communiqué son message à plus de 50 000 élèves.

La vidéo capte l'esprit des présentations de Barb et la passion qui caractérisa les derniers mois de sa vie. Après avoir visionné la vidéo, il est recommandé d'entamer une discussion avec la classe ou autre groupe pour parler des effets néfastes du tabagisme. Il faut se rappeler que les informations et la communication peuvent contribuer à décourager les gens de fumer et même les aider à arrêter de fumer. La discussion est donc importante.

Best friends (ajdu)

Gr.1-3; 6 minutes
VHS; 1971
National Film Board
VTR/HV 5740/.B47/1971

Cartoon using entertaining style to dramatize the adverse effects of cigarette smoking upon heart and lungs, every person's best friends.

Butt it out (aitw)

Gr. 4-6; 14 minutes
VHS; 1984
VTR/HV 5740/.B87/1984

This program uses puppets to help elementary school children understand that smoking affects people's chests and lungs, to show that smoking is unfair to others, and to underscore the importance of self-responsibility for one's own health.

Butt out : the proven quit smoking plan (alin)

Senior 1-Senior 4, Adult; 35 minutes
VHS; 1992
VTR/HV 5740/.B8/1992

Nagging, guilt, and cold turkey are soundly defeated with this winning formula that guides you through resisting the urge and quitting forever.

Diary of a teenage smoker (ajfi)

Gr. 6-Senior 4; 26 minutes
VHS; 1989
B.C. Lung Association
VTR/HV 5745/.D53/1989

Using a variety of techniques, including humour, self-disclosure, dance and "anti-commercials", this video deals with smoking issues specific to young women. It features documentary-style testimonials from young women and a humour segment with a female comedian. Portrays the tobacco industry's way of promoting cigarettes and the health consequences of smoking.

Dying for a smoke (ajgf)

Senior 1-Senior 4; 50 minutes
VHS; 1994
Omega Films
VTR/HV 5740/.D85/1994

Video attempts to answer questions regarding smoking legislation and media advertising, awakening viewers out of long-conditioned apathy, and examines the appalling effects of life-long smoking.

The Harmful effects DIAGRAM poster – Smoking (artk)

Grades 5 – Adult
KIT; 199-
Directional Learning
KIT/RM 315/.S665/199-

Series : The Harmful effects DIAGRAM poster

Includes 1 poster.

Poster describing the harmful effects and risk factors of smoking.

Health and drug education GRAPHIC poster - Smoking (alem)

Gr. 7-Adult; Kit includes 3 posters
KIT; 199-
KIT/RM 315/.S66/199-

Series : Health and Drug Education Poster

Three colourful posters describing the harmful effects and risk factors of smoking on the body.

Journal d'une jeune fumeuse (arwo)

Grades 7 – Senior 4; 25 minutes
VHS; 1989
Health & Welfare Canada
VTR/HV 5745/.D537/1989

Ce film video, qui s'adresse aux filles de 12 à 15 ans, aborde un grand nombre de facteurs sous-jacents qui poussent les adolescents à fumer -p.ex., le stress, l'influence de la publicité, la pression exercée par les pairs - et présente les connaissances et les techniques celles-ci ont besoin pour accompagner d'un guide de l'animateur, sur diskette (avec fiches documentaires et descriptions d'activités), qui aide éducateurs et moniteurs à présenter le video en milieu scolaire ou communautaire.

Leader of the pack (arnn)

Grades 2 -6; 12 minutes
KIT; 2003
Sunburst Communications
KIT/HV 5740/.L4/2003

Henry meets up with Smokey, an animated cigarette who lures Henry into a special amusement park with rides like The Tar Pits, The Amazing Aging Machine and an exhibit called The Boy Who Couldn't Stop Smoking. Henry quickly learns about the hazards of cigarette smoking.

Like you, Dad (ajwy)

Gr. 4-6, Adult; 16 minutes
VHS; 1990
VTR/HQ 755.85/.L5/1990

Series : Your choice, our chance

In this program, three children conspire with their mother to plan a camping vacation after discovering their father is not in good shape physically. When one of the boys experiments with cigarettes, the family's concern – coupled with the effects of smoking on the son's health – causes the father to reconsider his own health.

McGruff's kids files : tobacco (arnm)

Grades 4-8; 16 minutes
VHS; 200-
Sunburst Communications
VTR/HV 5740/.M3/200-

McGruff, The Crime Dog, and his teenage friend Jason use interviews with health experts and smokers to help students discover the "burning issues" about tobacco use. The program covers tobacco's addictive properties, the harmful chemicals it contains, and its role in causing many serious illnesses. Presents information on how cigarette advertisers target young people in their ads and the dangers of second-hand smoke.

NASAWAN : A First Nations community smoking education program (ajkj)

Adult; Kit contains a manual with instructions, pamphlets and a video
KIT; 1992
KIT/HV 5740/.N37/1992

This program is designed to help individuals quit smoking as well as develop alternative habits for success in continuing through life as a non-smoker. It consists of 10 topics, which deal with a variety of issues over a ten-week period, and is actually 2 programs in one, a group support program and a self-help program.

Nicotine & the brain (auuu)

Grades 9 – Adult
DVD
DVD/HV 5740/.N5/2007

Includes learning activities.

After seeing this video, viewers will learn how nicotine affects the brain, why smoking is so addictive, some consequences of smoking and how to treat a smoking addiction through resisting peer pressure, avoiding and managing cues and preventing slips from becoming relapses.

Poisoning your children (aiwi)

Adult; 12 minutes
VHS; 1993
Omega
VTR/HV 5740/.P65/1993

Combines testimony from the U.S. Surgeon General and pediatricians to make a convincing case against second-hand smoke, pointing out the potential ailments associated with each stage of inhalation.

Quit before it is too late! (apnq)

Grade 7-Senior 4; 27 minutes
VHS; 1999
VTR/HV 5745/.Q3/1999

In this video, teens and adults discuss why they started smoking, how much they smoke, why they continue to smoke, as well as reasons for quitting. The video also discusses myths about smoking and the effects of the tobacco industry's advertising efforts on youth.

Real people : smoking : the burning truth (almg)

Gr. 7-Senior 4; 12 minutes
VHS; 1999
VTR/HV 5745/.R4/1999

Program provides basic facts about the risks involved in smoking, and cites statistics related to the rise in teen tobacco use. Explores the influence of the media – both advertising and movies – on teens' decision to smoke. One teen discusses his ongoing effort to quit a heavy tobacco addiction developed after he began to smoke with friends when he was thirteen. Another teen reports that now that she has become addicted, smoking no longer seems glamorous.

Real people : talking about tobacco (almi)

Gr. 5-Senior 1; 10:24 minutes
VHS; 1999
Sunburst
VTR/HV 5824/.Y68/R435/1999

Series : Real people

Alerts viewers to the ease with which a tobacco addiction develops, examines why kids take up smoking, underscores how hard the habit is to break. Cites the harm tobacco – cigarettes, cigars, pipes, chewing tobacco – causes to mouth, heart, throat and lungs.

Science, tobacco and you! A tobacco prevention teaching resource for grades 4-6 (aorv)

Grades 4-6;
KIT; 2003
KIT/HV 5745/.S354/2003

Includes a CD-ROM, teacher's guide, flash cards and exercise sheets in both English and French. Ideal for use in health, science, language arts, drama, visual arts and mathematics curricula.

Second hand smoke (allj)

Senior 1-Senior 4, Adult; 16 minutes
VHS; 1999
VTR/HV 5748/.S4/1999

If you live with or are around a smoker and you don't smoke, you only think you don't smoke. Being in the vicinity of a smoker means inhaling the equivalent of a pack of cigarettes a week. The dangers of second hand smoke are explained with some ideas on how to eliminate this irksome and unhealthy environmental hazard.

Smoke screen (aiyw)

Adult; 20 minutes
VHS; 1993
Intermedia
VTR/HF 5827/.S66/1993

For nearly a decade, Dave Goerlitz' image helped to sell cigarettes. But after years in the business, the former "Winston Man" realized he was selling a lie. He believes that people are influenced by brand images created by cigarette companies and that kids are targeted and affected by this "adult" advertising.

Smokeless tobacco : the whole truth (aiyy)

Gr. 7-Senior 4, Adult; 9 minutes
VHS; 1986
Sunburst
VTR/HV 5748/.S66/1986

Presents the facts about smokeless tobacco, shows what smokeless tobaccos are and what their prolonged use can do to your health. Offers a positive role model, Jim Lonborg, a former pitcher for the Boston Red Sox who is now a practising dentist. He explains the dangers of smokeless tobacco and offers a rationale for shunning its use.

Smoking : a research update (ajcl)

Gr. 7-Senior 4, Adult; 27 minutes
VHS; 1984
VTR/HV 5740/.S66/1984

Part 1: The Facts

Presents the latest research on smoking, examines what it is about tobacco smoke that causes problems and concludes by re-emphasizing the reality that smokers are risking their lives.

Part 2: The Issues

Covers issues such as rights and freedoms, morals, economic factors, decision-making, the tobacco industry, etc.

Smoking : the toxic truth (aoqc)

Grades 6-Senior 4; 10 minutes
VHS; 200?
Kinetic Video
VTR/HV 5745/.S5/200?

This video seeks to provide young people with the right information about tobacco danger. It presents facts, exposes myths, and shows the true danger of tobacco to middle school and high school students. They will learn that smoking is a nasty, unattractive habit that is highly addictive and, eventually, will kill you.

Stop smoking : a program for women (ajlv)

Adult
KIT; 1996
CPHA
KIT/HV 5746/.K67/1996

"Stop Smoking: A Program for Women" supports women to take control of their lives by quitting or reducing smoking. It follows a group of women as they journey through the program. There are four stages to the program: intake, motivation, quitting and support.

Teen challenge : get your butts out a here! (akjt)

Gr. 7-Senior 4; 13 minutes
VHS; 1998
VTR/HV 5745/.T44/1998

This cartoon is intended to be used as a motivator and an adjunct to smoking cessation approaches for young people. It shows, by example, that by gaining knowledge and utilizing special skills and strategies it is possible to stop smoking.

Tobacco horror picture show, The (alxb)

Gr. 7-Senior 1; Includes video, 28:26 minutes
KIT; 1998
McIntyre Media
KIT/HV 5740/.T6/1998

This program presents the risks of tobacco in two dramatic ways. First, the high-concept scenes present a ghoulish atmosphere, with tobacco exposed for what it really is; the malevolent main character in an ongoing horror story. Second, past and present smokers describe their own frightening stories of addiction, illness, and fear. Together, these approaches create a dynamic message of choice over addiction, and life over death.

We can't go on like this (ajbp)

Senior 1-Senior 4, Adult; 32 minutes
VHS; 1983
VTR/HV 5740/.W4/1983

Seven vignettes for smoking intervention programs to motivate smokers to explore why they smoke, expose the obstacles to quitting, and extinguish the smoking habit.

Where there's smoke (arru)

Grades 7 – Senior 4
DVD; 2005
Health Canada
DVD/HV 5748/.W4/2005

Looks at one of Canada's most contentious public health issues. The voices come from the heart of tobacco country, in southern Ontario. Once a prosperous crop for the region, the "golden leaf" is known to cause the

death of some of 45,000 Canadians every year, and health groups cite the alarming increase in cancer and teen smoking.

The powerful anti-tobacco lobby has set its sights on the town council of Norfolk County, which is pushing for a ban on smoking in public facilities. As decision day approaches, all eyes are on the feisty mayor to break a tie vote. Woven throughout is the poignant story of Heather Crowe, a non-smoking waitress diagnosed with lung cancer caused by second-hand smoke. As the war over tobacco regulation heats up, this insightful documentary provides a report from the front lines.