

**ADDICTIONS FOUNDATION OF MANITOBA
AUDIOVISUAL RESOURCES**

SUBJECT HEADINGS

YOUTH - (GRADES 7- 9)

ADDICTION

Alternatives to addiction (aqwk)

Grades 7 – Senior 4; 27 minutes

VHS; 1999

Marlin Motion Pictures Ltd.

VTR/HV 5824/.Y68/A5/1999

Hooked : the addiction trap series

A model for change, which includes advice on getting help, recognizing warning signs, dealing with feelings, understanding that feeling pain is a part of living, urge surfing, and not giving up, and is presented for youth who may already have developed negative patterns which could lead to addiction.

Consequences of addiction, The (aqws)

Grades 7 – Senior 4; 28 minutes

VHS; 1999

Marlin Motion Pictures Ltd.

VTR/HV 5824/.Y68/C657/1999

Hooked : the addiction trap series

Participants in the module, including those with substance abuse and smoking problems as well as gambling, Internet pornography, and other addictions discuss the heavy toll addiction has taken on their health, relationships with family and friends, school life, finances, and freedom.

What is addiction? Hooked : The Addiction trap series (aqwl)

Grades 7 – Senior 4; 25 minutes

VHS; 1999

Marlin Motion Pictures Ltd.

VTR/HV 5824/.Y68/W4/1999

Hooked : The Addiction Trap Series

Offers a definition of addiction, both to substances and behaviours, and presents experts discussing some of the most recent research on addiction and the brain.

ADVERTISING

Body image trap, The (ajnc)

Senior 1-Senior 4; 30 minutes

VHS; 1993

Hazelden

VTR/RC 522/.E18/B63/1993

Getting caught in the body image trap means to many young people that they never feel satisfied with their looks. This video looks at taking control of how we see out bodies. The young adults portrayed struggle against the pressures of parents, peers and media to have that "perfect" body.

Get the message (ajhe)

Gr. 4-8; 20 minutes
VHS; 1984
Kinetic
VTR/HF 5827/.G47/1984

Young people get the message about alcohol and other drugs from many sources: advertising, television programs, parents, older siblings, music, sports heroes, etc. Real-life interviews with young people reflect their concerns about this pervasive problem that affects immediate families, other relatives, peers and friends. The film also stresses the fact that saying no to alcohol and other drugs is a right that everyone has.

Media sharp : analyzing tobacco and alcohol messages (aldq)

Gr. 6-Senior 4; Kit includes Leader's Guide and a 7-minute videotape
KIT/HF 5827/.M4/199-

To help youth ages 11 – 14 critically assess how media normalize, glamorize, and create role models for unhealthy lifestyles and behaviours. By teaching young people to "read" media messages, they can resist messages that encourage and reinforce use of tobacco and alcohol.

ALCOHOL

A.A. – RAP with us (aobs)

Grades 7-Senior 4; 17 minutes
VHS; 1992
VTR/HV 5275/.A27/1992

Four young A.A. members talk about what they were like drinking, what happened to them, and what it is like being sober in Alcoholics Anonymous.

Alcohol (ajty)

Gr. 7-8; 24 minutes
VHS; 1992
VTR/HV 5135/.A53/1992

Series: Degrassi Talks

Kids talk to kids about drinking . . .about being a teenage alcoholic . . .about what can happen when you drink and drive . . .about being a victim of a drink driver.

Alcohol & nutrition (asdv)

Grades 9 – 12; Adult; 15 minutes
DVD; 2005
Kinetic Inc.
DVD/RA784/.A43/2005

Presents information on how alcohol affects nutritional status and general health; male-female differences; effects on elderly; pregnancy and abstinence; health issues such as benefit-risk ratio; food guide pyramid tailored to alcohol recovery.

Alcohol, drugs and kids (ajdm)

Gr. 7-Senior 4; 18 minutes
VHS; 1987
Canadian Learning
VTR/HV 5135/.A42/1987

Four teens who started drinking or using drugs share their experiences and reasons for starting. A

counsellor in a drug and alcohol rehab unit discusses peer pressure, self-esteem and related problems.

Alcohol facts : for teenagers only (aiwn)

Gr. 7-Senior 4; 31 minutes
VHS; 1981
Sunburst
VTR/HV 5135/.A42/1981

Designed to give young people a straightforward, realistic look at the problems associated with immoderate alcohol use, problems affecting not only those who drink, but their parents, siblings and friends as well.

Binge drinking blowout : the extreme dangers of alcohol use (akwb)

Gr. 7-Senior 4, Adult; 30 minutes
VHS; 1998
Canadian Learning
VTR/QP 801/.A3/B5/1998

Points out that young people often fail to recognize the dangers of binge drinking because of a feeling of invincibility, notes that although they may survive a binge, there still is a heavy price to pay. Describes how excessive amounts of alcohol can render the brain unconscious or precipitate endless vomiting.

Choice is yours, The (ajen)

Gr. 7-Senior 1; 29 minutes
VHS; 1987
ARF
VTR/HV 5824/.Y68/C46/1987

This program is suitable for use with students from 13 to 15 years of age. It is divided into 5-minute segments, one each on alcohol, drugs and crime, cannabis, cocaine and crack, and inhalant abuse. It was produced in cooperation with the Ontario Chiefs of Police and is used by police lecturers in classrooms across Ontario. The straight-to-the-point content examines the consequences of making the wrong choice about drugs and gives positive aid in making the correct choices.

The Harmful effects DIAGRAM poster – Alcohol (artj)

Grades 5 – Adult
KIT; 199-
Directional Learning
KIT/RM 315/.A536/199-

Series : The Harmful effects DIAGRAM poster

Includes 1 poster.

Shows the harmful effects of alcohol on the body.

Health and drug education GRAPHIC poster - Alcohol (alhp)

Gr. 7-Adult; Kit includes 1 laminated poster
KIT; 199-
KIT/RM 315/.A53/199-

Series : Health and Drug Education Poster

Can be used for displays, presentations, etc. – showing the harmful effects of alcohol on the body.

Me, myself . . . and drinking (aixc)

Gr. 7-Senior 1; 23 minutes
VHS; 1988
McIntyre Media
VTR/HV 5135/.M4/1988

Part 1: Decisions About Drinking

Consists of four vignettes showing different aspects of the drinking issue, including drinking and driving, living with an alcoholic parent, and young teens starting to drink.

Part 2: Facts About Drinking

A counsellor explains how alcohol is absorbed by the body, about advertising, parental influences, and peer pressure.

Next door : a documentary about a teenage alcoholic and her family (aupp)

Grades 9 – 12
DVD; 2007
Kinetic
DVD/HV 5135/.N4.2003

She started drinking at twelve and by fourteen she was disappearing in the middle of the night. Her suburban, professional parents struggle to understand. The family dynamic comes to a head as issues about siblings, parenting and grandparents are revealed. Ultimately the child's insight surpasses the parents' offering us a rich awareness of herself and of her family.

REAL PEOPLE SERIES

Real people binge drinking : facts and consequences (asdy)

Grades 7 – Senior 4; 24 minutes
KIT; 2004
Kinetic Inc.
KIT/QP 801/.A3/B5/2004

Drinking to get drunk, or binge drinking is a common occurrence among teens who use alcohol. Experts in the field of alcohol use present the hard facts teens need to know about alcohol's toxicity while real teens talk about: how to handle peer pressure to drink; the effect of drinking on relationships; the ineffectiveness of alcohol for stress reduction; loss of trust with parents; and the negative effect drinking has on school work. Dramatic accounts from two teens, one who was almost raped and one who almost died while drinking heavily, bring home the seriousness of binge drinking.

Real people : talking about alcohol (almh)

Gr. 5-Senior 1; 12 minutes
VHS; 1999
VTR/HV 5824/.Y68/1999

Discusses the reasons people drink and the greater vulnerability of young people to alcohol and alcohol addiction as compared to adults. Stresses the physical harm to young bodies that alcohol poses, the risk young drinkers take that they might end up having unwanted sex, an STD, a pregnancy or other accident, the danger of alcohol poisoning from drinking games.

Real people : talking about tobacco (almi)

Gr. 5-Senior 1; 10:24 minutes
VHS; 1999
VTR/HV 5824/.Y68/R4/1999

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.

Real people : talking about marijuana and other drugs (almj)

Gr. 5-Senior 1; 10:30 minutes

VHS; 1999

VTR/HV 5824/.Y68/R4/1999

Discusses the appeal of marijuana, acid, inhalants, whip-its, and steroids, outlines the dangers of each: the effects of pot on social and emotional life, how hallucinogens can cause paranoia, why use of inhalants or whip-its can lead to brain damage and even death.

Real people : teens, family and stress (aupj)

Grades 7 – 12; 21 minutes

Sunburst Visual Media

KIT/BF 724.3/.S86/R4/2003

Includes a video and a teacher's guide.

In this documentary-style program, real teens reveal how they meet the challenge of coping with stress in their family. Viewers learn to recognize the physical cues that indicate they are under stress, define the issues that cause them the most stress, and understand the difference between negative and positive coping strategies for dealing with stress.

Real true & false about alcohol, marijuana & inhalants, The (arqz)

Grades 6 – Senior 4; 15 minutes

VHS; 200?

Canadian Learning Company

VTR/HV 5824/.Y68/R4358/200?

The impression many middle school students have about drugs is that "everybody does it". That misinformation may influence students to take their first step through the gateway provided by alcohol, marijuana or inhalants. Hosted by a multi-ethnic group of high school students, this engaging, fact-filled program uses a lively "pop quiz" to hear that the social norm for the vast majority of teens is that when it comes to alcohol and other drugs, they "don't need 'em, don't want 'em, and don't use 'em.

To say no (ajaq)

Gr. 7-Senior 4; 10 minutes (approx.)

VHS; 198-

VTR/E 98/.D7/T6/198-

Why people drink and how to say no when offered a drink – a Native drama.

ASSERTIVENESS (PSYCHOLOGY)

Gentle art of saying no, The (ajhc)

Gr. 7-Senior 4; 41 minutes, 3 parts

VHS; 1979

Sunburst

VTR/BF 575/.A85/G45/1979

Part 1: A person has a right – 13 minutes

Establishes the necessity for assertiveness training, the rationale for its practice, and its goal of increased self-respect.

Part 2: Making it work – 13 minutes

For teenagers: assertiveness with a member of the opposite sex, with a peer group and with adult authority. This part spotlights specific techniques for achieving assertiveness.

Part 3: Handling the hard ones – 13 minutes

Techniques for assertiveness: firmness; clear, non-apologetic statements; control of nonverbal behaviour; knowing whose problem is whose; rejection of guilt; taking the offensive; accepting compromise.

Learning to be assertive : advanced skills (ajiu)

Gr. 7-Senior 4; 21 minutes

VHS; 1988

Canadian Learning

VTR/BF 575/.A85/L43/1988

Shows young people how to turn difficult situations with family members, teachers and friends into positive experiences. Teens learn to negotiate workable compromises so that differences of opinion do not have to lead to arguments.

Learning to be assertive : the basic skills (ajiv)

Gr. 4-Senior 1; 27 minutes

VHS; 1987

Canadian Learning

VTR/BF 575/.A85/L44/1987

A number of situations typical of problems adolescents and teenagers face with peers, siblings and parents are enacted. A new assertive skill is taught, and each situation is then re-enacted showing how to apply it effectively.

Turning off : drugs and peer pressure (ajaz)

Gr. 7-Senior 4; 27 minutes

VHS; 1982

VTR/HQ 799.2/.P44/T87/1982

Part 1: Everybody's doing It

Peer pressure, group behaviour, risk-taking.

Part 2: Standing up for yourself

Learning to deal with peer pressure.

CANNABIS (MARIJUANA)

Adolescents & marijuana : getting a life (amco)

Gr. 8-Senior 4; 13:39 minutes

VHS; 2000

Hazelden

VTR/HV 5822/.M3/A3/2000

Teens who experienced the highs and lows of marijuana abuse share their tales of addiction and loss and subsequent recovery. Told strictly through the voices of the teens profiled, the video cuts to the core of marijuana attraction and the ultimate cost to the user on a physical, emotional, and spiritual level. The video is an inspiration for recovering teens of all walks of life to stay clean and nurture their recovery.

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.

Cannabis and you (afxw)

Gr. 8-Senior 4; 12 minutes

VHS; 1987

ARF

VTR/HV 5822/.C3/C35/1987

Facts and misconceptions about marijuana are dealt with in this video directed to students in Grades 8, 9 and 10. Several students are interviewed and express concerns about peer pressure to try the drug. Encourages positive attitudes that help young people avoid cannabis use.

Choice is yours, The (ajen)

Gr. 7-Senior 1; 29 minutes

VHS; 1987

ARF

VTR/HV 5824/.Y68/C46/1987

This program is suitable for use with students from 13 to 15 years of age. It is divided into 5-minute segments, one each on alcohol, drugs and crime, cannabis, cocaine and crack, and inhalant abuse. It was produced in cooperation with the Ontario Chiefs of Police and is used by police lecturers in classrooms across Ontario. The straight-to-the-point content examines the consequences of making the wrong choice about drugs and gives positive aid in making the correct choices.

Marijuana and your mind (aitz)

Gr. 7 - 12; 27 minutes

VHS; 1982

Sunburst

VTR/HV 5822/.C3/M37/1982

Part 1: What it is, What it Does

Part 2: Smoking or coping

Reports on the growing concern that marijuana adversely affects emotional and social development. Presents scientific research on the short-term and possible long-term effects of marijuana usage.

Marijuana : at your own risk : part 1 & 2 [DVD]

Grades 6 – 12; 20 minutes

DVD; 2007

Kinetic

DVD/HV 5824/.Y68/M3/2007

Includes a counsellor's guide and client worksheets.

Instead of telling kids "just say no", this program takes the approach of showing them the problems, the path to those problems, and asking them to decide. For teens already smoking pot or at very high risk for starting, these programs are highly effective at cutting through denial that marijuana can be harmful.

What ties it all together is the dilemma of one young man, “Jason”, who is considering smoking pot. In conversations with an appealing female narrator, Jason expresses all the beliefs and misinformation that most teens have. But the narration, interviews with recovering marijuana abusers, and expert testimony combine to reveal the flimsiness of Jason’s thinking against real-life effects of smoking today’s potent marijuana.

Part 1

Shows how becoming a chronic user is a gradual process that typically takes over one’s life in steps. It’s hard to SEE the problems marijuana is causing – as they are happening.

Part 2

Identifies just what the negative effects of chronic marijuana use can be. Also in part 2, recovering teen marijuana users share how much better their lives have become since they got help and stopped using, providing hope and inspiration to viewers who need it.

Marijuana : escape to nowhere (aliy)

Gr. 7-Senior 4; 40 minutes

VHS; 1999

Kinetic

VTR/HV 5822/.M3/.M37/1999

Confronts the myths of marijuana use by clearly stating that marijuana is addictive and that use results in physical, emotional, and spiritual consequences. Shares real experiences with marijuana use and recovery through poignant testimonials of people on recovery.

Marijuana : neurochemistry and physiology (asdb)

Grades 9 - 12; Adult; 32 minutes

DVD; 2005

Kinetic Inc.

DVD/QP 801/.M3/2005

Designed to be used in a group or clinical setting, this objective, non-judgmental video presents the latest research and findings on the neurochemistry and physiology of marijuana. The content focuses on the research advances in understanding how marijuana works on a cellular level and how those neurochemical changes affect sedation, the sense of novelty, appetite, memory, the immune system, visual spatial organization, paranoia, and dependence.

Issues of tolerance and tissue dependence, withdrawal, acute psychic effects, driving effects, and physical effects are highlighted.

Marijuana : the mirror that magnifies (ajxn)

Gr. 7-Senior 1; 28 minutes

VHS; 1996

Kinetic

VTR/HV 5822/.M3/M37/1996

Through animation, graphics, interviews with current users and those in recovery, and featuring Dr. Darryl Inaba, Pharm. D., this video presents an objective, non-judgemental examination of marijuana.

Messing with heads : marijuana and mental illness (aucj)

Grades 9 – 12; 46 minutes

DVD; 2005

Kinetic

DVD/HV 5822/.M3/M4/2005

The widespread use of marijuana only started to happen 4 decades ago. Research into the long-term effects of that use has begun to bring some disturbing mental health issues to light. Because the THC content of modern marijuana is so much greater than the original “natural” strains, those issues, including

schizophrenia and paranoid psychosis, may be on the gentler end of a very steep incline. That research is explained.

My pot video (akdl)

Gr. 7-Senior 1; 16 minutes
VHS; 1997
Kinetic
VTR/HV 5822/.M3/M8/1997

A high school student senior, Mike Morgan, tells the viewer that he is “assigned” to make this video about smoking marijuana. It seems “The Assignor” discovered that Mike was interested in making student videos and requests he produce one on pot for other students. (We later get hints that he is doing the project for a judge after being caught smoking pot at school).

Pot holes : the risk of cannabis use & driving (atzy)

Senior 1 - Senior 4; Adult
DVD; 2006
Dalhousie University
DVD/ HE 5620/.P6/2006

This DVD was made by a student committee who realized that they should help those students using alcohol and other drugs to minimize their risks. The committee acknowledged the risks students were taking when smoking pot and driving.

REAL PEOPLE SERIES

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KIT; 2004
Kinetic Inc.
KIT/ QP 801/.A3/B5/2004

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Real people : teens, family and stress (aupj)

Grades 7 – 12; 21 minutes

Sunburst Visual Media

KIT/BF 724.3/.S86/R4/2003

Includes a video and a teacher's guide.

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Grades 6 – Senior 4; 15 minutes

VHS; 200?

Canadian Learning Company

VTR/HV 5824/.Y68/R4358/200?

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Reality check : a marijuana prevention video (amgi)

Gr. 7-Senior 1; 17:22 minutes

VHS; 1999

VTR/HV 5824/.Y68/R43/1999

Exposes teens to the reality of the physical, mental, and emotional dangers to this increasingly popular drug. The video provides viewers with skills and positive alternatives to avoid the pitfalls of pot.

Stoned : an anti-drug film (ajac)

Gr. 7-Senior 4; 32 minutes

VHS; 1980

VTR/HV 5822/.M3/S76/1980

A film about marijuana for grades 7 to 12. One of the primary needs of adolescence is to have a positive sense of identity which is supplied by joining a group of one's peers. The problems a teenager faces in fulfilling this need are explored in this film.

CHILDREN OF ALCOHOLICS

Alateen tells it like it is (ajcq)

Gr. 7-Senior 4; 16 minutes
VHS; 1987
Hazelden
VTR/HV 5275/.A42/1987

This film features a young narrator and two other teenagers who share what growing up in an alcoholic home is like, how they found Alateen and why they stayed.

Children of alcohol (ajem)

Gr. 4-Senior 4; 18 minutes
VHS; 1984
National Film Board
VTR/HV 5132/.C45/1984

Young people from families where alcohol is a problem talk about their struggle to cope with their parents' drinking.

The film offers a good starting point for discussions on alcohol abuse and the family.

I live in an alcoholic family (ajdk)

Gr. 7-Senior 4; 36 minutes
VHS; 1988
Sunburst
VTR/HV 5132/.I55/1988

Three parts:

1. The Family Secret
2. The Three C's
3. The Healing Process

Provides necessary information about parental alcoholism and the dynamics of the alcoholic family such as isolation, secrecy, denial, guilt, etc. Teaches the three C's: the child did not cause, cannot control, and cannot cure his/her parent's drinking.

If someone in your family drinks (ajdj)

Gr. 7-Senior 4; 24 minutes
VHS; 1987
Sunburst
VTR/HV 5132/.I47/1987

This is a two-part program designed to help children of alcoholics come to terms with the problem and seek assistance for themselves. The program explains the concept of a family in which one person's drinking problem affects all members. It demonstrates how family members may deny the problem or even play certain roles that subtly allow or protect the alcoholic's drinking habits. The tape also shows how self-awareness and counselling can help children of alcoholics break out of these roles and move on with their own lives.

Joey and me (ajdd)

Gr. 7-Senior 4; 10 minutes
VHS; 1976
VTR/HV 5824/.Y68/J64/1976

Animated story of a young boy provides potent comment on drinking, smoking, drug abuse and other problems of youth.

Story of hope (ajae)

Gr. 4-Senior 1, Adults; 14 minutes
VHS; 1993
VTR/HV 5132/.S76/1993

A video about how counselling helps children cope with parental addiction. Featuring interviews with recovering alcoholics and children of alcoholics, the film shows children and adults the benefits of seeking assistance. Suitable for viewing by elementary and middle/junior high school-aged children of alcoholics as well as parents, guardians and other caretakers.

COCAINE

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.

Cocaine and the brain (ajex)

Gr. 7-Senior 1; 11 minutes
VHS; 1991
VTR/HV 5810/.C63/1991

A science-based prevention program designed for use with middle school students. Using a radiological imaging technique, normal brain scans are compared with images from cocaine users brains. Students see, through this demonstration, what a brain looks like on drugs.

Cocaine : the emerging facts (ajeu)

Gr. 7-Senior 4; 26 minutes
VHS; 1986
VTR/HV 5810/.C63/1986

Two parts:

Sarah's story

Relates the story of Sarah who becomes hooked on cocaine and how her habit changes Sarah from an outgoing and caring young person to one who is suspicious and hostile.

The Dangerous drug

Illustrates the way the drug works in the body, the anxiety, panic, paranoia and suicidal feelings it often produces. Suggests how users who want to stop can find help.

Crack (ajke)

Gr. 7-Senior 1; 14 minutes
KIT: Contains video, teacher's guide, activity sheets; 1987
Dominic Press
KIT/HV 5810/.C73/1987

This program presents the dangers of using crack, stressing the impact on the heart, lungs and brain, and the depression one is likely to feel following the high. The conclusion of the video reaffirms the value of a drug-free life.

Crack! (ajfb)

Gr. 7-Senior 4; 13 minutes
VHS; 1987
Sunburst
VTR/HV 5810/.C7334/1987

Alerts viewers to the dangers of crack, the “freebase” form of cocaine that is devastating the teenage population. Attributes crack’s alarming popularity to its trendiness, low cost, easy availability, and ease of use.

Crack : the big lie (ajfc)

Gr. 7-Senior 4; 22 minutes
VHS; 1987
Magic Lantern
VTR/HV 5810/.C733/1987

To help students make one of the most important decisions of their lives – the decision to say no to crack. Based on actual case studies, the film discloses the alarming availability and severe addictiveness of crack.

High on crack street (auch)

Grades 9 – 12, Adult; 60 minutes
DVD; 2007
Kinetic

The program documents the nature of co-dependent relationships while clearly demonstrating the all consuming nature of addiction. When it comes right down to it nothing else matters! Self respect, family, desires or ambitions all disappear in a puff of crack smoke.

Solid as a rock (aizd)

Gr. 7-Senior 4, Adult; 28 minutes
VHS; 1986
VTR/HV 5810/.S65/1986

A documentary describing baseball player Tim Lincecum’s personal struggle with cocaine abuse and his subsequent recovery.

COMMUNICATION IN THE FAMILY

Criss cross (ajfd)

Gr. 7-Senior 4, Adult; 40 minutes
VHS; 1987
VTR/HV 5808/.C75/1987

Designed to be viewed by parents and their teenagers together. Through the use of role-play the stages of drug/alcohol usage by teenagers are explored and subsequent response from the parental viewpoint is explained.

Spread your wings = (Ouvre tes ailes) (aizs)

Gr. 7-Senior 4. Adult; 4 minutes
VHS; 1990
VTR/HV 5824/.Y68/S64/1990

A videotape by Mr. Leo Kay, writer of the song, aimed at young people and their parents. Focuses on communication and support, two essential components in the fight against alcohol and drug abuse.

Working it out : A family discusses drinking (ajcj)

Gr. 7-Senior 1, Adult; 26 minutes Closed captioned
VHS; 1993
VTR/HQ 755.85/.W67/1993

A look at an average Canadian family that confronts some of the problems between parents and their children when discussing the issues of drinking. Like any family, they are not perfect, and as the parents find out, planned discussions about the responsibilities associated with drinking do not always happen at the most opportune time.

CONFLICT MANAGEMENT

Anger : you can handle it (aiwu)

Gr. 7-Senior 4, Adult; 24 minutes
VHS; 1995
VTR/BF 575/.A5/A53/1995

Helps students differentiate between normal feelings of anger and destructive angry behaviour. Shows viewers how to get back in control and deal with anger in safe, constructive ways.

Making the leap to high school (auah)

Gr. 7-12; 11 minutes
VHS; 2001
Alcohol and Drug Concerns Inc.
VTR/BF 637/.B4/M3/2001

This video shows five Public Service Announcements (PSA), created by high school students. Each one contains a different message for grade school students about how to "make the leap" into high school. The vignettes deal with body image, responsible decision making, drinking and driving, and general health issues. The students themselves appear in the video, and provide discussion points for the classroom viewers.

Real people : teens, family and stress (aupj)

Grades 7 – 12; 21 minutes
Sunburst Visual Media
KIT/BF 724.3/.S86/R4/2003

Includes a video and a teacher's guide.

In this documentary-style program, real teens reveal how they meet the challenge of coping with stress in their family. Viewers learn to recognize the physical cues that indicate they are under stress, define the issues that cause them the most stress, and understand the difference between negative and positive coping strategies for dealing with stress.

SHOWPIECE SERIES

Bully dance (alqp)

Primary – Adult; 10:06 minutes
VHS; 2000
VTR/BF 723/.I645/2000

The “stick people” in this video are imaginary, but this tale is all too familiar. Like the dance beat pulsating throughout the film, the bully’s intimidation of a smaller victim is unrelenting; no one stops the dance until serious harm is inflicted. While the video offers no simple solutions, it does compel viewers – teachers, parents and children – to take stock of their actions and to find ways to end peer abuse.

Dinner for two (alqo)

All Ages; 7:15 minutes
VHS; 1997
VTR/BF 723/.I654/1997

Peace in the rain forest is disrupted when two characters get “stuck” in a conflict, with catastrophic results. Luckily for the lizards, a frog observing the fracas turns into exactly what they need . . . (no, not a prince) . . . a mediator. Tackles conflict in lively humorous and provocative ways. It shows that amidst the chaos that differences create, there are still paths to reconciliation.

When the dust settles (alqq)

Gr. K-Senior 4, Adult; 7:11 minutes
VHS; 1997
VTR/BF 723/.I645/1997

The prairie wind is not responsible for the dirt flying in this film; the culprits are neighbouring gophers with an un-neighbourly appetite for anger and revenge. By sundown, the retaliatory rodents have all but obliterated both of their homes . . . is there any way they can put the pieces back together?

Violence prevention ; inside out (aqfj)

Grades 7 – Sr. 4; 20 minutes
VHS; 200?
Kidsrights
VTR/BF 723/.I645/V5/200?

Through narration, interviews, and dramatization, the video examines the feelings inside oneself leading to and resulting from violence, and violence experienced externally in the home, school, society and environment in general.

DECISION-MAKING

Choice is yours, The (ajen)

Gr. 7-Senior 1; 29 minutes
VHS; 1987
ARF
VTR/HV 5824/.Y68/C46/1987

This program is suitable for use with students from 13 to 15 years of age. It is divided into 5-minute segments, one each on alcohol, drugs and crime, cannabis, cocaine and crack, and inhalant abuse. It was produced in cooperation with the Ontario Chiefs of Police and is used by police lecturers in classrooms across Ontario. The straight-to-the-point content examines the consequences of making the wrong choice about drugs and gives positive aid in making the correct choices.

DEGRASSI TALKS SERIES

Abuse (ajtf)

Gr. 7-Senior 1; 24 minutes
VHS; 1992
VTR/HV 6626.5/.A33/1992

Kids talking to kids about date rape and other sexual abuse . . .about beatings . . . about emotional abuse that doesn't show but can hurt just as much.

Alcohol (ajty)

Gr. 7-Senior 1; 24 minutes
VHS; 1992
VTR/HV 5135/.A53/1992

Kids talk to kids about drinking . . .about being a teenage alcoholic . . .about what can happen when you drink and drive . . .about being a victim of a drink driver.

Depression (ajth)

Gr. 7-Senior 1; 24 minutes
VHS; 1992
VTR/RJ 506/.D4/D46/1992

Kids talk to kids . . . about feeling alone and unloved . . . about feeling depressed enough to take an overdose of pills . . . about learning to talk and share their feelings.

Depression and suicide (ajvf)

Senior 1-Senior 4; 30 minutes
VHS; 1991
VTR/HV 6545.8/.D46/1988

Michael Pritchard and teens identify the signs frequently exhibited by people who are at risk for suicide and discuss the recommended procedures for intervening. They also examine ways of coping with the depression and stress that often lead to suicide, and encourage people to ask for help when they feel themselves at risk.

Drugs (ajwc)

Gr. 7-Senior 1; 24 minutes
VHS; 1992
VTR/HV 5824/.Y68/D78/1992

Kids talk to kids . . . about using street drugs, prescription and non-prescription drugs, household solvents . . . about why they use drugs . . . about how drug abuse has affected their lives and their families' lives.

Sex (ajtg)

Gr. 7-Senior 1; 24 minutes
VHS; 1992
VTR/BF 692/.S48/1992

Kids talk to kids about having sex . . .about abortion . . . about pregnancy . . . about STD's . . . about AIDS.

Drugs and you : how will you decide? (ajfz)

Gr. 7-Senior 4; 27 minutes
VHS; 1984
VTR/HV 5824/.Y68/D78/1984

Helps students understand that drug decisions are really value decisions. Demonstrates that when young people know what their values are they are in a better position to make wise decisions about drugs.

Drugs, values and decisions (ajgd)

Gr. 7-Senior 4; 35 minutes
VHS; 1981
Sunburst
VTR/HV 5824/.768/D78/1981
Part 1: When Everybody's Doing It
Part 2: Dealing with Pressure
Part 3: One Person's Choice

Using true-to-life situations, this program focuses on the reasons teens take drugs. Explores the myth that drugs can help solve problems. Emphasizes that students can say no to drugs.

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.

Making the leap to high school (auah)

Gr. 7-12; 11 minutes
VHS; 2001
Alcohol and Drug Concerns Inc.
VTR/BF 637/.B4/M3/2001

This video shows five Public Service Announcements (PSA), created by high school students. Each one contains a different message for grade school students about how to "make the leap" into high school. The vignettes deal with body image, responsible decision making, drinking and driving, and general health issues. The students themselves appear in the video, and provide discussion points for the classroom viewers.

Say no to drugs : it's your decision (aixz)

Gr. 7-Senior 4; 17 minutes
VHS; 1986
VTR/HV 5824/.Y68/S29/1986

Covers a wide spectrum of issues dealing with drug use combining testimony from former drug users, professional counsellors and leaders of drug abuse organizations.

TES CHOIX TA SANTE

Mal dans sa peau (akre)

Gr. 4-6; 15 minutes
VHS; 1991
VTR/BF 723/.D34/T3/1991/v.1

Séries : Tes choix ta santé

L'hérédité, la banalisation de l'alcool, le conflit avec les valeurs familiales, les pressions des pairs sont des facteurs de risqué à l'égard de l'expérimentation précoce du tabac et de l'alcool ou des drogues. Pour réduire les risques liés aux toxicomanies, il faut d'abord identifier les facteurs de risqué dans son environnement.

Qui suis-je? (akrf)

Gr. 4-6; 15 minutes

VHS; 1991

VTR/BF 723/.D34/T3/1991/v.2

Series : Tes choix, ta santé

À la pré adolescence, les jeunes vivent des transformations profondes. Face à ces grands changements, ils se sentent souvent perdus mais ils sont aussi curieux et avides de connaissances sur la vie et sur eux-mêmes. On peut les aider à prendre conscience de l'image qu'ils ont d'eux-mêmes, ce qui les influencera favorablement dans leur capacité de faire des choix, de s'affirmer et de résister à la consommation de drogues.

Influences (akrj)

Gr. 4-6; 15 minutes

VHS; 1991

VTR/BF 723/.D34/T3/1991/v.4

Series : Tes choix ta santé

Les médias ont une influence énorme, positive et négative, sur les valeurs des jeunes. D'un côté, ils apportent information, ouverture au monde, stimulation. D'un autre côté, ils sont remplis d'incitations à consommer. Les médias utilisent continuellement l'image des jeunes à des fins publicitaires. Apprendre à decoder ces images et les objectifs des publicitaires développera l'esprit critique et une meilleure compréhension de ces influences.

Bienvenue dans la gang, Monsieur Chang! (akrk)

Gr. 4-6; 15 minutes

VHS; 1991

VTR/BF 723//.D34/T3/1991/v.5

Séries : Tes choix ta santé

Le besoin d'appartenance à un groupe est très fort chez le jeune adolescent. Au sein du groupe, les pressions positives ou négatives sont constantes et il faut apprendre à les identifier. Pour résister à des pressions négatives des pairs, il faut faire preuve de courage et apprendre à s'affirmer.

Moi, je me bouge (aktd)

Gr. 4-6; 15 minutes

VHS; 1991

VTR/BF 723/.D34/T3/1991/v.7

Séries : Tes choix ta santé

Choisir des activités et réaliser des projets constituent pour les jeunes des alternatives valables aux comportements à risqué, notamment à la consommation de drogue.

Savoir décider (akte)

Gr. 4-6; 15 minutes
VHS; 1991
VTR/BF 723/.D34/T3/1991/v.8

Séries : Tes choix ta santé

On doit souvent faire des choix, prendre des décisions. Certaines décisions peuvent affecter notre santé, notre avenir et peuvent même affecter les gens qui nous entourent.

Trois amis (aktf)

Grades 4-6; 15 minutes
VHS; 1991
VTR/BF 723/.D34/T3/1991/v.9

Séries : Tes choix ta santé

Les personnes qui abusent de l'alcool ou qui sont dépendantes de la drogue présentent divers symptômes ou comportements typiques. On peut apprendre à reconnaître ces symptômes et ces comportements. L'aide qu'on peut apporter à un ami toxicomane est limitée, mais on peut le référer à un réseau de ressources qui comprend des professionnels ou des ressources spécialisées.

Changement d'air (aktg)

Gr. 4-6; 15 minutes
VHS; 1991
VTR/BF 723/.D34/Y3/1991.v.10

Series : Tes choix ta santé

La santé n'est pas que l'absence de maladie: elle comporte des dimensions physiques, mentales, émotives, spirituelles. Notre santé est aussi influencée par des facteurs comme notre environnement, nos habitudes, nos relations avec nos proches.

DRIVING WHILE IMPAIRED

Impairment goggles (akzg)

Senior 1-Senior 4
KIT; 1999
Drunk Busters of America
KIT/HE 5620/.D7/I5/1999

These goggles demonstrate what it is like to be impaired. Can be used for peer education and mentoring programs as well as at shopping malls and fairs or to supplement alcohol and drug abuse prevention and awareness programs.

It can't happen to me (ajqh)

Gr. 7-Senior 4; 18 minutes
VHS; 1996
VTR/HE 5620/.D7/I8/1996

This video portrays the personal tragedies of five families who have been affected by impaired drivers. This is an educational tool that will be utilized at the secondary and senior school levels with MADD Canada's Close to Home Program.

Low level BAC impairment goggles (arrr)

Grades 7 – Adult
KIT; 2005
Drunk Busters of America
KIT/HE 5620/.D7/I5/2005

These goggles demonstrate effects of impairment, including reduced alertness, slowed reaction time, confusion, visual distortion, alteration of depth & distance perception, reduction of peripheral vision, poor judgment and decision making, double vision, and lack of muscular coordination. They simulate a BAC of .04 to .06. Can be used for peer education and mentoring programs as well as at shopping malls and fairs or to supplement alcohol and drug abuse prevention and awareness programs.

Making the leap to high school (auah)

Gr. 7-12; 11 minutes
VHS; 2001
Alcohol and Drug Concerns Inc.
VTR/BF 637/.B4/M3/2001

This video shows five Public Service Announcements (PSA), created by high school students. Each one contains a different message for grade school students about how to "make the leap" into high school. The vignettes deal with body image, responsible decision making, drinking and driving, and general health issues. The students themselves appear in the video, and provide discussion points for the classroom viewers.

One too many! (alil)

Senior 1-Senior 4; 39 minutes
VHS; 2000
VTR/HE 5620/.D7/O5/2000

Features four subjects – three young women and one young man – who will drive a predetermined course in a dual controlled driver training vehicle under the direct supervision of a member of the Royal Canadian Mounted Police. The purpose of this experiment is to demonstrate the significant changes in the driving habits of the individuals after the consumption of relatively minor amounts of alcohol and how the BAC levels in all four subjects varied. Other topics discussed are peer pressure, messages about alcohol and cost of a Driving While Impaired conviction in Manitoba.

Pot holes : the risk of cannabis use & driving (atzy)

Senior 1 - Senior 4; Adult
DVD; 2006
Dalhousie University
DVD/ HE 5620/.P6/2006

This DVD was made by a student committee who realized that they should help those students using alcohol and other drugs to minimize their risks. The committee acknowledged the risks students were taking when smoking pot and driving.

Remote control truck impairment kit (aqaa)

Sr. 1-Sr. 4; Adult
KIT; 2004
KIT/HE 5620/.D7/R4/2004

An interactive kit designed to be used with the impairment goggles. Illustrates what it is like to drive sober and then what it is like to drive while impaired.

DRUG ABUSE – PREVENTION

Addicted brain, The (armb)

Senior 1 – Senior 4; Adult; 26 minutes
DVD; 2003
Films for the Humanities & Sciences
DVD/QP 356/.A3/2003

This documentary takes viewers on a tour of the world's most prolific manufacturer and user of drugs – the human brain. The bio-chemistry of the brain is responsible for joggers' highs, for the compulsion of some people to seek thrills, for certain kinds of obsessive-compulsive behavior, even for the drive to achieve power and dominance. The program explores developments in the biochemistry of addiction and addictive behavior.

The Adventures of 'just say no man' and 'be drug free woman' (aiup)

Gr. 4-8; 8 minutes
VHS; 1995
VTR/HV 5824/.Y68/A38/1995

A take-off on comic book characters, pint-sized superheroes fly through the air and see some of their friends at a party. A good introductory film to expose young people to the concept of how not to get involved with drug or alcohol use.

Alternatives to addiction (aqwk)

Grades 7 – Senior 4; 27 minutes
VHS; 1999
Marlin Motion Pictures Ltd.
VTR/HV 5824/.Y68/A5/1999

Hooked : the addiction trap series

A model for change, which includes advice on getting help, recognizing warning signs, dealing with feelings, understanding that feeling pain is a part of living, urge surfing, and not giving up, and is presented for youth who may already have developed negative patterns which could lead to addiction.

Can we talk (ajeb)

Gr. 7-Senior 4, Adult; 28 minutes
VHS; 1989
Magic Lantern
VTR/HV 5824/.Y68/C35/1989

This program looks at the problem of adolescent substance abuse from the prevention perspective. Experts, parents and adolescents explain the problem from their perspectives. Examples of programs designed for primary prevention are discussed.

Choice is yours, The (ajen)

Gr. 7-Senior 1; 29 minutes
VHS; 1987
ARF
VTR/HV 5824/.Y68/C46/1987

This program is suitable for use with students from 13 to 15 years of age. It is divided into 5-minute segments, one each on alcohol, drugs and crime, cannabis, cocaine and crack, and inhalant abuse. It was produced in cooperation with the Ontario Chiefs of Police and is used by police lecturers in classrooms across Ontario. The straight-to-the-point content examines the consequences of making the wrong choice about drugs and gives positive aid in making the correct choices.

Consequences of addiction, The (aqws)

Grades 7 – Senior 4; 28 minutes
VHS; 1999
Marlin Motion Pictures Ltd.
VTR/HV 5824/.Y68/C657/1999

Hooked : the addiction trap series

Participants in the module, including those with substance abuse and smoking problems as well as gambling, Internet pornography, and other addictions discuss the heavy toll addiction has taken on their health, relationships with family and friends, school life, finances, and freedom.

Death by Jib (arup)

Grades 7 – Adult; 19 minutes
VHS; 2005
Peace Arch Community Services
DVD/RM 316/.D4/2005
VTR/RM 316/.D4/2005

This video speaks directly to the hearts and minds of viewers to convey a powerful and emotional message warning teenagers and young adults about the harsh realities of Crystal Meth. This graphic video pulls no punches as teen addicts describe the horror of addiction to Jib. The important message regarding sexual exploitation of youth on Crystal Meth is handled in a straightforward and honest manner.

CONTAINS COARSE LANGUAGE AND DISTURBING SCENES. VIEWER DISCRETION IS ADVISED.

DEGRASSI TALKS SERIES

Abuse (ajtf)

Gr. 7-Senior 1; 24 minutes
VHS; 1992
VTR/HV 6626.5/.A33/1992

Kids talking to kids about date rape and other sexual abuse . . .about beatings . . . about emotional abuse that doesn't show but can hurt just as much.

Alcohol (ajty)

Gr. 7-Senior 1; 24 minutes
VHS; 1992
VTR/HV 5135/.A53/1992

Kids talk to kids about drinking . . .about being a teenage alcoholic . . .about what can happen when you drink and drive . . .about being a victim of a drink driver.

Depression (ajth)

Gr. 7-Senior 1; 24 minutes
VHS; 1992
VTR/RJ 506/.D4/D46/1992

Kids talk to kids . . . about feeling alone and unloved . . . about feeling depressed enough to take an overdose of pills . . . about learning to talk and share their feelings.

Depression and suicide (ajvf)

Senior 1-Senior 4; 30 minutes
VHS; 1991
VTR/HV 6545.8/.D46/1988

Michael Pritchard and teens identify the signs frequently exhibited by people who are at risk for suicide and discuss the recommended procedures for intervening. They also examine ways of coping with the depression and stress that often lead to suicide, and encourage people to ask for help when they feel themselves at risk.

Drugs (ajwc)

Gr. 7-Senior 1; 24 minutes

VHS; 1992

VTR/HV 5824/.Y68/D78/1992

Kids talk to kids . . . about using street drugs, prescription and non-prescription drugs, household solvents . . . about why they use drugs . . . about how drug abuse has affected their lives and their families' lives.

Sex (ajtg)

Gr. 7-Senior 1; 24 minutes

VHS; 1992

VTR/BF 692/.S48/1992

Kids talk to kids about having sex . . . about abortion . . . about pregnancy . . . about STD's . . . about AIDS.

Discovery kit, The : positive connections for kids (ajkg)

Gr. 5-Senior 1

Kit includes 2 video programs, activity worksheets, leader's guide, audio cassette, 2 booklets, posters and program guide: 1992

KIT/BF 637/.S4/D48/1994

A cross-cultural program designed for communities to build resiliency in 10 to 15 year-old kids by helping them connect to positive influences in their lives. The messages and materials are designed to help all children, but especially children of alcoholics and other children who are a higher risk for developing alcoholism or other drug problems.

Drugs and you : how will you decide? (ajfz)

Gr. 7-Senior 4; 27 minutes

VHS; 1984

VTR/HV 5824/.Y68/D78/1984

Helps students understand that drug decisions are really value decisions. Demonstrates that when young people know what their values are they are in a better position to make wise decisions about drugs.

Drugs : tough questions, straight answers (anit)

Ages 8-10; 19 minutes

VHS; 2002

Omega

VTR/HV 5824/.Y68/D7/2002

"If cigarettes are so bad for you, how come they sell them?" If alcohol's so dangerous, how come my parents and their friends drink?" This program features 2 youngsters who ask a counsellor "tough" questions.

Drugs, values and decisions (ajgd)

Gr. 7-Senior 4; 35 minutes

VHS; 1981

Sunburst

VTR/HV 5824/.768/D78/1981

Part 1: When Everybody's Doing It

Part 2: Dealing with Pressure

Part 3: One Person's Choice

Using true-to-life situations, this program focuses on the reasons teens take drugs. Explores the myth that drugs can help solve problems. Emphasizes that students can say no to drugs.

Fabulous FAS quiz show, The (ajkn)

Gr. 6-Senior 1; Kit includes 15 minute video and activities guide;

KIT; 1993

March of Dimes

KIT/RG 629/.F45/F33/1993

This package includes information about the prevention of FAS/FAE and video/guide are intended to be tools to help students explore the difficult issues of substance use and sexuality in their lives and lead them to safer and healthier choices.

Faces of reality : youth and substance use (amba)

Senior 1-Senior 4; 23 minutes

VHS; 2000

AADAC

VTR/HV 5824/.Y68/F3/2000

This documentary brings together four young adults who experienced an alcohol or other drug problem while in their teens. Their task is to create a television commercial that will carry a message to other youth. In the process of making the commercial, the young people featured in the video share their personal stories of addiction and recovery.

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.

HARMFUL EFFECTS DIAGRAM POSTER SERIES

The Harmful effects DIAGRAM poster – AIDS (alen)

Grades 5 – Adult

KIT; 199-

Directional Learning

KIT/RA 644/.A25/A3/199-

Series : The Harmful effects DIAGRAM poster

Includes 2 posters.

Posters describe facts about AIDS, damage to the immune system, and how the virus is transmitted.

The Harmful effects DIAGRAM poster – Alcohol (artj)

Grades 5 – Adult
KIT; 199-
Directional Learning
KIT/RM 315/.A536/199-

Series : The Harmful effects DIAGRAM poster

Includes 1 poster.

Shows the harmful effects of alcohol on the body.

The Harmful effects DIAGRAM poster – Cocaine (aruq)

Grades 5 – Adult
KIT; 199-
Directional Learning
KIT/HV 5810/.C63/2003

Series : The Harmful effects DIAGRAM poster

Includes 1 poster.

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

The Harmful effects DIAGRAM poster – Fetus (alel)

Grades 5 – Adult
KIT; 199-
Directional Learning
KIT/RM 315/.F47/199-

Series : The Harmful effects DIAGRAM poster

Includes 1 poster.

Colourful poster showing the harmful effects of alcohol and drugs on the fetus.

The Harmful effects DIAGRAM poster – Heroin (artl)

Grades 5 – Adult
KIT; 199-
Directional Learning
KIT/RM 315/.D786/2003

Series : The Harmful effects DIAGRAM poster

Includes 1 poster.

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

The Harmful effects DIAGRAM poster – HIV (artm)

Grades 5 – Adult
KIT; 199-
Directional Learning
KIT/RA 644/.A25/H5/199-

Series : The Harmful effects DIAGRAM poster

Includes 2 posters.

Posters describe facts about HIV and AIDS, damage to the immune system, and how the virus is transmitted.

The Harmful effects DIAGRAM poster – Inhalants (arti)

Grades 5 – Adult
KIT; 199-
Directional Learning
KIT/HV 5822/.I64/2003

Series : The Harmful effects DIAGRAM poster

Includes 1 poster.

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

The Harmful effects DIAGRAM poster – Marijuana (arth)

Grades 5 – Adult
KIT; 199-
Directional Learning
KIT/HV 5822/.M37/2003

Series : The Harmful effects DIAGRAM poster

Includes 1 poster.

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

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.

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 SERIES

Health and drug education GRAPHIC poster - Alcohol (alhp)

Gr. 7-Senior 4, Adult; Kit includes 1 laminated poster

KIT; 199-

KIT/RM 315/.A53/199-

Can be used for displays, presentations, etc. – showing the harmful effects of alcohol on the body.

Health and drug education GRAPHIC poster – Cocaine (aojm)

Grades 7-Adult

KIT; 2003

KIT/HV 5810/.C6/2003

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

Health and drug education GRAPHIC poster – Ecstasy (alek)

Grades 7- Adult

KIT; 2003

KIT/RM 316/.E2/2003

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

Health and drug education GRAPHIC poster – Heroin (alek)

Grade 7-Adult

KIT; 2003

KIT/RM 315/.D78/2003

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

Health and drug education GRAPHIC poster - Inhalants (aojn)

Grades 7-Adult

KIT; 2003-05-05

KIT/HV 5822/.I6/2003

Shows the harmful effect of inhalants listed with colourful and graphic diagrams and easy to read descriptions.

Health and drug education GRAPHIC poster - Marijuana (aooi)

Gr. 7-Adult

KIT; 2003-05-05

KIT/HV 5822/.I6/2003

Shows the harmful effect of inhalants listed with colourful and graphic diagrams and easy to read descriptions.

Health and drug education GRAPHIC poster – Methamphetamine (artg)

Senior 1 – Adult
KIT; 2003
Directional Learning
KIT/RM 316/.M4/2003

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

Health and drug education GRAPHIC poster - Smoking (alem)

Gr. 7-Senior 4, Adult; Kit includes 3 posters
KIT; 199-
KIT/RM 315/.S66/199-

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

Health and drug education GRAPHIC poster – Steroids (aojo)

Grades 7 – Adult
VHS; 2003
KIT/RC 1230/ .S7/2003

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

Heroin : losing everything (alsv)

Gr. 7-Senior 1; Two parts, 26 & 29 minutes
VHS; 1998
Marlin Motion Pictures
VTR/HV 5822/.H4/H46/1998

This video, in two parts, uses the experiences of drug users and the information of experts in the substance abuse field, to demonstrate the dangerous, and sometimes deadly, consequences of heroin use. Though its contents are often tragic and unsettling, it is a powerful testimonial for the avoidance of heroin (**COARSE LANGUAGE**)

“I don’t have a problem” : the path to addiction (alme)

Gr. 5-Senior 1; 33 minutes
VHS; 2000
VTR/HV 5824/.Y68/I3/2000

Teenagers typically believe they are immune to the problem of serious drug abuse. But denial is a necessary element in becoming addicted. Program dramatizes the story of one teenager as he progresses from trying his first joint to snorting cocaine, repeatedly denying along the way that he has any problem. This close-up look at one teen’s descent into addiction offers a powerful insight into the nature of the process and helps students begin to understand their own potential vulnerability.

Inhalants : the quick, deadly high (akyu)

Gr. 7-Senior 4, Adult Stand-up display
Directional Learning
KIT/HV 5822/.S65/I54

Display may be used as an accompaniment to presentations in classrooms, mall displays, etc. for prevention and awareness programs.

Methamphetamine : the crystal cage (aqwj)

Grades 7 – Senior 4; 30 minutes
VHS; 1998
Marlin Motion Pictures Ltd.
VTR/RM 316/.M474/1998

This video educates kids on what “crystal meth” is, its dangers, and why it is a dead-end street. Kids who have been to the depths of meth addiction tell about the transition from casual use to addiction and onward, either to death or to recovery. Interviews with a clinical expert give psychological explanations to the young addicts’ stories. Computer-generated animation explains in detail what happens to the body and mind as a result of methamphetamine use.

Natural highs and how to get them (ajcy)

Gr. 7-Senior 4; 26 minutes
VHS; 1986
VTR/BF 378/.A75/N37/1986

A drug education program in three parts:

1. A Way of Life
2. Mind Over Matter
3. Taking Charge

Helps students recognize that everyone has the potential for getting high naturally, for experiencing the jubilant feeling of being on top of the world without drugs.

No kinda life (aupo)

Grades 9 – 12
DVD; 2007
DVD/HV 5824/.Y68/N6/2007

A stark and biting documentary filmed entirely behind bars at Louisiana State Penitentiary featuring prisoners "telling it like it is" about losing their freedom at an early age for drug related crimes. In dramatic settings, they relate their individual stories, telling how and why they were locked away, describing drab daily prison routine and inmate struggle, and so doing impart a strong sense of personal loss and regret.

Students watching get the big, realistic picture of their prison workdays, which begins at 4 a.m., and experience close-up interviews that are revealing and extremely moving. Ultimately this "living testimony" concludes with compelling advice to teenagers not to choose drugs, not to let crack cocaine and other dangerous substance ruin their lives.

Real true & false about drugs, The (arqy)

Grades 6 – Senior 4; 17 minutes
VHS; 200?
Canadian Learning Company
VTR/HV 5824/.Y68/R435/200?

With high school students as their guides, middle schoolers gain a better understanding of the truth and the myths surrounding these lethal drugs. The program exposes serious consequences of using club drugs, prescription drugs and street drugs such as cocaine and heroin. Drug-free high school students, medical and law enforcement experts, add their insight and support for choosing a lifestyle that doesn't include drugs. Presented in an engaging way, the social norms message comes through loud and clear: the vast majority of teens don't use drugs – not now, not ever.

Spread your wings = (Ouvre tes ailes) (aizs)

Gr. 7-Senior 4. Adult; 4 minutes
VHS; 1990
VTR/HV 5824/.Y68/S64/1990

A videotape by Mr. Leo Kay, writer of the song, aimed at young people and their parents. Focuses on communication and support, two essential components in the fight against alcohol and drug abuse.

Straight talk : alternatives to substance abuse (ajbt)

Gr. 4-Senior 1; 23 minutes

VHS; 1991

VTR/HQ 799.2/.P44/S76/1991

Program demonstrates how and why students should say no to drugs and alcohol. Deals with peer pressure and shows a variety of alternative activities to substance abuse which encompass five aspects of a student's life: spiritual, emotional, intellectual, social and physical.

Twice pardoned (ajbd)

Gr. 7-Senior 4; 35 minutes

VHS; 1987

Focus on Family Association

VTR/HV 5824/.Y68/T85/1987

In this video, ex-con Harold Morris candidly shares a powerful message of how minor mistakes can have major consequences. He pulls no punches as he warns young people about traps that nearly destroyed his life – negative peer pressure, running with the wrong crowd, low self-esteem, drug and alcohol abuse, premarital sex and thoughts of suicide.

What is addiction? Hooked : The Addiction trap series (aqwl)

Grades 7 – Senior 4; 25 minutes

VHS; 1999

Marlin Motion Pictures Ltd.

VTR/HV 5824/.Y68/W4/1999

Hooked : The Addiction Trap Series

Offers a definition of addiction, both to substances and behaviours, and presents experts discussing some of the most recent research on addiction and the brain.

What is your drug IQ? (aobn)

Grades 6-Senior 4; 17 minutes

VHS; 2002

VTR/HV 5808.5/.W8/2002

Two young narrators lead audiences through a series of true/false questions that test their knowledge on alcohol, marijuana, LSD, cocaine, heroin and inhalants. Rumours and half-truths surrounding each drug are quickly dispelled as viewers learn the facts.

Starting with alcohol, and followed by the other drugs of abuse, viewers are challenged with seldom-asked questions. Along with the questions posed in each drug section, viewers also increase their knowledge of the social effects of drug abuse.

What's your poison? Ecstasy : the party drug (alps)

Senior 1-Senior 4; 27 minutes

VHS; 1997

Omega

VTR/RM 316/.E3/1997

Lives lost to this drug have made front-page headlines but that doesn't prevent many from indulging. This episode takes us behind the rave scene and the adverse publicity this drug attracts. The real story about this controversial substance may surprise, particularly as many argue the effects of ecstasy are far less devastating than some drugs that are legal.

DRUGS – PHYSIOLOGICAL EFFECT

Addicted brain, The (armb)

Senior 1 – Senior 4; Adult; 26 minutes
DVD; 2003
Films for the Humanities & Sciences
DVD/QP 356/.A3/2003

This documentary takes viewers on a tour of the world's most prolific manufacturer and user of drugs – the human brain. The bio-chemistry of the brain is responsible for joggers' highs, for the compulsion of some people to seek thrills, for certain kinds of obsessive-compulsive behaviour, even for the drive to achieve power and dominance. The program explores developments in the biochemistry of addiction and addictive behaviour.

Alcohol, drugs and kids (ajdm)

Gr. 7-Senior 4; 18 minutes
VHS; 1987
Canadian Learning
VTR/HV 5135/.A42/1987

Four teens who started drinking or using drugs share their experiences and reasons for starting. A counsellor in a drug and alcohol rehab unit discusses peer pressure, self-esteem and related problems.

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.

Cannabis and you (afxw)

Gr. 8-Senior 4; 12 minutes
VHS; 1987
ARF
VTR/HV 5822/.C3/C35/1987

Facts and misconceptions about marijuana are dealt with in this video directed to students in Grades 8, 9 and 10. Several students are interviewed and express concerns about peer pressure to try the drug. Encourages positive attitudes that help young people avoid cannabis use.

Choice is yours, The (ajen)

Gr. 7-Senior 1; 29 minutes
VHS; 1987
ARF
VTR/HV 5824/.Y68/C46/1987

This program is suitable for use with students from 13 to 15 years of age. It is divided into 5-minute segments, one each on alcohol, drugs and crime, cannabis, cocaine and crack, and inhalant abuse. It was produced in cooperation with the Ontario Chiefs of Police and is used by police lecturers in classrooms across Ontario. The straight-to-the-point content examines the consequences of making the wrong choice about drugs and gives positive aid in making the correct choices.

Cocaine and the brain (ajex)

Gr. 7-Senior 1; 11 minutes
VHS; 1991
VTR/HV 5810/.C63/1991

A science-based prevention program designed for use with middle school students. Using a radiological imaging technique, normal brain scans are compared with images from cocaine users brains. Students see, through this demonstration, what a brain looks like on drugs.

Cocaine : the emerging facts (ajeu)

Gr. 7-Senior 4; 26 minutes
VHS; 1986
VTR/HV 5810/.C63/1986

Two parts:

Sarah's story

Relates the story of Sarah who becomes hooked on cocaine and how her habit changes Sarah from an outgoing and caring young person to one who is suspicious and hostile.

The Dangerous drug

Illustrates the way the drug works in the body, the anxiety, panic, paranoia and suicidal feelings it often produces. Suggests how users who want to stop can find help.

Crack (ajke)

Gr. 7-Senior 1; 14 minutes
KIT: Contains video, teacher's guide, activity sheets; 1987
Dominic Press
KIT/HV 5810/.C73/1987

This program presents the dangers of using crack, stressing the impact on the heart, lungs and brain, and the depression one is likely to feel following the high. The conclusion of the video reaffirms the value of a drug-free life.

Crack! (ajfb)

Gr. 7-Senior 4; 13 minutes
VHS; 1987
Sunburst
VTR/HV 5810/.C7334/1987

Alerts viewers to the dangers of crack, the "freebase" form of cocaine that is devastating the teenage population. Attributes crack's alarming popularity to its trendiness, low cost, easy availability, and ease of use.

Crack : the big lie (ajfc)

Gr. 7-Senior 4; 22 minutes
VHS; 1987
Magic Lantern
VTR/HV 5810/.C733/1987

To help students make one of the most important decisions of their lives – the decision to say no to crack.

Based on actual case studies, the film discloses the alarming availability and severe addictiveness of crack.

The Downside of uppers with Dr. David Olhms (aobl)

Senior 1-Senior 4; 27 minutes
VHS; 2002
VTR/RM 315/.D6/2002

Using clear language and the latest information on research trends, Dr. David Olhms illustrates the physical and psychological dangers of stimulants, primarily cocaine and methamphetamine. He describes in easy to understand detail how stimulants affect brain cells.

Drugs (ajwc)

Gr. 7-8; 24 minutes
VHS; 1992
VTR/HV 5824/.Y68/D78/1992
Series : Degrassi talks

Kids talk to kids . . . about using street drugs, prescription and non-prescription drugs, household solvents . . . about why they use drugs . . . about how drug abuse has affected their lives and their families' lives.

Drugs : how they affect body chemistry (ajga)

Senior 1- Senior 4; 22 minutes
VHS; 1989
Canadian Learning Company
VTR/RM 300/.D78/1989

A physiological study of how drugs – from aspirin to cocaine – move throughout the body's system. Includes information about unwanted side effects and how drugs can become physically addictive.

Hallucinogens & designer drugs (akdt)

Gr. 7-Senior 1; 30 minutes
VHS; 1995
VTR/RM 324.8/.H34/1995

What are they? How do they work? What are the short and long-term effects and dangers? Dr. David Olhms, M.D. answers all of these questions and more. Takes a fresh look and LSD and others gaining popularity.

Heroin : losing everything (alsv)

Gr. 7-Senior 1; Two parts, 26 & 29 minutes
VHS; 1998
Marlin Motion Pictures
VTR/HV 5822/.H4/H46/1998

This video, in two parts, uses the experiences of drug users and the information of experts in the substance abuse field, to demonstrate the dangerous, and sometimes deadly, consequences of heroin use. Though its contents are often tragic and unsettling, it is a powerful testimonial for the avoidance of heroin (**COARSE LANGUAGE**)

If you change your mind (ajhx)

Gr. 7-Senior 1; 31 minutes Includes student magazine and teacher's guide
VHS; 1992
NCADI
VTR/HV 5824/.Y68/I48/1992

Produced by middle school children for other school children, this video presents a unique perspective on drug abuse and its effects. In conjunction with the student magazine and teacher's guide, this video is a teaching tool to help students learn about the consequences of drug abuse.

Inhalants : Tony's choice (ajig)

Gr.4-Senior 1; 18 minutes
VHS; 1991
Canadian Learning
VTR/HV 5822/.S65/I54/1991

Program shows the effect of inhalants on the mind and body as well as the need to plan to avoid the temptation.

Marijuana and your mind (aitz)

Gr. 7-Senior 4; 27 minutes
VHS; 1982
Sunburst
VTR/HV 5822/.C3/M37/1982

Part 1: What it is, What it Does
Part 2: Smoking or coping

Reports on the growing concern that marijuana adversely affects emotional and social development. Presents scientific research on the short-term and possible long-term effects of marijuana usage.

Me, myself . . . and drinking (aixe)

Gr. 7-Senior 1; 23 minutes
VHS; 1988
McIntyre Media
VTR/HV 5135/.M4/1988

Part 1: Decisions About Drinking
Consists of four vignettes showing different aspects of the drinking issue, including drinking and driving, living with an alcoholic parent, and young teens starting to drink.

Part 2: Facts About Drinking
A counsellor explains how alcohol is absorbed by the body, about advertising, parental influences, and peer pressure.

Methamphetamine & other stimulants (asth)

Grades 7 – Senior 4; Adult; 23 minutes
VHS; 2004
Schlessinger Media
VTR/HV 5822/.A5/M4/2004

What are stimulants? Where do drugs like methamphetamine come from? And what happens to the body and mind of someone who abuses them? This compelling video answers these questions and more with first-person accounts from young addicts and leading experts. Students get an in-depth look at the effects stimulants have on the body, while examining the deadly consequences of methamphetamine use.

Methamphetamine : deciding to live (atiz)

Senior High; 38 minutes
VHS; 2006
Hazeldon Educational Materials
VTR/HV 5822/.A5/M48/1998

Through documentary-style interviews with recovering addicts, treatment professionals, and physicians, this

video reveals the devastating consequences of methamphetamine addiction and the struggles and rewards of recovery.

Part 1 begins with a pharmacological explanation of methamphetamine's effect on brain chemistry. Firsthand accounts from recovering addicts reveal how methamphetamine affects behaviour, emotions, cognitive functions, relationships, and the body.

Methamphetamine : neurochemistry & recovery (asap)

Grades 9 - 12, Adult; 31 minutes

VHS; 2006

C.N.S. Productions

DVD/HV 5822/.A5/M48/2006

Examines the way methamphetamine changes the brain both chemically & structurally. The video also explains how these changes interfere with the recovery process and what a person seeking recovery can do to improve their situation.

Methamphetamine : the hard facts (atja)

Grades 9 - 12; Adult; 19 minutes

KIT; 2003

McIntyre Media Limited

KIT/HV/5822/.A5/M48/2003

This video and the resource book provides students with simple, straight-forward information about methamphetamine. Provides information to make fact-based choices about drugs and their lives.

Methamphetamine : under the ice (astf)

Grades 7 – 9; Adult; 16 minutes

VHS; 1997

Syndistar Inc.

VTR/HV 5822/.A5/M48/1997

This video uses a direct, matter-of-fact style coupled with engaging computer graphics to explore the current state of Crystal Meth use in the country.

A narrator explains to teens the dangers of using Methamphetamine. Viewers are shown how and where Meth is made. Some chemicals used in this drug are poisonous and can burn the users esophagus. The effects of using this substance are shown, from high blood pressure, to decreased appetite, to death and everything in between. Also depicted is the addictive nature of the drug and its withdrawal symptoms.

REAL PEOPLE SERIES

Real people binge drinking : facts and consequences (asdy)

Grades 7 – Senior 4; 24 minutes

KIT; 2004

Kinetic Inc.

KIT/ QP 801/.A3/B5/2004

Drinking to get drunk, or binge drinking is a common occurrence among teens who use alcohol. Experts in the field of alcohol use present the hard facts teens need to know about alcohol's toxicity while real teens talk about: how to handle peer pressure to drink; the effect of drinking on relationships; the ineffectiveness of alcohol for stress reduction; loss of trust with parents; and the negative effect drinking has on school work. Dramatic accounts from two teens, one who was almost raped and one who almost died while drinking heavily, bring home the seriousness of binge drinking.

Real people : talking about alcohol (almh)

Gr. 5-Senior 1; 12 minutes
VHS; 1999
VTR/HV 5824/.Y68/1999

Discusses the reasons people drink and the greater vulnerability of young people to alcohol and alcohol addiction as compared to adults. Stresses the physical harm to young bodies that alcohol poses, the risk young drinkers take that they might end up having unwanted sex, an STD, a pregnancy or other accident, the danger of alcohol poisoning from drinking games.

Real people : talking about tobacco (almi)

Gr. 5-Senior 1; 10:24 minutes
VHS; 1999
VTR/HV 5824/.Y68/R4/1999

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.

Real people : talking about marijuana and other drugs (almj)

Gr. 5-Senior 1; 10:30 minutes
VHS; 1999
VTR/HV 5824/.Y68/R4/1999

Discusses the appeal of marijuana, acid, inhalants, whip-its, and steroids, outlines the dangers of each: the effects of pot on social and emotional life, how hallucinogens can cause paranoia, why use of inhalants or whip-its can lead to brain damage and even death.

Real people : teens, family and stress (aupj)

Grades 7 – 12; 21 minutes
Sunburst Visual Media
KIT/BF 724.3/.S86/R4/2003

Includes a video and a teacher's guide.

In this documentary-style program, real teens reveal how they meet the challenge of coping with stress in their family. Viewers learn to recognize the physical cues that indicate they are under stress, define the issues that cause them the most stress, and understand the difference between negative and positive coping strategies for dealing with stress.

The Secret life of the brain (andu)

Senior 1-Senior 4; 60 minutes
VHS; 2002
VTR/RC 564.68/.S43/2002

As the brain matures, teenagers face special risks-from addictive drugs and alcohol that can hijack the brain-to the chaos of schizophrenia, which strikes most often during adolescence. Dr. Nancy Andersen at the University of Iowa is studying young schizophrenics, searching to find which areas of the brain are affected and how to treat the debilitating symptoms. One teen responds to new medications that do not cure the disease but allow him to function on a daily basis. Other teenagers, however, have a more resistant form of the disease. One fourteen-year-old girl experienced her first psychotic break at age twelve and has been unable to find a medication that will control her symptoms.

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.

Stoned : an anti-drug film (ajac)

Gr. 7-Senior 4; 32 minutes
VHS; 1980
VTR/HV 5822/.M3/S76/1980

A film about marijuana for grades 7 to 12. One of the primary needs of adolescence is to have a positive sense of identity which is supplied by joining a group of one's peers. The problems a teenager faces in fulfilling this need are explored in this film.

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.

Understanding chemical dependency (ajbf)

Senior 1-Senior 4, Adult; 35 minutes
VHS; 1985
VTR/HV 5824/.Y68/U53/1985

Terrie and Eric, two young adults whose abuse of drugs and alcohol during their preteen and teenage years destroyed their relationships with family and friends, destroyed school performances, and nearly destroyed their lives, share their experiences in a high school setting. A counselor also provides facts about alcoholism, describes the treatment process, and urges teens to be part of the solution. Peer pressure, alcoholic personality and behaviour, enabling and denial, children of alcoholics and Alcoholics Anonymous and Al-Anon are discussed.

GAMBLING

Safe bet : recognizing the problem (aupw)

Grades 7 – 12; 13 minutes
The Bureau for At Risk Youth
DVD/RC 569.5/.G35/S2/2001

In Safe Bet, Mike, a high-school student, borrows money from other teens to pay his gambling debts. Struggling with another student to whom he owes money, Mike bumps his head and loses consciousness. While unconscious, Mike is "visited" by his uncle, who committed suicide because of his heavy gambling debts. Uncle Nick explains how gambling affected his life: missed payments, losses, lying, cheating, and a failed marriage. As Mike wakes up, he confronts the seriousness of his own gambling problem.

Winning

Grades 9 - 12; Adult; 57 minutes
DVD; 2004
National Film board of Canada
DVD/RC 564.68/.A6/2004

While the 6 o'clock news brings us countless profiles of newly rich winners, few stories have focused on the longer-term transformation. In this powerful and moving documentary, filmmaker Catherine Annau tracks six lottery winners to find out how their lives have changed, for better or worse. Winning is an eccentric rags-to-riches, and sometimes back-to-rags story, of people who have caught the ultimate lucky break.

HEALTH EDUCATION

Addicted brain, The (armb)

Senior 1 – Senior 4; Adult; 26 minutes
DVD; 2003
Films for the Humanities & Sciences
DVD/QP 356/.A3/2003

This documentary takes viewers on a tour of the world's most prolific manufacturer and user of drugs – the human brain. The bio-chemistry of the brain is responsible for joggers' highs, for the compulsion of some people to seek thrills, for certain kinds of obsessive-compulsive behaviour, even for the drive to achieve power and dominance. The program explores developments in the biochemistry of addiction and addictive behaviour.

Alcohol & nutrition (asdv)

Grades 9 – 12; Adult; 15 minutes
DVD; 2005
Kinetic Inc.
DVD/RA 784/.A43/2005

Presents information on how alcohol affects nutritional status and general health; male-female differences; effects on elderly; pregnancy and abstinence; health issues such as benefit-risk ratio; food guide pyramid tailored to alcohol recovery.

Alternatives to addiction (aqwk)

Grades 7 – Senior 4; 27 minutes
VHS; 1999
Marlin Motion Pictures Ltd.
VTR/HV 5824/.Y68/A5/1999

Hooked : the addiction trap series

A model for change, which includes advice on getting help, recognizing warning signs, dealing with feelings, understanding that feeling pain is a part of living, urge surfing, and not giving up, and is presented for youth who may already have developed negative patterns which could lead to addiction.

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.

Balance : healing through helping (akgi)

Gr. 7-8; 44 minutes

VHS; 1997

VTR/E 98/.Y68/B3/1997

This video is a look into the lives of many of our First Nations, Inuit and Metis youth in Canada. They talk frankly about issues that affect their everyday lives and how they feel about the situations that they are faced with. The youth talk about peer pressure, family values, physical fitness, goals, personal health and other topics. The video was filmed on location throughout the country and includes excerpts from Toronto's cosmopolitan to Canada's far north.

Eating disorders : the inner voice (alsu)

Gr. 7-Senior 4; 30 minutes

VHS; 2000

McIntyre Media

VTR/RC 552/.E18/E37/2000

In this program, four young adults share their stories of physical pain and emotional torment associated with eating disorders. These survivors of Anorexia Nervosa, Bulimia Nervosa and Exercise Bulimia share some of their toughest moments and describe how their disorders destroyed part of their lives. Medical, psychological and nutritional experts tell us about the types of eating disorders that exist, what causes them, and who is at risk. They also detail the devastating and sometimes deadly effects, describe treatment options and define a healthy lifestyle.

Making the leap to high school (auah)

Gr. 7-12; 11 minutes

VHS; 2001

Alcohol and Drug Concerns Inc.

VTR/BF 637/.B4/M3/2001

This video shows five Public Service Announcements (PSA), created by high school students. Each one contains a different message for grade school students about how to "make the leap" into high school. The vignettes deal with body image, responsible decision making, drinking and driving, and general health issues. The students themselves appear in the video, and provide discussion points for the classroom viewers.

Natural highs and how to get them (ajcy)

Gr. 7-Senior 4; 26 minutes

VHS; 1986

VTR/BF 378/.A75/N37/1986

A drug education program in three parts:

4. A Way of Life
5. Mind Over Matter
6. Taking Charge

Helps students recognize that everyone has the potential for getting high naturally, for experiencing the jubilant feeling of being on top of the world without drugs.

Refusal skills for healthy living (ajdb)

Gr. 7-Senior 1; 15 minutes

VHS; 1993

Canadian Living

VTR/HQ 799.2/.P44/R44/1993

Learn effective techniques to refuse peer pressure to use drugs, commit crime and engage in sexual activity. Here are practical ways to identify potentially dangerous situations and make positive, safe and healthy decisions.

MEDICATION ABUSE

Innocent addictions, The (ajii)

Senior 1-Senior 4, Adult; 2 parts

VHS; 1982

Sunburst

VTR/RC 552/.O25/I55/1982

Part 1: Foods – 14 minutes

Identifies specific health problems associated with over consumption of junk foods, which often contain two potentially health threatening ingredients, sugar and salt.

Part 2: Over-the counter drugs – 14 minutes

Program stresses that while these preparations are usually safe when used as directed, misuse and abuse can lead to getting hooked with serious health consequences.

PEER COUNSELLING

Peer intervention : drug abuse (aiwf)

Gr. 7-Senior 4, Adult; 17 minutes

VHS; 1990

Canadian Learning Company

VTR/HQ 799.2/.P44/P44/1990

This film shows young people what to do if they decide to intervene in a friend's drug use. It stresses that intervening is not risk free and nobody should feel that they must become involved. They're also helped to recognize the difference between a problem and a crisis of emergency and to know how to get help.

PEER PRESSURE

Alcohol, drugs and kids (ajdm)

Gr. 7-Senior 4; 18 minutes

VHS; 1987

Canadian Learning

VTR/HV 5135/.A42/1987

Four teens who started drinking or using drugs share their experiences and reasons for starting. A counsellor in a drug and alcohol rehab unit discusses peer pressure, self-esteem and related problems.

Are you addicted? (aiwx)

Gr. 7-8; 29 minutes

VHS; 1993

McIntyre Media

VTR/HV 5824/.Y68/A74/1993

Challenges young people to examine their own behaviour patterns to determine whether or not they may be

at risk for addictions of all kinds. The program gives us the current definition of addiction and walks students step-by-step through the signs and symptoms that can lead individuals toward destructive addictive behaviours.

Cartoon all-stars to the rescue (ajeg)

Gr. 4-Senior 1; 30 minutes
VHS; 1990
VTR/HV 5824/.Y68/C37/1990

Deals with peer pressure and drugs at the pre-teen and teenage levels. Popular teenage cartoon characters educate children about the dangers of alcohol and other drugs. (Also available in French – “Les personnages animes a la rescousse”)

Choices : skills for dealing with peer pressure (ajer)

Gr. 7-Senior 1; 8 minutes
VHS; 1994
VTR/HQ 799.2/.P44/C46/1994

Choices is about peer pressure. In a series of vignettes, an adolescent realizes that physical violence brought on by peer pressure reveals that there are other skills available to avoid dealing with peer pressure. The film offers three different scenes, each demonstrating one of these methods: the broken record, reverse pressure, and the excuse.

Drugs, values and decisions (ajgd)

Gr. 7-Senior 4; 35 minutes
VHS; 1981
Sunburst
VTR/HV 5824/.768/D78/1981

Part 1: When Everybody's Doing It
Part 2: Dealing with Pressure
Part 3: One Person's Choice

Using true-to-life situations, this program focuses on the reasons teens take drugs. Explores the myth that drugs can help solve problems. Emphasizes that students can say no to drugs.

Making the leap to high school (auah)

Gr. 7-12; 11 minutes
VHS; 2001
Alcohol and Drug Concerns Inc.
VTR/BF 637/.B4/M3/2001

This video shows five Public Service Announcements (PSA), created by high school students. Each one contains a different message for grade school students about how to "make the leap" into high school. The vignettes deal with body image, responsible decision making, drinking and driving, and general health issues. The students themselves appear in the video, and provide discussion points for the classroom viewers.

My story (aivb)

Gr. 4-8; 21 minutes
VHS; 1991
Winnipeg Film Group Inc.
VTR/HV 5824/.Y68/M8/1991

A play about drugs and peer pressure written by students from the Westwood Elementary School in Thompson, Manitoba. Portrays the story of how drugs affected a youth's life and how she was able to kick the habit.

Personnages animés à la rescousse, Les = [Cartoon all stars to the rescue] (ajeh)

Gr. 4-9; 30 minutes

VHS; 1990

VTR/HV 5824/.Y68/P47/1990

Corinne, une petite fille de neuf ans, s'inquiète beaucoup au sujet de son frère Michel. Il prend de la drogue et vient de voler sa tirelire pour s'en procurer davantage. Heureusement, Corinne a de l'aide. C'est une aventure qui divertira à coup sûr petits et grands tout en les renseignant sur les dangers de l'alcool et des autres drogues.

Refusal skills for healthy living (ajdb)

Gr. 7-Senior 1; 15 minutes

VHS; 1993

Canadian Living

VTR/HQ 799.2/.P44/R44/1993

Learn effective techniques to refuse peer pressure to use drugs, commit crime and engage in sexual activity. Here are practical ways to identify potentially dangerous situations and make positive, safe and healthy decisions.

Stand up for yourself : peer pressure and drugs (aizt)

Gr. 7-Senior 4; 15.5 minutes

VHS; 1987

McIntyre Media

VTR/HQ 799.2/.P44/S72/1991

Presents effective techniques for saying no to alcohol, street drugs, cigarettes or any peer pressure. Provides students with the encouragement, motivation and practical skills they need to handle peer pressure effectively.

Straight talk : alternatives to substance abuse (ajbt)

Gr. 4-Senior 1; 23 minutes

VHS; 1991

VTR/HQ 799.2/.P44/S76/1991

Program demonstrates how and why students should say no to drugs and alcohol. Deals with peer pressure and shows a variety of alternative activities to substance abuse which encompass five aspects of a student's life: spiritual, emotional, intellectual, social and physical.

Teen issues : peer pressure (ajak)

Gr. 7-Senior 4; 27 minutes

VHS; 1986

McIntyre Media

VTR/HQ 799.2/.P44/T44/1986

The New Image Teens use songs and satire in a number of scenes designed to help teens deal with their need to be accepted. The group helps teens to feel good about themselves and comfortable with the way they are. When you feel good about yourself, you can say "no" or "go away" without difficulty.

Teens, drugs and peer pressure (almf)

Gr. 7-Senior 4; 25 minutes

VHS; 2000

Sunburst

VTR/HQ 799.2/.P44/T4/2000

In their desire to be accepted by their peers, many young people drink and use drugs even when they would prefer not to. Many would say no if only they knew how to without being labelled and outsider. Open-ended dramatizations invite viewers to explore.

To say no (ajaq)

Gr. 7-Senior 4; 10 minutes (approx.)

VHS; 198-

VTR/E 98/.D7/T6/198-

Why people drink and how to say no when offered a drink – a Native drama.

Turning off : drugs and peer pressure (ajaz)

Gr. 7-Senior 4; 27 minutes

VHS; 1982

VTR/HQ 799.2/.P44/T87/1982

Part 1: Everybody's doing It

Peer pressure, group behaviour, risk-taking.

Part 2: Standing up for yourself

Learning to deal with peer pressure.

When the pressure's on : groups and you (ajbx)

Gr. 5-8; 20 minutes

VHS; 1990

Sunburst

VTR/HQ 799.2/.P44/W44/1990

This video is designed to give students a realistic look at how groups work. It explores both the positive and negative side of group pressure, interpersonal group dynamics, and finally the dilemma of maintaining values within the confines of the group.

Why say no to drugs? (ajcb)

Gr. 4-8; 16 minutes

VHS; 1986

Britannica Educational Materials

VTR/HQ 799.2/.P44/W48/1986

Dramatizes social situations in which young people are most often pressured to use drugs. Provides information about drug use and suggests means by which young people can say no to friends when offered drugs.

RECOVERING ADDICTS

STRAIGHT TALK SERIES

Starting early (alab)

Gr. 7-Senior 4; 32 minutes, includes discussion guide

VHS; 1993

VTR/HV 5824/.Y68/S7/1993/v.1

Features first-person accounts of addiction's effects on the lives of nineteen teens now in recovery. "Starting Early" covers pre-addiction issues: home life, early school experiences, self-esteem in early childhood, special education placements.

Hitting rock bottom (alac)

Gr. 7-Senior 4; 26 minutes, includes discussion guide
VHS; 1993
VTR/HV 5824/.Y68/S7/1993/v.2

Features first-person accounts of addiction's effects on the lives of nineteen teens now in recovery.
Covers addiction issues: drugs of choice, abusive relationships, sexual acting out, being suicidal.

Getting straight (alad)

Gr. 7-Senior 4; 32 minutes, includes discussion guide
VHS; 1993
VTR/HV 5824/.Y68/S7/1993/v.3/

Features first-person accounts of addiction's effects on the lives of nineteen teens now in recovery.
Covers recovery issues: staying straight, coping with relapses, dealing with the past, regaining a vision for the future.

SELF-PERCEPTION

Are you addicted? (aiwx)

Gr. 7-8; 29 minutes
VHS; 1993
McIntyre Media
VTR/HV 5824/.Y68/A74/1993

Challenges young people to examine their own behaviour patterns to determine whether or not they may be at risk for addictions of all kinds. The program gives us the current definition of addiction and walks students step-by-step through the signs and symptoms that can lead individuals toward destructive addictive behaviours.

DEGRASSI TALKS SERIES

Abuse (ajtf)

Gr. 7-Senior 1; 24 minutes
VHS; 1992
VTR/HV 6626.5/.A33/1992

Kids talking to kids about date rape and other sexual abuse . . .about beatings . . . about emotional abuse that doesn't show but can hurt just as much.

Alcohol (ajty)

Gr. 7-Senior 1; 24 minutes
VHS; 1992
VTR/HV 5135/.A53/1992

Kids talk to kids about drinking . . .about being a teenage alcoholic . . .about what can happen when you drink and drive . . .about being a victim of a drink driver.

Depression (ajth)

Gr. 7-Senior 1; 24 minutes
VHS; 1992
VTR/RJ 506/.D4/D46/1992

Kids talk to kids . . . about feeling alone and unloved . . . about feeling depressed enough to take an overdose of pills . . . about learning to talk and share their feelings.

Depression and suicide (ajvf)
Senior 1-Senior 4; 30 minutes
VHS; 1991
VTR/HV 6545.8/.D46/1988

Michael Pritchard and teens identify the signs frequently exhibited by people who are at risk for suicide and discuss the recommended procedures for intervening. They also examine ways of coping with the depression and stress that often lead to suicide, and encourage people to ask for help when they feel themselves at risk.

Drugs (ajwc)
Gr. 7-Senior 1; 24 minutes
VHS; 1992
VTR/HV 5824/.Y68/D78/1992

Kids talk to kids . . . about using street drugs, prescription and non-prescription drugs, household solvents . . . about why they use drugs . . . about how drug abuse has affected their lives and their families' lives.

Sex (ajtg)
Gr. 7-Senior 1; 24 minutes
VHS; 1992
VTR/BF 692/.S48/1992

Kids talk to kids about having sex . . . about abortion . . . about pregnancy . . . about STD's . . . about AIDS.

Eating disorders : the inner voice (alsu)
Gr. 7-Senior 4; 30 minutes
VHS; 2000
McIntyre Media
VTR/RC 552/.E18/E37/2000

In this program, four young adults share their stories of physical pain and emotional torment associated with eating disorders. These survivors of Anorexia Nervosa, Bulimia Nervosa and Exercise Bulimia share some of their toughest moments and describe how their disorders destroyed part of their lives. Medical, psychological and nutritional experts tell us about the types of eating disorders that exist, what causes them, and who is at risk. They also detail the devastating and sometimes deadly effects, describe treatment options and define a healthy lifestyle.

SOLVENT ABUSE

Be a prevention player : a resource for inhalant abuse prevention education (akgc)
Gr. 4-7; Kit includes a 4:30 minute video, BAPPKids comic book, and a guide/workbook
KIT; 1997
KIT/HV 5822/.S65/B43/1997

Dealing with inhalant abuse is a huge challenge. Treatment programs for chronic or long-term abusers are generally expensive and much less successful than programs for other drug problems. Many researchers believe that prevention, started in the early school years, is the best way to deal with the problem. "Be a Prevention Player" was developed with this strategy in mind.

Choice is yours, The (ajen)

Gr. 7-Senior 1; 29 minutes
VHS; 1987
ARF
VTR/HV 5824/.Y68/C46/1987

This program is suitable for use with students from 13 to 15 years of age. It is divided into 5-minute segments, one each on alcohol, drugs and crime, cannabis, cocaine and crack, and inhalant abuse. It was produced in cooperation with the Ontario Chiefs of Police and is used by police lecturers in classrooms across Ontario. The straight-to-the-point content examines the consequences of making the wrong choice about drugs and gives positive aid in making the correct choices.

Danger! toxic chemicals : an inhalants prevention video (amtc)

Grades 6-Senior 4; 14 minutes
VHS; 1999
VTR/HV 5822/.S65/D3/1999

Introduces students to the truth about inhalants with energy and a cutting-edge visual style. Students will learn the straight facts about sniffing and huffing and how these actions can cause permanent injury or even death. Most important, this video dispels the myth among kids that common household products must be safe "because they're all around us".

Goldtooth (akhg)

Gr. 7-Senior 1; 27 minutes
VHS; 1995
VTR/HV 5822/.S65/G65/1995

This is a story about children who are on the streets where drugs, alcohol and solvents are used every day. The story includes violence, because violence is a core issue of street life. Substance abuse by girls is very often associated with sexual abuse, and this link is made in the cartoon when Nina goes to work for Gold tooth. The cartoon can help young people face their reality, to reconstruct it in their minds, to gain some new perspective through Karate's story and see themselves. (BECAUSE OF SUBJECT MATTER – USE ONLY WITH A FACILITATOR)

Hit for Mike, A (ajhs)

Gr. 7-Senior 4, Adult; 23 minutes
VHS; 1985
VTR/HV 5822/.S65/H57/1985

The community gets together to help Mike and his mother overcome their addiction problem – an all-Native drama.

Inhalants : the quick, deadly high (akyu)

Gr. 7-Senior 4, Adult Stand-up display
Directional Learning
KIT/HV 5822/.S65/I54

Display may be used as an accompaniment to presentations in classrooms, mall displays, etc. for prevention and awareness programs.

Inhalants : Tony's choice (ajig)

Gr.4-Senior 1; 18 minutes
VHS; 1991
Canadian Learning
VTR/HV 5822/.S65/I54/1991

Program shows the effect of inhalants on the mind and body as well as the need to plan to avoid the temptation.

Real true & false about alcohol, marijuana & inhalants, The (arqz)

Grades 6 – Senior 4; 15 minutes
VHS; 200?
Canadian Learning Company
VTR/HV 5824/.Y68/R4358/200?

The impression many middle school students have about drugs is that “everybody does it”. That misinformation may influence students to take their first step through the gateway provided by alcohol, marijuana or inhalants. Hosted by a multi-ethnic group of high school students, this engaging, fact-filled program uses a lively “pop quiz” to hear that the social norm for the vast majority of teens is that when it comes to alcohol and other drugs, they “don’t need ‘em, don’t want ‘em, and don’t use ‘em.

Sniff’n huff (aiyz)

Gr. 7-Senior 4; 5 minutes
VHS; 1989
VTR/HV 5822/.S65/S64/1989

A rock video intended to act as a deterrent to youth considering sniffing.

Up your nose (ajlk)

G. 7-Senior 4; 8 minutes
VHS; 1985
VTR/HV 5822/.S65/U6/1985

Native teenagers go on a sniffing spree, which ends in tragedy.

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 coupee 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 7e 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.

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.

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 – 12; 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.

Nicotine & the brain (auuu)

Grades 9 – 12
DVD; 2007
Kinetic
DVD/HV 5740/.N5/2007

Includes learning activities.

After seeing this tape, 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.

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 SERIES

Real people binge drinking : facts and consequences (asdy)

Grades 7 – Senior 4; 24 minutes
KIT; 2004
Kinetic Inc.
KIT/ QP 801/.A3/B5/2004

Drinking to get drunk, or binge drinking is a common occurrence among teens who use alcohol. Experts in the field of alcohol use present the hard facts teens need to know about alcohol's toxicity while real teens talk about: how to handle peer pressure to drink; the effect of drinking on relationships; the ineffectiveness of alcohol for stress reduction; loss of trust with parents; and the negative effect drinking has on school work. Dramatic accounts from two teens, one who was almost raped and one who almost died while drinking heavily, bring home the seriousness of binge drinking.

Real people : talking about alcohol (almh)

Gr. 5-Senior 1; 12 minutes
VHS; 1999
VTR/HV 5824/.Y68/1999

Discusses the reasons people drink and the greater vulnerability of young people to alcohol and alcohol addiction as compared to adults. Stresses the physical harm to young bodies that alcohol poses, the risk young drinkers take that they might end up having unwanted sex, an STD, a pregnancy or other accident, the danger of alcohol poisoning from drinking games.

Real people : talking about tobacco (almi)

Gr. 5-Senior 1; 10:24 minutes
VHS; 1999
VTR/HV 5824/.Y68/R4/1999

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.

Real people : talking about marijuana and other drugs (almj)

Gr. 5-Senior 1; 10:30 minutes
VHS; 1999
VTR/HV 5824/.Y68/R4/1999

Discusses the appeal of marijuana, acid, inhalants, whip-its, and steroids, outlines the dangers of each: the effects of pot on social and emotional life, how hallucinogens can cause paranoia, why use of inhalants or whip-its can lead to brain damage and even death.

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.

Spit tobacco use in Alberta : dispelling the myths (arwp)

Grades 7 – Senior 4
VHS; 2004
AADAC
VTR/HV 5722/.S7/2004

Features Kelly Sutherland, 10-time champion chuck wagon racer, and Alberta NHL hockey players talking honestly about spit tobacco, addiction and athletic performance.

Mouth cancer survivor Gruen Von Behrens gives a powerful message showing the devastating impact of oral surgery in the treatment of mouth cancer from spit tobacco use.

This video challenges youth to think about making a commitment not to use spit tobacco. It encourages youth to consider the dangers and addictiveness of spit tobacco.

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.

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.