

**ADDICTIONS FOUNDATION OF MANITOBA  
AUDIOVISUAL RESOURCES**

**SUBJECT HEADINGS**

**YOUTH - (GRADE 9 - 12)**

**ADDICTION**

**Alternatives to addiction** (aqwk)

Grades 7 – 12; 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 – 12; 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 – 12; 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)

Grade 9 - 12; 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.

**Calling the shots** (ajea)  
Grades 9 - Adult; 28 minutes  
VHS; 1982  
Kinetic  
VTR/HF 5827/.C35/1982

The lecturer in this film demonstrates how advertisers try to recruit new drinkers, increase consumption and get people to select their particular brand of alcohol. She contends that the ads use sex and prey on feelings of insecurity, etc., and concludes by saying that we must be aware of what is happening so that we can resist.

**Family and peer factors** (ajft)  
Grade 9 - 12; 28 minutes  
Adult; 1979  
Hazelden  
VTR/HF 5827/.F35/1979

Pins down the basic truths of peer pressure as they relate to the use of alcohol and other drugs. Dealt with are commercial advertising and the need to be accepted by one's friends; where the use and/or abuse of drugs and alcohol is a basic fact in the lifestyle of adults and young adults today.

**Media sharp : analyzing tobacco and alcohol messages** (aldq)  
Gr. 6 - 12; 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.

**Smoke screen** (aiyw)  
Grades 9 - 12; Adult; 20 minutes  
VHS; 1993  
Intermedia  
VTR/HF 5827/.S66/1993

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

## **ALCOHOL**

**A.A. – RAP with us** (aobs)  
Grades 7 - 12; 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.

**Adolescents and alcohol : setting it straight** (amgh)  
Grades 9 - 12; 15 minutes  
VHS; 2001  
Hazelden  
VTR/HV 5135/.A36/2001

For young people who abuse alcohol, there are often painful and sometimes deadly consequences. In this video, teens share their personal stories of addiction, loss of control, and the hope that recovery can bring. These stories

offer teens in early recovery encouragement and the promise that sobriety is possible and desirable.

**Alcohol (ambk)**

Grades 9 - 12, Adult; 16:56 minutes  
VHS; 1988  
Kinetic  
VTR/HV 5045/.A53/1988

Series : Father Martin

Father Joseph Martin discusses what alcohol is and what it does.

**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 : pink elephant (aiwp)**

Gr. 7 - 12; 20 minutes  
VHS; 1976  
Britannica Learning Material  
VTR/HV 5060/.A42/1976

Animated film with two characters, the alcoholic and the pink elephant, discussing alcoholism and most of its effects on the body. The recognition and eventual treatment of the alcoholic are described. This film helps the viewer understand alcoholism and its inherent problems.

**Alcohol : the most dangerous drug (aiwg)**

Grades 9 - 12, Adult; 23 minutes  
VHS; 1990  
CBC Educational Sales  
VTR/HV 5050/.A42/1990

This program deals with the following topics: the extent to which alcohol abuse exists in communities, families, businesses and school – the latest research and theories – teenagers and alcohol – peer group influence – advertising – process of giving up alcohol.

**Alcohol & nutrition (asdv)**

Grades 9 – 12; 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.

**Alcohol and cocaine : the secret of addiction**

Grades 9 - 12, Adult  
VHS; 1987  
Canadian Learning  
(aius)VTR/HV 5810/.A425/1987 – 52 minutes  
(aiur)VTR/HV 5810/.A42/1987 – 36 minutes

A documentary, reported by ABC News correspondent Bill Blakemore, examining the devastation caused by addiction, its sources – whether societal or genetic – and the latest medical findings concerning its effects on the mind and body.

**Alcohol/drug abuse profile (aiwj)**

Grade 9 - 12, Adult; 15 minutes  
VHS; 1988  
Broadcast Copyright  
VTR/HV 4998/1988

Explores alcoholism and addiction through interviews with adolescents, parents, teachers, and medical authorities and what happens when you recover, as well as when you use.

**Alcohol, drugs and kids (ajdm)**

Gr. 7 - 12; 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 - 12; 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.

**The Alcoholic within us (ajdn)**

Grade 9 - 12, Adult; 23 minutes  
VHS; 1976  
VTR/HV 5045/.A56/1976

Human emotions and feelings such as loneliness, fear, guilt, resentment, inadequacy, insecurity are represented by actors and are shown in conflict with each other. The film shows how a person trying to cope with these emotions may resort to alcohol.

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

Grades 9 - 12; 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.

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

Gr. 7 - 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.

**Brain scans : alcohol and the teenage brain (apzo)**

Grades 9 – Adult; 23 minutes

KIT; 2001

Aquarius

KIT/QP 801/.A3/B7/2001

This program takes teenagers on a tour of several labs across the country including one at the University of California at San Diego where doctors are researching the effects of alcohol use in teenage brains. The young host of the show actually has a scan done on her own brain, and then has the chance to see how it compares with the brains of other teens who drink alcohol regularly. The groundbreaking studies high-lighted in the video dramatically connect long-term brain damage to teenage drinking. Includes a teacher's resource guide.

**Choices and consequences (ajeo)**

Grade 9 - 12; 26 minutes

VHS; 1987

Kinetic

VTR/HV 5824/.Y68/C465/1987

Shows the special ways of intervening successfully with adolescents in trouble with alcohol/drugs. Dramatizes the story of three teenage friends, all involved with alcohol/drugs but at different levels. The story reveals in action how the intervention process works at each level.

**Drugs and alcohol – Part 1 (ajvc)**

Grades 9 - 12; 30 minutes

VHS; 1988

Canadian Learning Company

VTR/HV 5824/.Y68/D78/1988/v.1

**Drugs and alcohol – Part 2 (ajvb)**

Grades 9 - 12; 30 minutes

VHS; 1988

Canadian Learning Company

VTR/HV 5824/.Y68/D78/1988/v.2

Series : The power of choice

Featuring Michael Pritchard who teaches young people that they are responsible for the choices they make and that they owe it to themselves and the people they care about to choose the best. Also deals with alternatives to using drugs and alcohol.

**Feelin' no pain** (ajgu)

Grades 9 - Adult; 30 minutes  
VHS; 1978  
Kinetic  
VTR/HV 5135/.F44/1978

This film presents a profile of a teenage alcoholic. It dramatizes how adults tend to take teen drinking lightly and how they often disregard obvious symptoms of alcoholism until they are so blatant they can no longer be ignored.

**First dose of addiction : teens and alcohol** (aobq)

Grades 9 - 12; 20 minutes  
VHS; 2002  
Canadian Learning Company  
VTR/HV 5824/.Y68/F57/2002

An informative presentation clearly stating how alcohol wreaks havoc both physically and psychologically in teens. A teenager shares how alcohol abuse led to a friend dying in a drunk driving accident, making this presentation both effective and moving.

**For the record** (amjs)

Grades 9 - 12; 20 minutes  
VHS; 2001  
Parents Against Drugs  
VTR/QP 801/.A3/F6/2001

In June, 2000, a young filmmaker, Jay Prychidny, witnessed an incident of alcohol poisoning at his "after-grad" party. The video replicates the event as well as the confusion around how to respond appropriately. The video and guide have been produced to help youth, and the people who work with them, develop safety strategies to reduce their risks.

**Good intentions, bad results** (ajhi)

Grades 9 - Adult; 30 minutes  
VHS; 1993  
Kinetic  
VTR/HV 5135/.G66/1993

Tells the story of three young people who, because of their mistaken beliefs and attitudes about alcohol and other drug use, are drawn into painful emotional turmoil by their honest efforts to help out a friend – a friend with problems that involve alcohol.

**Hard facts about drugs : alcohol, marijuana, cocaine and crack** (ajhn)

Grades 9 - 12; 22 minutes; closed captioned  
VHS; 1988  
McIntyre Media  
VTR/HV 5824/.Y68/H37/1988

This video uses individual vignettes to dramatize how the abuse of alcohol, marijuana, cocaine and crack devastates a typical high school class during the four years leading to graduation.

**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.

**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.

**Impairment goggles** (akzg)

Grades 9 - 12  
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.

**Kevin's story** (ajir)

Grades 9 - Adult; 19 minutes  
VHS; 1983  
Kinetic  
VTR/HE 5620/.D7/K48/1983

Kevin is an 18-year-old who killed a girl while he was driving in an intoxicated state. He is sentenced to go to high schools to warn young people of the dangers of drinking and driving.

**Kevin's story II** (aiyk)

Grades 9 - Adult; 26 minutes  
VHS; 1993  
VTR/HE 5620/.D6/K48/1993

Kevin Tunell revisits the school where he spoke before (see the video, "Kevin's Story"). Students candidly discuss the social and commercial pressures on them to drink and openly talk about the consequences.

**Let it not be in vain** (aojd)

Grades 9 - 12; 22 minutes  
VHS; 2002  
Canadian Learning Company  
VTR/HV 6545.8/.L4/2002

Hear the true story of Keith Nokes, a teen who took his own life while in a state of "alcohol induced psychosis", commonly known as a blackout.

Today, Keith's family and friends tell his tragic story to high school and college students to alert them to the warning signs of suicide, the dangers of binge drinking, and the deadly results if either or both of these are ignored or not taken seriously enough by friends or family.

**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. The 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.

**Medical effects of alcohol use (aiua)**

Grades 9 - Adult; 12 minutes  
VHS; 1984  
Britannica  
VTR/RC 565/.M34/1984

Animation illustrates the path of alcohol throughout the body, the process of metabolism and the effects on body systems. A party scene is used light-heartedly to demonstrate the different effects of alcohol: a man experiences depression, impaired co-ordination, rejection of his advances to a woman and, next morning, both a hangover and an angry wife.

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

Grades 9 – 12; 53 minutes  
DVD; 2003  
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.

**Opening doors : a personal and social skills program (ajbj)**

Grades 9 - 12  
KIT; 1995  
KIT/HV 5824/.Y68/O63/1995

This kit was designed as a school-based life skills development course for high school students who are identified as being "at risk" for alcohol and drug abuse, school failure or dropout, violent or other anti-social behaviour. It is designed to be a voluntary, extra-curricular, small group program.

**Over the line (akem)**

Grades 9 - Adult; Kit includes facilitator's guide, VHS music video, student comic book, instructional resources  
KIT; 1991  
KIT/HE 5620/.D7/O84/1991

Designed primarily for use in driver education courses and commercial settings. The module includes six individual units dealing with decision-making, the effects of alcohol and other drugs, the legal and human consequences of impaired driving and prevention strategies. (Also available in French – "Plus Loin que la Limite")

**Real people binge drinking : facts and consequences (asdy)**

Grades 7 – 12; 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 true & false about alcohol, marijuana & inhalants, The (arqz)**

Grades 6 – 12; 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.

**Tobacco, alcohol and marijuana : the In the Know Series (aqqk)**

Grades 9 - 12; 23 minutes  
VHS; 2003  
Canadian Learning Company  
VTR/HV 5824/.Y68/T633/2003

Four young narrators work together to educate viewers about the tremendous damage that tobacco, alcohol and marijuana do to users' lives. Viewers may not be aware that more than a half a million people are killed every year by tobacco and alcohol. Also mentioned is the dramatically increasing odds that a user will often go on to abuse cocaine and heroin.

**The Truth about drinking : the teen files flipped series (aojg)**

Grades 9 - 12; 30 minutes  
VHS; 2002  
Canadian Learning  
VTR/HV 5824/.Y68/T78/2002

The teen files flipped series

Teens who are current drinkers see first hand what the future may hold for them if they continue to drink. Viewers experience the potential consequences of alcohol use from every perspective: how drinking impairs a person's coordination, vision and reaction time; how the brain and other organs suffer permanent damage from alcohol use; how a drunk person really drives; and how drinking can lead to months in a rehabilitation centre.

**Wheels (ajbv)**

Grades 9 - 12; Kit includes 29 minute video, teacher's guidebook, poster, pamphlets and three plays.  
KIT; 1987  
CBC  
KIT/HE 5620/.D7/W44/1987

Wheels is a drama about students, cars, partying and friendship. Like other teenagers, the main characters make choices while facing the realities of peer pressure. They must also face the consequences of their actions.

**Without warning (akpr)**

Grades 9 - 12; 17 minutes  
VHS; 1996  
Kinetic  
VTR/QP 801/.A3/W5/1996

Alcohol poisoning, or ethanol overdosing is the subject of this video. In 1992, RID (Remove Intoxicated Drivers) aided a victim's family who had lost their daughter to alcohol poisoning on her sixteenth birthday. In the video, four victims who spoke at a RID conference tell their painful stories. How the alcohol kills, the symptoms to watch for, what helps and what doesn't, the importance of swift medical attention – these elements round out a vivid, powerful message.

**Young people and A.A. (aofd)**

Grades 9 - 12; 28 minutes  
VHS; 1988  
VTR/HV 5275/.A278/1988

Four young alcoholics tell what it was like, what happened and what it is like now. These are not actors and in keeping with the Alcoholics Anonymous tradition of personal anonymity in the public media, full faces of AA members are not shown.

**ASSERTIVENESS (PSYCHOLOGY)**

**Gentle art of saying no, The (ajhc)**

Gr. 7 - 12; 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 - 12; 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 - 9; 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 - 12; 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 - 12; 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)**

Grades 9 - 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 - 12; 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.

**Debunking the myths about marijuana : what can your community do?**

(aose)

Grades 9 - Adult; 7 minutes

VHS; 2003

VTR/HV 5824/.Y68/D43/2003

Designed to educate communities about the harms of teen marijuana use. The video highlights the latest research about the drug, features commentary by leading experts about the effects of marijuana on youth, and encourages work together to address teen marijuana use. It also includes television ads for youth on the negative consequences

of marijuana use, for parents on the importance of monitoring their kids and for the general audience on the importance of community coalitions.

**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, driving and you** (aqmv)

Grades 9 - Adult; 13 minutes  
VHS; 1980  
Canadian Learning Company  
VTR/HE 5620/.D65/M37/1980

Sophisticated animation and live action present the effects of marijuana use on driving performance. In addition to THC's effects, significant scientific findings and the problems of combining marijuana with alcohol and other drugs are shown.

**Marijuana : escape to nowhere** (aliy)

Gr. 7 - 12; 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 in the 90's** (aiyl) **STAFF ONLY**

Adult; 36 minutes  
VHS; 199-  
Kinetic  
VTR/HV 5822/.M3/M37/199-

Dr. David Ohlms explains the impact of marijuana on the mind and body, discusses the quality of marijuana and the extent of its use, addiction symptoms, withdrawal and treatment, and explores the concern of the effect of marijuana on the immune system.

**Marijuana in the new millennium** (amje) **STAFF ONLY**

Grades 9 - Adult; 25 minutes  
VHS; 2000  
Canadian Learning Company  
VTR/HV 5822/.M3/M37/2000

This video brings viewers the latest information on marijuana. Dr. David Ohlms begins by explaining the reasons for marijuana's reputation as a relatively harmless drug. Countering this, he presents new research proving the various physical problems that can be caused by smoking marijuana, including an increased risk of bronchitis, emphysema and lung cancer. He also describes THC's effects on the immune system and the brain.

**Marijuana : the mirror that magnifies** (ajxn)

Gr. 7 - 9; 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.

**Marijuana : neurochemistry and physiology** (asdb)

Grades 9 - 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 : weeding out the hype** (aohb)

Grades 9 - 12; 30 minutes  
VHS; 2002  
SAMHSA  
VTR/HV 5822/.M3/M375/2002

Includes a guide.

Viewers will learn some of the latest facts about marijuana, including trends in the use of the drug, the strength of today's marijuana, its effects, and the encouraging efforts being made in prevention and treatment. Experts refute the myth that "everybody" is using marijuana as well as claims that it is harmless. The experts also identify factors-in the individual, the family, peers and popular culture – that make you more or less likely to use marijuana. A woman concerned about the children in her distressed community describes the centre she established to engage families and to provide a safe haven and guidance for youth.

**Messing with heads : marijuana and mental illness** (aucj)

Grades 9 – Adult; 46 minutes  
DVD; 2005  
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 THS 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 - 9; 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)**

Grades 9 - 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 true & false about alcohol, marijuana & inhalants, The (arqz)**

Grades 6 – 12; 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.

**Reality check : a marijuana prevention video (amgi)**

Gr. 7 - 9; 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 - 12; 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.

**Teens and marijuana : do you believe in magic? (aoje)**

Grades 9 - 12; 22 minutes  
VHS; 2002  
Canadian Learning  
VTR/HV 5824/.Y68/T44/2002

Dispels the myths of marijuana use by presenting factual information about marijuana. It discusses the physical effects on the body from marijuana use including damage to the lungs, brain and reproductive system. Users often develop an “a motivational syndrome” which leads to loss of life goals and lack of achievement. Also covered is the addiction cycle and how to break through an addict’s denial of their addiction, to face reality of their life as the first step towards their recovery.

**Tobacco, alcohol and marijuana : the In the Know Series (aqqk)**

Grades 9 - 12; 23 minutes  
VHS; 2003  
Canadian Learning Company  
VTR/HV 5824/.Y68/T633/2003

Four young narrators work together to educate viewers about the tremendous damage that tobacco, alcohol and marijuana do to users' lives. Viewers may not be aware that more than a half a million people are killed every year by tobacco and alcohol. Also mentioned is the dramatically increasing odds that a user will often go on to abuse cocaine and heroin.

**Waking up from dope** (ajbn)

Grades 9 - Adult; 40 minutes

VHS; 1984

VTR/HV 5824/.Y68/W35/1984

A presentation on drugs and alcohol abuse with Devan Thompson, a former drug abuser and rock musician. He has a message that reaches all ages because he's not just another adult lecturing, he's someone who has been there.

**CHILDREN OF ALCOHOLICS**

**Alateen tells it like it is** (ajcq)

Gr. 7 - 12; 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.

**Alcohol and cocaine : the secret of addiction**

Grades 9 - Adult

VHS; 1987

Canadian Learning

(aius)VTR/HV 5810/.A425/1987 – 52 minutes

(aiur)VTR/HV 5810/.A42/1987 – 36 minutes

A documentary, reported by ABC News correspondent Bill Blakemore, examining the devastation caused by addiction, its sources – whether societal or genetic – and the latest medical findings concerning its effects on the mind and body.

**Children of alcohol** (ajem)

Gr. 4 - 12; 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.

**Different like me** (ajfj)

Grades 9 - 12; 32 minutes

VHS; 1989

Canadian Learning

VTR/HV 5132/.D54/1989

The story of Jason, the teenage child of an alcoholic parent, who lives in two worlds, the pleasant world of high school and the confusing world of his home environment. He finds encouragement through the COA support group at school and discovers that others have similar problems.

**I live in an alcoholic family** (ajdk)

Gr. 7 - 12; 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 - 12; 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 - 12; 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.

**Living with trouble : crisis in the family** (ajjc)

Grades 9 - Adult; 38 minutes  
VHS; 1985  
Sunburst  
VTR/HV 5132/.L58/1985

Part 1: Jackie's Family

Focuses on living with an alcoholic parent, how the whole family suffers, and how Jackie comes to grips with the problem.

**Mirror of a child, The** (aiuc)

Grades 9 - Adult; 35 minutes  
VHS; 1989  
Johnson  
VTR/HV 5132/.M37/1989

Dramatizes the effects of being raised by an alcoholic parent. Helps ACOA's see how wounds from the past are currently affecting the quality of their lives. The need for recovery is illustrated by watching the experiences of a young child of an alcoholic who is still caught in the web of a parent's alcoholism.

**Suckerfish (asdy)**

Grades 9 – Adult; 8 minutes  
DVD; 2004  
National Film Board of Canada  
DVD/E 98/.D7/S8/2004

When she was 8, Lisa Jackson began to suspect that she was part Native. Then her mother told her that their Indian name was Nahmabin, or Suckerfish. When she was 10, Lisa fled Toronto to live with relatives in Vancouver to escape her mother's depression, alcoholism and prescription drug abuse - legacies of the residential school experience. Twenty years later, as she sifts through memories and letters from her mom, Lisa constructs a portrait of a woman whose drive to love her daughter triumphed over her demons of addiction. Animation, childhood photographs, stylized recreations and the young child's whimsical voice add to this moving, at times humorous, look at the director's relationship to her mother and Native identity.

**COCAINE**

**Alcohol and cocaine : the secret of addiction**

Grades 9 - Adult  
VHS; 1987  
Canadian Learning  
(aius)VTR/HV 5810/.A425/1987 – 52 minutes  
(aiur)VTR/HV 5810/.A42/1987 – 36 minutes

A documentary, reported by ABC News correspondent Bill Blakemore, examining the devastation caused by addiction, its sources – whether societal or genetic – and the latest medical findings concerning its effects on the mind and body.

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

Grades 9 - 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.

**Choice is yours, The (ajen)**

Gr. 7 - 9; 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 abuse : the end of the line** (aqap)

Grades 9 - Adult; 25 minutes  
VHS; 199?  
Canadian Learning Company  
VTR/HV 5810/.C633/199?

Richard Dreyfuss narrates, follows lives of 5 people who actually had a cocaine problem...why they used it and how it eventually damaged their lives.

**Cocaine and crack : the in the know series** (aqfo)

Grades 9 - Adult  
VHS; 200?  
Canadian Learning Company  
VTR/HV 5810/.C6335/200?

The program first describes the difference between powdered cocaine and crack. It goes on in detail about the social effects, biological functions, and short and long term effects of cocaine, whether it is sniffed, injected or smoked.

**Cocaine : the emerging facts** (ajeu)

Gr. 7 - 9; 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 - 9; 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 - 12; 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 - 12; 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.

**Hard facts about drugs : alcohol, marijuana, cocaine and crack (ajhn)**

Grades 9 - 12; 22 minutes; closed captioned  
VHS; 1988  
McIntyre Media  
VTR/HV 5824/.Y68/H37/1988

This video uses individual vignettes to dramatize how the abuse of alcohol, marijuana, cocaine and crack devastates a typical high school class during the four years leading to graduation.

**Journals from the inside : a cocaine/crack prevention video (amtb)**

Gr. 6 - 12; 20 minutes  
VHS; 2000  
Kinetic  
VTR/HV 5824/.Y68/J6/2000

Two teenage journalists shed the myths and learn the tragic truths behind crack and cocaine use. Through interviews with recovering addicts, this video vividly reveals the spectre of a cocaine and crack lifestyle, which often results in chronic health problems, crime, prostitution, gun violence, and death for the user. Teens are presented with a gentle, caring, effective way to help peers and loved ones in the throes of addiction regain their lives.

**Solid as a rock (aizd)**

Gr. 7 - 12, 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.

**Street drugs (ajaf)**

Grades 9 - Adult; 30 minutes  
VHS; 1989  
Omega  
VTR/HV 5808/.S76/1989

"Street drugs" are any substance bought or sold, used or abused outside a normal doctor/patient relationship. In this film, hosted by Jimmy Smits, viewers will learn how these drugs affect both the brain and body. It covers initial effects, withdrawal, and long-term effects of each drug, and makes the dangers of drug use abundantly clear.

**COMMUNICATION IN THE FAMILY**

**Can we talk (ajeb)**

Gr. 7 - 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.

**Communicating with parents** (ajve)

Grades 9 - 12; 30 minutes  
VHS; 1991  
McIntyre  
VTR/HQ 755.85/.C65/1991

Series : The power of choice

High school students and Michael Pritchard examine some of the ways in which family communication gets blocked, and consider what kinds of choices they can make to improve the situation.

**Criss cross** (ajfd)

Gr. 7 - 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.

**Raising your parents** (ajvd)

Grades 9 - 12; 30 minutes  
VHS; 1991  
McIntyre Media  
VTR/HQ 755.85/.R35/1991

Series : The power of choice

In this program Michael Pritchard and high school students take on the age old question of how to make their relationship with their parents work better. By defining what they want in their relationship with their parents, and examining how their own actions affect that relationship, these teenagers uncover some of the keys to getting what they want in the teen/parent alliance.

**Silence condones** (ajwf)

Grades 9 - Adult; 19 minutes  
VHS; 1988  
VTR/HQ 755.5/.S5/1988

Series : Father Martin

Father Martin tells parents that they shouldn't be afraid of their children – speak up.

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

Gr. 7 - 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.

**COMMUNITY DEVELOPMENT**

**Get involved : how youth can create community-based initiatives** (arao)

Grades 9 - 12;  
Parkland Community Futures Development Corporation and Dauphin Youth Service Canada  
CD; 2004  
CD/HV 5801/.G4/2004

This guide encourages youth to volunteer and offers them the tools to start their own projects. Not only will this bring new projects and ideas to the community, but will also give youth the chance to network by getting to know other community organizations and people with similar interests.

Contains 6 sections:  
Your community  
Taking action  
Designing your project  
Implementing your project  
Evaluating your project  
Where do you go from here?

## **CONFLICT MANAGEMENT**

**Anger : you can handle it** (aiwu)  
Gr. 7 - 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.

**It's not only murder : discovering the violence in your life** (amaz)  
Grades 9 - 12; 16:20 minutes  
VHS; 2001  
Hazelden  
VTR/BF 723/.I645/I7/2001

That violence is more than murder – that it's anything that hurts someone – comes as news to most kids who don't see the harm in behaviour that's all too typical, from sarcasm and spreading rumors to sexual harassment and bullying. Here teens talk about how subtle and pervasive violence can be, how it starts, how it escalates and spreads, how to stop it, how to avoid it, and how to break the cycle that threatens their future.

## **SHOWPIECE SERIES**

**Bully dance** (alqp)  
All ages; 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)

All ages; 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 – 12; 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.

**CO-OCCURRING DISORDERS**

**Adolescents and co-occurring disorders** (aruv)

Grades 9 - Adult; 24 minutes  
VHS; 2003  
Hazelden Educational Materials  
VTR/RC 564.68/A3/2003

**Not recommended for young children. Mature theme.**

Teens in recovery from co-occurring disorders share their true experiences: the bad drug interactions, the cravings for self-medication, the dangers of relapse. But with ongoing therapy and the support of family, friends, and the Twelve Step groups, adolescents can regain control of their co-occurring disorders and their lives. Hope for recovery is reinforced by therapist, Janice Gabe, noted for her work with adolescents.

**DECISION-MAKING**

**Choices and consequences** (ajeo)

Grades 9 - 12; 26 minutes  
VHS; 1987  
Kinetic  
VTR/HV 5824/.Y68/C465/1987

Shows the special ways of intervening successfully with adolescents in trouble with alcohol/drugs. Dramatizes the story of three teenage friends, all involved with alcohol/drugs but at different levels. The story reveals in action how the intervention process works at each level.

**Get the edge** (ajkh)

Gr. 7 - 9; 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.

**Natural highs and how to get them (ajcy)**

Gr. 7 - 12; 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.

## **THE POWER OF CHOICE SERIES**

**Acting on your values (ajvh)**

Grades 9 - 12; 30 minutes

VHS; 1988

VTR/BF 724.3/.V3/A37/1988

Discussion about what the choices we make reveal about values in our society. Kids speak about materialism, the power or money, and the pursuit of self-gratification.

**Self-esteem (ajvn)**

Grades 9 - 12; 30 minutes

VHS; 1988

VTR/BF 637/.S4/1988

The way we feel about ourselves affects every aspect of our private and social lives, and has tremendous influence on the kinds of choices we make. In this program host Michael Pritchard and high school students consider what self-esteem is, what it does for us, and how we can tap into it. The underlying message is that good self-esteem leads to good choices, and good choices lead to greater self-esteem.

**Communicating with parents (ajve)**

Grades 9 - 12; 30 minutes

VHS; 1991

VTR/HQ 755.85/.C65/1991

High school students and Michael Pritchard examine some of the ways in which family communication gets blocked, and consider what kinds of choices they can make to improve the situation.

**Coping with pressures (ajxk)**

Grades 9 - 12; 30 minutes

VHS; 1991

VTR/BF 575/.S75/C6/1991

Comedian/teen counsellor, Michael Pritchard and students talk about the pressures they face, from academic competition to peer acceptance and parental expectations. They grapple with ways of keeping pressures in perspective and of learning to handle those pressures in ways that serve their best interests.

**Depression and suicide (ajef)**

Grades 9 - 12; 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 and alcohol – part 1** (ajvc)

Grades 9 - 12; 30 minutes  
VHS; 1988  
Canadian Learning Company  
VTR/HV 5824/.Y68/D78/1988/v.1

**Drugs and alcohol – part 2** (ajvb)

Grades 9 - 12; 30 minutes  
VHS; 1988  
Canadian Learning Company  
VTR/HV 5824/.Y68/D78/1988/v.2

Featuring Michael Pritchard who teaches young people that they are responsible for the choices they make and that they owe it to themselves and the people they care about to choose the best. Also deals with alternatives to using drugs and alcohol.

**Drinking and driving** (ajvg)

Grades 9 - 12; 30 minutes  
VHS; 1991  
VTR/HE 5620/.D7/D75/1991

Michael Pritchard talks to students about how to stay out of (or get out of) drinking/driving predicaments and still be cool.

**Raising your parents** (ajvd)

Grades 9 - 12; 30 minutes  
VHS; 1991  
VTR/HQ 755.85/.R35/1991

In this program Michael Pritchard and high school students take on the age old question of how to make their relationship with their parents work better. By defining what they want in their relationship with their parents, and examining how their own actions affect that relationship, these teenagers uncover some of the keys to getting what they want in the teen/parent alliance.

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

Gr. 7 - 12; 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.

**Technology addiction : step back to reality** (amcn)

Grades 9 - 12  
VHS; 2000  
Kinetic  
VTR/RC 569.5/.I54/T4/2000

Teens must make choices that in generations past were reserved for the older, more experienced. They need straightforward, common sense options that simplify their ever-increasing complicated lives. This video deals with the awareness of being addicted to technology.

**Todd's story** (ajan)

Grades 9 - 12; 21 minutes  
VHS; 1992  
McIntyre Media  
VTR/HV 5824/.Y68/T63/1992

This is the story about a teenager making choices – some bad, some good. It stresses how making choices can affect your future and encourages young people to think about the choices they make – especially about drug use.

**Your awareness of Hepatitis C** (aosf)

Grades 9 - Adult; 10 minutes  
VHS; 2003  
VTR/RC 848/.H42/Y6/2003

Created by youth for youth in order to increase their safety and awareness around this serious health issue. Using an original soundtrack, storyline, voice-overs and graphics, this video reaches a diverse population of youth with a wide variety of learning styles. Information on viral transmission, symptoms, risk activities and prevention are presented via a series of interviews and voice-overs.

**DOPING IN SPORTS**

**Downfall : sports and drugs** (alli)

Grades 9 - 12; 19 minutes  
VHS; 1999  
Medical Audio Visual  
VTR/RC 1230/.D6/1999

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

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

Grades 9 - 12; Consists of 3 parts, total length 37 minutes  
VHS; 1990  
McIntyre Media  
VTR/RC 1230/.S74/1990/v.1

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

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

(ajab) VTR/RC1230/.S74/1990/v.2

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

**DRIVING WHILE IMPAIRED**

**Bad dream, The** (ajji)

Grades 9 - Adult; 15 minutes  
VHS; 1985  
VTR/HE 5620/.D7/B33/1985

A native drama portraying the tragic results of drinking and driving.

**Behind bars** (ajdt)

Grades 9 - 12; 12 minutes

VHS; 1992

VTR/HE 5620/.D7/B44/1992

The consequences of drinking and driving are shown through a teenager's perspective.

**Close to home** (aimb)

Grades 9 - 12; 10 minutes

VHS; 1990

VTR/HE 5620/.D7/1990

Carries MADD Canada's message across in a multi-media format that combines video and rock music with victim presenters who tell how they have been impacted by drinking drivers.

**Drinking and driving** (ajvg)

Grades 9 - 12; 30 minutes

VHS; 1991

McIntyre Media

VTR/HE 5620/.D7/D755/1991

Series : The power of choice

Michael Pritchard talks to students about how to stay out of (or get out of) drinking/driving predicaments and still be cool.

**Drinking and driving : the toll, the tears** (aiyo)

Grades 9 - 12; 48 minutes

VHS; 1986

VTR/HE 5620/.D7/D75/1986

Kelly Burke of Greater Washington Educational Telecommunication Association produces this TV documentary aimed at deterring drunk driving. The legal consequences of Burke's accident are the result of laws dealing with drunk and impaired driving resulting in death in U.S. jurisdictions.

**Drinking and driving : what teens should know** (ajfn)

Grades 9 - 12; 26 minutes

VHS; 1984

VTR/HE 5620/.D7/D75/1984

Part 1: The Deadly Facts

Two teenagers discuss the results of mixing alcohol and driving.

Part 2: Keeping Drunks Off the Road

A group of teenagers set up a volunteer transportation service for people who have been drinking.

**Drive alive : a new look at drinking and driving and teens** (ajki)

Grades 9 - 12; 18 minutes Kit includes video, "Making a Difference", and teacher's resource guide.

KIT; 1988

KIT/HE 5620/.D7/D57/1988

The teen program is divided into five sections. Each section can be used on its own or in combination with any other section. The resource guide for parent groups is composed of lecture material and a discussion guide. The key issues involved are understanding the motivations and circumstances that affect teens' discussions regarding drinking and driving. The videotape portrays the activities that various Alberta teen groups have undertaken in response to the drinking and driving issue.

**Drugs and driving : double trouble** (ajfx)

Grades 9 - Adult; 19 minutes  
VHS; 1987  
McIntyre Media  
VTR/HE 5620/.D65/D78/1987

In this film drivers express the opinion that drugs such as cannabis, cocaine and antihistamines do not affect their ability to drive. These drivers, under the influence of various drugs, then clearly show impairment while playing driving simulation video games.

**DUI : dead in 5 seconds** (amjd)

Grades 9 - 12; 18 minutes  
VHS; 2000  
Omega Films  
VTR/HE 5620/.D7/D8/2000

Russell Turner shares his tragedy in this video as a poignant reminder that driving under the influence is a choice. It's a choice that has possible life-long consequences. Steven Leslie knows first-hand. He's spending 17 years to life in prison for Jeremy's death.

**Friends don't let friends** (ajha)

Grades 9 - Adult; 30 minutes  
VHS; 1988  
VTR/HV 5824/.Y68/F75/1988

A video about drinking and driving in northern communities. People who have experienced the loss of a close friend or family member urge others to think before drinking and driving.

**Impact : driving drunk, driving high** (alty)

Grades 9 - 12; 32 minutes  
VHS; 2000  
VTR/HE 5620/.D7/I56/2000

Illustrates the impact driving under the influence of alcohol or other drugs has on our society. It addresses the effects of alcohol and prescription drugs on a driver's judgment and motor skills, and the consequences of choosing to drive under the influence. Through open and candid interviews, victims talk about the impact a drunk driver made in their lives. **(NOT RECOMMENDED FOR CHILDREN)**

**Impairment goggles** (akzg)

Grades 9 - 12  
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.

**In the driver's seat** (aivq)

Grades 9 - 12; 58 minutes  
VHS; 1991  
VTR/HE 5620/.D7/I57/1991

This video and manual is designed to aid young people in creating a play about positive ways to solve the problem of drinking and driving. It is designed for those who have some experience with drama, or who enjoy trying new ways to explore issues. (Also available in French – "Sous Pression")

**It can't happen to me** (ajqh)

Gr. 7 - 12; 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.

**Jane . . . a film** (akzf)

Grades 9 - 12; 25 minutes

VHS; 1998

Drunk Busters of America

VTR/HE 5620/.D7/J3/1998

A dramatic and touching story of a young teacher whose entire life was changed in the instant she crashed her car while under the influence of alcohol. Facing charges of DUI manslaughter for killing her boyfriend, Jane tells her own story in documentary style and details the events leading up to the crash.

**Kevin Hollinsky : consequences** (akdv)

Gr. 7 - 12; 55 minutes

VHS; 1997

VTR/HE 5620/.D7/K48/1997

Kevin Hollinsky, after being involved in a fatal driving accident in which two of his close friends died, has been ordered by the court to speak to students about driving while under the influence of alcohol.

**Kevin's story** (ajir)

Grades 9 - Adult; 19 minutes

VHS; 1983

Kinetic

VTR/HE 5620/.D7/K48/1983

Kevin is an 18-year-old who killed a girl while he was driving in an intoxicated state. He is sentenced to go to high schools to warn young people of the dangers of drinking and driving.

**Kevin's story II** (aiyk)

Grades 9 - 12; 26 minutes

VHS; 1993

VTR/HE 5620/.D6/K48/1993

Kevin Tunell revisits the school where he spoke before (see the video, "Kevin's Story"). Students candidly discuss the social and commercial pressures on them to drink and openly talk about the consequences.

**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.

**Missing you** (aloi)

Grades 9 - Adult; 13 minutes  
VHS; 2000  
MADD  
VTR/HV 5620/.D7/M5/2000

Collision scenes taken by the Metropolitan Toronto Police followed by pictures of victims of impaired drivers.

**No time to say goodbye** (allp)

Grades 9 - Adult  
VHS; 2000  
VTR/HE 5620/.N6/2000

Narrated by Barbara Lee Edwards, this video deals with drinking and driving and the devastating effects it leaves on families and friends who have lost loved ones as a result of an impaired driver. Stresses the importance of not driving while under the influence of alcohol and of having a designated driver.

**One too many!** (alil)

Grades 9 - 12; 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.

**“ . . . or it could be you ”** (ajqi)

Grades 9 - 12, Adult; 8 minutes  
VHS; 1996  
VTR/HE 5620/.D7/O7/1996

Both a victim and offender are interviewed in this video about the impact of an impaired driving accident and how it has affected their lives.

**Over the line** (akem)

Grades 9 - 12, Adult; Kit includes facilitator's guide, VHS music video, student comic book, instructional resources  
KIT; 1991  
KIT/HE 5620/.D7/O84/1991

Designed primarily for use in driver education courses and commercial settings. The module includes six individual units dealing with decision-making, the effects of alcohol and other drugs, the legal and human consequences of impaired driving and prevention strategies. (Also available in French – “Plus Loin que la Limite”)

**Party's over, The** (aiyn)

Grades 9 - Adult; 23:30 minutes  
VHS; 1989  
Magic Lantern  
VTR/HE 5620/.D7/P37/1989

Deals with the issue of teenage drinking and driving and the tragic effects on families' lives.

**Plus loin que la limite = [Over the line]** (aken)

Grades 9 - Adult; Kit includes facilitator's guide, VHS music video, student comic book, instructional resources  
KIT; 1991  
KIT/HE 5620/.D7/P58/1991  
(See "Over the Line")

**Remote control truck impairment kit** (aqaa)

Grades 9 - 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.

**Sous pression : sous pression – la piece = [In the driver's seat]** (aivp)

Grades 9 - 12; 2 programs, 29 & 43 minutes  
VHS; 1991  
VTR/HE 5620/.D7/S69/1991

La plupart des jeunes savent qu'il est insensé de conduire après avoir bu. Ils ne veulent pas être blessés ni tués pas plus qu'ils ne veulent que leurs amis ne soient victimes d'un accident de la route. Or, les accidents de voiture sont la principale cause de décès chez les jeunes de 16 à 19 ans et dans 50 p.100 des cas, un des conducteurs a consommé de l'alcool. Il ne suffit pas de connaître ces statistiques, encore faut-il être capable de refuser de conduire après avoir bu.

**Wheels** (ajbv)

Grades 9 - 12; Kit includes 29 minute video, teacher's guidebook, poster, pamphlets and three plays.  
KIT; 1987  
CBC  
KIT/HE 5620/.D7/W44/1987

Wheels is a drama about students, cars, partying and friendship. Like other teenagers, the main characters make choices while facing the realities of peer pressure. They must also face the consequences of their actions.

**When choices collide** (alua)

Grades 9 - 12; 33 minutes  
VHS; 1999  
Kinetic  
VTR/HE 5620/.D7/W4/1999

Targeting youth, this video addresses the serious social issue of impaired driving. It portrays the dilemma faced by Julie when her friend, who has been drinking, insists that she can drive. Julie, who doesn't drive, has some difficult choices to make. While the drama unfolds, people who have experienced personal tragedy, resulting from impaired driving, share their stories. SADD, students working to prevent impaired driving, are also featured. **(NOT RECOMMENDED FOR CHILDREN).**

**Wrecked : high school anti-impaired driving kit** (aorq)

Grades 9 - 12; 15 minutes  
KIT; 200?  
VTR/HE 5620/.D7/W7/200?

Sums up what drinking and driving is all about. If you drink and drive you could do more than maybe just wreck you or your car. If someone is permanently injured or killed as a result of your actions, you've wrecked not only their life, but also the lives of everyone who cares about them. If you have to live with the consequences of that – you've wrecked your own life as well.  
Includes activities, resources and statistics.

## **DRUG ABUSE – PREVENTION**

### **Alternatives to addiction (aqwk)**

Grades 7 – 12; 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.

### **Club drugs – dancing with danger (aojh)**

Grades 9 - 12; 20 minutes

VHS; 2002

Canadian Learning

VTR/RM 316/.C5/2002

Visit the street outside a “rave” where young people explain why adding club drugs to the mix means you’re “dancing with danger”. Listen to recovering users talk about drug-related physical and mental disorders, prison, isolation from friends and family, attempted suicides and murders.

Learn the truth about common club drugs including dangerous substitutes being passed off as “ecstasy”, powerful sedatives like “roofies” (Rohypnol) and GHB used in date rapes and the resurgence of LSD and methamphetamines.

### **Drug use and addiction : the teen files flipped series (aobo)**

Grades 9 - 12; 21 minutes

VHS; 2002

Canadian Learning Company

VTR/HV 5824/.Y68/D783/2002

#### Series : The teen files flipped

Self-absorbed teens Cory and Eva prefer the “High” life, using drugs to achieve it. Eva’s chief goal in life is fun, while Cory’s is to avoid his mother’s nagging. When they are “flipped”, Cory is emancipated from his mom and Eva is asked to host a MTV program. The teens subsequently become involved with heavy drug users who steal to support their habit, suffer withdrawal and overdose themselves into the hospital. This, and additional revelations about HIV infection and drug-induced brain damage, convince the teens to swear off drug use and reconcile with their families.

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

Gr. 7 - 12; 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 : how they affect body chemistry (ajga)**

Grades 9 - 12; 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.

**Drugs in the workplace** (ajgb)

Grades 9 - 12, Adult; 5 minutes  
VHS; 1995  
VTR/HF 5548.5/.D7/D78/1995

A video produced by Sturgeon Creek High School students with a grant from the Provincial Drug Awareness Week Committee. Dramatizes the risks of using drugs in the workplace.

**Drugs, values and decisions** (ajgd)

Gr. 7 - 12; 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.

**Ecstasy – happiness in a pill? A 48 hours/MTV news report** (armc)

Grades 9 - Adult; 45 minutes  
DVD; 2004  
Films for the Humanities & Sciences  
DVD/RM 316/.E3/2004

In a cooperative project with MTV, this edition of 48 hours takes a broad look at the drug ecstasy. Case studies involving a high school student, two college students, and a single mother of three serve as platforms for investigating ecstasy's role as a gateway drug, the spread of potentially lethal copycat drugs and how the controversial group DanceSafe helps ecstasy abusers at raves to tell the difference, law enforcement's crackdown on ecstasy dealers with raids and stiff sentencing, and ecstasy's use as an aid in coping with emotional trauma. Produced by CBS News.

**Ecstasy – the e street blues** (aojb)

Grades 9 - 12; 20 minutes  
VHS; 2002  
Canadian Learning Company  
VTR/RM 316/.E37/2002

See current and former users paint a deadly picture as they talk about isolation, depression, homelessness, jail time and attempted suicide resulting from the use of ecstasy.

**Faces of reality : youth and substance use** (amba)

Grades 9 -12; 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.

**Flipping the world : drugs through a blue lens (alqr)**

Grades 9 - 12; 30 minutes

VHS; 2000

National Film Board of Canada

VTR/HV 5824/.Y68/F55/2000

A culturally diverse group of seven high school students meets with members of the Odd Squad – Vancouver police officers who, since 1998, have been filming people addicted to drugs. But this is no ordinary school anti-drug presentation. The students talk to the cops, then meet young people who are in recovery, and others still struggling with drug addiction. In the process, their views on drugs and the people who use them undergo important shifts. The students become more understanding and empathetic – and they reveal their own drug experiences. (MATURE THEME)

**Hallucinogens : The in the know series (aqfl)**

Grades 9 - Adult

VHS; 200?

Canadian Learning Company

VTR/RM 324.8/H35/200?

Series : The In the Know Series

Exciting graphics, expert testimony and four young narrators work together to educate viewers about the real dangers of using the commonly abused hallucinogens LSD, psilocybin/psilocyn mushrooms and mescaline/peyote. Also discussed is phencyclidine (PCP) an anesthetic/hallucinogen/stimulant drug that can lead to psychosis. Describes how these drugs can endanger viewer's lives and make lasting impacts on their mental health.

The program details the social effects, biological functions, and short and long term effects of each of these substances.

## **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 (ark)**

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 - 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)**

Grade 9 – 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 - 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 - 9; 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**)

**Heroin : what am I going to do?** (akoy)

Grades 9 - 12; 30 minutes  
VHS; 1997  
Kinetic  
VTR/HV 5822/.H4/H4/1997

Part 1 : of this video describes the powerful allure of heroin and the using lifestyle, the initial illusion of control over the drug and the inevitable fall into a life of coping and using.

Part 2 : reveals the overwhelming feelings of helplessness and desperation that brought these addicts to treatment. Their matter-of-fact revelations show the way out of heroin addiction as they talk about the need for honesty and surrender to begin recovery, their struggles to stay clean, and the ultimate rewards of a life without drugs.

**Inhalants : the quick, deadly high** (akyu)

Gr. 7 - 12, 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.

**Jibb the movie : a film about methamphetamines** (arap)

Grades 9 - Adult; 31 minutes  
VHS; 2004  
Street Spirits Theatre Company  
VTR/RM 316/.J5/2004

**CAUTION : DISTURBING SCENES**

Please preview before showing to groups.

Jibb is a docu-drama addressing methamphetamine use. Useful for youth at high-risk.

**Marijuana : weeding out the hype** (aohb)

Grades 9 - 12; 30 minutes  
VHS; 2002  
SAMHSA  
VTR/HV 5822/.M3/M375/2002

Includes a guide.

Viewers will learn some of the latest facts about marijuana, including trends in the use of the drug, the strength of today's marijuana, its effects, and the encouraging efforts being made in prevention and treatment. Experts refute the myth that "everybody" is using marijuana as well as claims that it is harmless. The experts also identify factors-in the individual, the family, peers and popular culture – that make you more or less likely to use marijuana. A woman concerned about the children in her distressed community describes the centre she established to engage families and to provide a safe haven and guidance for youth.

**Methamphetamine : the crystal cage** (aqwj)

Grades 7 – 12; 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.

**National drug test, The** (aivc)

Grades 9 - 12; 47 minutes  
VHS; 1989  
CTV Program Sales  
VTR/HV 5808.5/.N37/1989

Consists of a series of scenarios and questions designed to encourage discussion on the issue of alcohol and other drugs. (Also available in French – “Question de Drogue”)

**No kinda life** (aupo)

Grades 9 – 12  
DVD; 2007  
Kinetic  
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.

**Nothing to rave about : a club drugs prevention video** (alwy)

Grades 9 - 12; 20 minutes  
VHS; 2001  
Hazelden  
VTR/RM 316/.N6/2001

Increasing numbers of young adults consider club drugs a harmless enhancement to a night of dancing, barhopping, or concert going. In this video, young people ages seventeen through twenty-two describe how they learned the hard way that there is no such thing as a safe or recreational drug.

**Open flame** (aivy)

Gr. 7 - 11; 30 minutes  
VHS; 1989  
VTR/HV 5824/.Y68/O64/1989

This program was produced, written and acted in by a Grade 13 class specifically for presentation to pre and early teens, to provide them with much needed information on drugs.

**Opening doors : a personal and social skills program (ajbj)**

Grades 9 - 12  
KIT; 1995  
KIT/HV 5824/.Y68/O63/1995

This kit was designed as a school-based life skills development course for high school students who are identified as being "at risk" for alcohol and drug abuse, school failure or dropout, violent or other anti-social behaviour. It is designed to be a voluntary, extra-curricular, small group program.

**Question de drogue (apeo)**

Grades 9 - 12; 47 minutes  
VHS; 1989  
VTRHV 5808.5/Qu4/1989

Consists of a series of scenarios and questions designed to encourage discussion on the issue of alcohol and other drugs.

**Reality of drug use : the teen files flipped series (aobr)**

Grades 9 - 12; 21 minutes  
VHS; 2002  
Canadian Learning Company  
VTR/HV 5824/.Y68/R4/2002

Series : The Teen files flipped

A group of teenage drug users are "flipped" into different scenarios. Convicted of drug trafficking, Stephen is sent to a treatment facility. Kriss, who believes driving under the influence is an acceptable risk, is "paralysed" in a car wreck. Carissa stays at a hotel for homeless teens then "overdoses and dies". Crystal, the "ringer" in the group, has a real-life story: her brother Caleb did die of a drug overdose. The teens react strongly to their dramatized situations, vowing they don't want to see any of this happen for real.

**Ruined lives : the dangers of methamphetamine (aqfq)**

Grades 9 - Adult; 34 minutes  
VHS; 200?  
Canadian Learning Company  
VTR/RM 316/.R8/200?

This program includes the dramatic story of a young woman who tries "meth" for the first time, and the tragic, life-altering consequences of that act. Interviews with individuals whose lives have been affected by methamphetamine abuse, lend a peer group reality to the program.

**Running on empty : teens and meth (aogv)**

Grades 9 - 12; 23 minutes  
VHS; 2003  
Canadian Learning Company  
VTR/HV 5824.Y68/R8/2003

Explains what meth is and how it becomes addictive. Jamie, a young woman, explains in detail how she became involved with meth and how it made her lose out on a big portion of her life.

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

Gr. 7 - 12; 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.

**The Secret life of the brain (andu)**

Grades 9 - 12; 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.

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

Gr. 7 - 12. 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.

**Teens and inhalants : one breath at a time (aobm)**

Grades 9 - 12; 10 minutes  
VHS; 2002  
VTR/HV 5824/.Y68/.T4/2002

The misuse of common household substances by adolescents through "huffing" or inhaling is often the first foray into experimental drug use among teens. Young adults learn to dispel peer pressure and learn coping skills for problem solving.

**Teens and marijuana : do you believe in magic? (aoje)**

Grades 9 - 12; 22 minutes  
VHS; 2002  
Canadian Learning  
VTR/HV 5824/.Y68/T44/2002

Dispels the myths of marijuana use by presenting factual information about marijuana. It discusses the physical effects on the body from marijuana use including damage to the lungs, brain and reproductive system. Users often develop an "a motivational syndrome" which leads to loss of life goals and lack of achievement. Also covered is the addiction cycle and how to break through an addict's denial of their addiction, to face reality of their life as the first step towards their recovery.

**Through a blue lens (alik)**

Grades 9 - Adult; 52:08 minutes  
VHS; 1999  
National Film Board  
VTR/HV 5824/.H65/T7/1999

Constable Al Arsenault, along with six other policemen, began video-documenting the lives of people on their beat to create a powerful educational tool to help prevent drug use among young people. The result is a gritty documentary that gives addicts a voice to talk openly about who they are, and how they got to the streets. Through their participation on this video, they want to stop others from joining their nightmare. **(WARNING: CONTAINS COARSE LANGUAGE AND GRAPHIC SCENES. PREVIEW BEFORE USE)**

**Truth about drugs, The** (alof)

Grades 9 - 12; 30 minutes  
VHS; 2000  
Canadian Learning  
VTR/HV 5824/.Y68/T7/2000

Explores the lives of several young people who have been forever changed by drug use. It shows the immediate consequences of illegal drugs, and it illustrates in vivid detail how easily a life can be changed or destroyed after one drug use. The effects of heroin, cocaine, Ecstasy and other drugs are discussed, as well as techniques for turning away from risky drug-related situations. **(DISTURBING SCENES)**

**Twice pardoned** (ajbd)

Gr. 7 - 12; 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.

**Understanding chemical dependency** (ajbf)

Grades 9 - 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.

**Waking up from dope** (ajbn)

Grades 9 - Adult; 40 minutes  
VHS; 1984  
VTR/HV 5824/.Y68/W35/1984

A presentation on drugs and alcohol abuse with Devan Thompson, a former drug abuser and rock musician. He has a message that reaches all ages because he's not just another adult lecturing, he's someone who has been there.

**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 - 12; 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.

**DRUGS – PHYSIOLOGICAL EFFECT**

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

Grade 9 - 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.

**Choice is yours, The (ajen)**

Gr. 7 - 9 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 : the emerging facts (ajeju)**

Gr. 7 - 12; 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 - 9; 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 - 12; 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 - 12; 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.

**Dark crystal** (astd)

Grades 9 – Adult; 40 minutes

VHS; 2005

CBC

VTR/HV 5822/.A5/D37/2005

Exploring the dark experiences of methamphetamine addicts, journalist Gillian Findlay digs into the scarred lives of three young people - a reformed addict with a bright future, a 16-year-old girl struggling in rehab, and a man who cannot let go of the drug. Findlay takes the viewer on a voyage into the shady corners of a small town wracked by crystal meth - cheap, easily produced and coursing through the veins of communities across western Canada. Witness the lengths to which one parent goes to save her daughter and discover a new, controversial rehabilitation technique that's winning converts.

This production was originally broadcast on The Fifth Estate, Wednesday March 23, 2005 on CBC-TV.

**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.

**Diary of a teenage smoker (ajfi)**

Gr. 6 - 12; 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.

**Downfall : sports and drugs (alli)**

Grades 9 - 12; 19 minutes  
VHS; 1999  
Medical Audio Visual  
VTR/RC 1230/.D6/1999

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

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

Grades 9 - 12; 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.

**Drug dependency : the early warning signs (aqav)**

Grades 9 - Adult; 22 minutes  
VHS; 199?  
Canadian Learning Company  
VTR/RC 564/.D7/199?

Ten vignettes set in the workplace and home dramatically illustrate signs of dependent behavior. Points out that abuse is reversible with recognition.

**Drugs and alcohol – Part 1 (ajvc)**

Grades 9 - 12; 30 minutes  
VHS; 1988  
Canadian Learning Company  
VTR/HV 5824/.Y68/D78/1988/v.1

**Drugs and alcohol – Part 2 (ajvb)**

Grades 9 - 12; 30 minutes  
VHS; 1988  
Canadian Learning Company  
VTR/HV 5824/.Y68/D78/1988/v.2

Series : The power of choice

Featuring Michael Pritchard who teaches young people that they are responsible for the choices they make and that they owe it to themselves and the people they care about to choose the best. Also deals with alternatives to using drugs and alcohol.

**Drugs : how they affect body chemistry (ajga)**

Grades 9 - 12; 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.

**Feelin' no pain (ajgu)**

Grades 9 - Adult; 30 minutes  
VHS; 1978  
Kinetic  
VTR/HV 5135/.F44/1978

This film presents a profile of a teenage alcoholic. It dramatizes how adults tend to take teen drinking lightly and how they often disregard obvious symptoms of alcoholism until they are so blatant they can no longer be ignored.

**Flipping the world : drugs through a blue lens (alqr)**

Grades 9 - 12; 30 minutes  
VHS; 2000  
National Film Board of Canada  
VTR/HV 5824/.Y68/F55/2000

A culturally diverse group of seven high school students meets with members of the Odd Squad – Vancouver police officers who, since 1998, have been filming people addicted to drugs. But this is no ordinary school anti-drug presentation. The students talk to the cops, then meet young people who are in recovery, and others still struggling with drug addiction. In the process, their views on drugs and the people who use them undergo important shifts. The students become more understanding and empathetic – and they reveal their own drug experiences. (MATURE THEME)

**Hallucinogens & designer drugs (akdt)**

Gr. 7 - 9; 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.

**Hallucinogens : The in the know series (aqfl)**

Grades 9 - Adult  
VHS; 200?  
Canadian Learning Company  
VTR/RM 324.8/H35/200?

Series : The In the Know Series

Exciting graphics, expert testimony and four young narrators work together to educate viewers about the real dangers of using the commonly abused hallucinogens LSD, psilocybin/psilocyn mushrooms and mescaline/peyote. Also discussed is phencyclidine (PCP) an anesthetic/hallucinogen/stimulant drug that can lead to psychosis. Describes how these drugs can endanger viewer's lives and make lasting impacts on their mental health.

The program details the social effects, biological functions, and short and long term effects of each of these substances.

**Hard facts about drugs : alcohol, marijuana, cocaine and crack (ajhn)**

Grades 9 - 12; 22 minutes; closed captioned  
VHS; 1988  
McIntyre Media  
VTR/HV 5824/.Y68/H37/1988

This video uses individual vignettes to dramatize how the abuse of alcohol, marijuana, cocaine and crack devastates a typical high school class during the four years leading to graduation.

## **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 - 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)**

Grades 9 – 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 - 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.

**Hepatitis C : the silent epidemic [amgv]**

Grades 9 - 12; 29 minutes. Closed captioned  
VHS; 2000  
Hazelden  
VTR/HV 848/.H42/H46/2000

This video explores every aspect of HCV (Hepatitis C); diagnosis, symptoms, treatment and its side effects, and lifestyle issues specific to people in recovery from chemical addiction. All information is delivered through the testimony of a renowned hepatologist and five individuals who are currently living with HCV. Part 1 will help viewers understand the importance of getting screened and seeking medical attention; part 2 shows viewers how others have managed this disease.

**Heroin : losing everything (alsv)**

Gr. 7 - 9; 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**)

**Heroin : what am I going to do?** (akoy)

Grades 9 - 12; 30 minutes  
VHS; 1997  
Kinetic  
VTR/HV 5822/.H4/H4/1997

Part 1 : of this video describes the powerful allure of heroin and the using lifestyle, the initial illusion of control over the drug and the inevitable fall into a life of coping and using.

Part 2 : reveals the overwhelming feelings of helplessness and desperation that brought these addicts to treatment. Their matter-of-fact revelations show the way out of heroin addiction as they talk about the need for honesty and surrender to begin recovery, their struggles to stay clean, and the ultimate rewards of a life without drugs.

**Innocent addictions, The** (ajii)

Grades 9 - 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.

**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.

**Medical effects of alcohol use** (aiua)

Grades 9 - Adult; 12 minutes  
VHS; 1984  
Britannica  
VTR/RC 565/.M34/1984

Animation illustrates the path of alcohol throughout the body, the process of metabolism and the effects on body systems. A party scene is used light-heartedly to demonstrate the different effects of alcohol: a man experiences depression, impaired co-ordination, rejection of his advances to a woman and, next morning, both a hangover and an angry wife.

**Meth death : a demon in the land** (aste)

Grades 7 – Adult; 31 minutes  
VHS; 2000  
Kinetic Inc.  
VTR/HV 5822/.A5/M4/2000

Interviews Col. Alex Mahon, Director of the Governors Task Force on Methamphetamine. Covers: What is meth, effects of meth use, cycle of abuse pre-cursor elements physical effects, psychological effects, binge use, high

intensity use, tweaking, and information on spotting the dangers of a meth user in the tweaking zone. Meet Becky, a long term meth user struggling to overcome her addiction and come to terms with the damage it has done to her life. Encourages: education, a commitment to responsibility, the hope of recovery, and that time is of the essence.

**Meth . . . the great deceiver** (aleo)

Grades 9 - 12; 15 minutes

VHS; 1998

California Department of Justice

VTR/RM 316/.M47/1998

Developed for a teen audience, this video delivers startling facts and compelling, true-life stories of the violence and destruction that follow in the wake of using this drug. Youth are urged to take personal responsibility. They learn that whatever they call this drug – crank, speed, ice, or crystal – it is a liar and a cheat. Meth is the Great Deceiver.

**Methamphetamine & other stimulants** (asth)

Grades 7 – 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. Physical dependence and tolerance are discussed along with the harsh facts about withdrawal and the long-term effects of drug use.

**Methamphetamine : deciding to live** (atiz)

Grades 9 – 12; 38 minutes

VHS; 2006

Hazelden 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.

**Methamphetamine : neurochemistry & recovery** (asap)

Grades 9 – 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 rush to crash** (akpc)

Grades 9 - Adult; 28 minutes

VHS; 1997

Kinetic

VTR/RM 316/.M4/1997

This program utilizes animation, live action and interviews with users and drug experts to help give a comprehensive look at the mental and physical effects of amphetamines and methamphetamines.

**Methamphetamine : under the ice** (astf)

Grades 7 – 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.

**Methamphetamines : the hard facts** (atja)

Grades 9 – 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 methamphetamines. Provides information to make fact-based choices about drugs and their lives.

**Myths about meth and some straight talk** (alsk)

Grades 9 - 12; 10 minutes  
VHS; 1998  
VTR/RM 316/.M87/1998

Featuring Dr. Alex Garza, from the Truman Medical Centre in Kansas City, MI, this video answers questions such as: what is Meth? What are the short and long-term effects on Meth on the body? Also discusses women's issues such as dieting and effects on the fetus.

**No quick fix** (alqs)

Adult; 52 minutes  
VHS; 1999  
National Film Board  
VTR/HQ 799.15/.N6/1999

A revealing portrait of two young addicts, their life n the street and their despairing parents who find themselves powerless to save their children from the habit that is consuming them. Cathy's and Laurent's parents live in a permanent state of bewildered anxiety and guilt. How can they avoid being totally destroyed by grief? How do they manage to carry on with their lives, in spite of everything? And how do they deal with a system that views them with suspicion? The film hopes to alleviate and identify some of the enormous pain endured by parents coping with and addicted child. **(MATURE THEME)**

**Nothing to rave about : a club drugs prevention video** (alwy)

Grades 9 - 12; 20 minutes  
VHS; 2001  
Hazelden  
VTR/RM 316/.N6/2001

Increasing numbers of young adults consider club drugs a harmless enhancement to a night of dancing, barhopping, or concert going. In this video, young people ages seventeen through twenty-two describe how they learned the hard way that there is no such thing as a safe or recreational drug.

**Party drugs : the in the know series** (aqfm)

Grades 9 - Adult  
VHS; 200?  
Canadian Learning Company  
VTR/RM 316/.P4/200?

Informs users about the tremendous damage that Ecstasy/MDMA, Methamphetamine, GHB, Rohypnol and Ketamine do to users' lives. Also contains an in-depth look at the frightening trend of "date rape" drug use and provides advice to viewers on protecting themselves.

The program details the social effects, biological functions and short and long term effects of each of these substances, and concludes with the tragic story of a college freshman who has spent the last three years in a coma due to someone "slipping" GHB to her without her knowledge.

**Smokeless tobacco : the whole truth** (aiyy)

Gr. 7 - 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 - 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 - 12; 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.

**Solid as a rock** (aizd)

Gr. 7 - 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.

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

Grades 9 - 12; Consists of 3 parts, total length 37 minutes  
VHS; 1990  
McIntyre Media  
VTR/RC 1230/.S74/1990/v.1

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

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

(ajab) VTR/RC1230/.S74/1990/v.2

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

**Stoned : an anti-drug film (ajac)**

Gr. 7 - 12; 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.

**Street drugs (ajaf)**

Grades 9 - Adult; 30 minutes  
VHS; 1989  
Omega  
VTR/HV 5808/.S76/1989

"Street drugs" are any substance bought or sold, used or abused outside a normal doctor/patient relationship. In this film, hosted by Jimmy Smits, viewers will learn how these drugs affect both the brain and body. It covers initial effects, withdrawal, and long-term effects of each drug, and makes the dangers of drug use abundantly clear.

**Through a blue lens (aljk)**

Grades 9 - Adult; 52:08 minutes  
VHS; 1999  
National Film Board  
VTR/HV 5824/.H65/T7/1999

Constable Al Arsenault, along with six other policemen, began video-documenting the lives of people on their beat to create a powerful educational tool to help prevent drug use among young people. The result is a gritty documentary that gives addicts a voice to talk openly about who they are, and how they got to the streets. Through their participation on this video, they want to stop others from joining their nightmare. **(WARNING: CONTAINS COARSE LANGUAGE AND GRAPHIC SCENES. PREVIEW BEFORE USE)**

**Truth about drugs, The (alof)**

Grades 9 - 12; 30 minutes  
VHS; 2000  
Canadian Learning  
VTR/HV 5824/.Y68/T7/2000

Explores the lives of several young people who have been forever changed by drug use. It shows the immediate consequences of illegal drugs, and it illustrates in vivid detail how easily a life can be changed or destroyed after one

drug use. The effects of heroin, cocaine, Ecstasy and other drugs are discussed, as well as techniques for turning away from risky drug-related situations. **(DISTURBING SCENES)**

**What's wrong with methamphetamine** (arqx)

Grades 9 – Adult; 28 minutes  
VHS; 2005  
Canadian Learning Company  
DVD/RM 316/.W4/2005  
VTR/RM 316/.W4/2005

The nightmare of methamphetamine abuse comes through “crystal” clear, as a former addict tells of the serious physical, emotional and social consequences he suffered from using the drugs. Medical and law enforcement personnel graphically outline the future of the “crystal” abuser – a downward spiral that can include irreversible brain damage, a criminal lifestyle and prison.

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

Grades 9 - 12; 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.

**Without warning** (akpr)

Grades 9 - 12; 17 minutes  
VHS; 1996  
Kinetic  
VTR/QP 801/.A3/W5/1996

Alcohol poisoning, or ethanol overdosing is the subject of this video. In 1992, RID (Remove Intoxicated Drivers) aided a victim's family who had lost their daughter to alcohol poisoning on her sixteenth birthday. In the video, four victims who spoke at a RID conference tell their painful stories. How the alcohol kills, the symptoms to watch for, what helps and what doesn't, the importance of swift medical attention – these elements round out a vivid, powerful message.

**GAMBLING**

**Credit card abuse / gambling addiction : the teen files flipped series** (aojf)

Grades 9 - 12; 21 minutes  
VHS; 2002  
Canadian Learning Company  
VTR/RC 569.5/.C7/2002

Series : The teen files flipped

Provides a sobering, no-holds barred look at the devastating results spending and problem gambling. The program candidly illustrates the insidious nature of unrestrained spending and gambling, dramatically demonstrating the danger signs and real-life consequences of these risky behaviours. Two teens learn how quickly their goals and aspirations can be shattered by these unchecked activities.

**Playing for keeps : adolescent gambling high school presentation kit (akdg)**

Grades 9 - 12; Kit includes overheads (75 – 90 min. presentation with recovering gambler as guest speaker)  
KIT; 1996  
AADAC  
KIT/RC 569.5/.G35/P53/1996

Intended to raise adolescent awareness of problem gambling and encourage adolescents to examine their own decisions around gambling and other leisure activities. Designed for use in the classroom or with community youth groups. It is intended for delivery by individuals who have some understanding of addictions or problem gambling and who are comfortable discussing lifestyle issues with adolescents.

**Playing with fire : Aboriginal adolescent gambling (alix)**

Gr. 6 - 9 1; 16 minutes  
VHS; 1998  
VTR/RC 569.5/.G35/p5/1998

This video is recommended for use with youth ages 12 – 15 to introduce students to a discussion of gambling and problem gambling.

**Spare time, spare cash : teens talking about gambling (akdi)**

Gr. 7 - 9; 23 minutes  
VHS; 1997  
AADAC  
VTR/RC 569.5/.G35/S63/1997

Presented in three sequential modules to maximize delivery options, this video explores adolescent gambling from the perspective of teens themselves. Reveals what they bet on, why they do it, what it feels like to win or lose, and what consequences they experience.

**Winning**

Grades 9 – 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.

**HOMELESSNESS**

**Exiles in Lotusland (auad)**

Grades 9 - Adult; 71 minutes  
DVD; 2005  
National Film Board of Canada  
DVD/HV 5824/.Y68/E9/2005

Like a quarter of Vancouver's homeless youth, Melo and Ti-criss came from Quebec. They're seeking escape, adventure and maybe the meaning of life, but for now, their only certainty is love.

From east to west, from the streets to a hotel, with a welcome interlude in the country, they seek their place in society but often find only boredom. Getting high doesn't always chase away the tedium.

After a life of hard knocks and wounds from a painful childhood. Ti-criss chooses his ultimate solution: suicide. From this shocking end, Melo emerges bruised but stronger. In this unsettling look at youth living on the edge, the filmmaker acknowledges street kids for who they are and treats them with the humanity they deserve.

**Hard Night Out** (atzd)

Grades 9 - Adult  
DVD; 2005  
Manitoba Harm Reduction Network  
DVD/HV 5824/.Y68/H3/2005

This DVD is a documentary about the homeless people in Winnipeg. It increases awareness of what it's like to live on the streets and the obstacles these people face. The people living on the streets are paired up with people from the media, local MP's, and health care providers. They show these people "a day in their lives", where they live, and where they go to bathe and eat.

**METHAMPHETAMINE**

**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.

**PEER COUNSELLING**

**Faces of reality : youth and substance use** (amba)

Grades 9 - 12; 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.

**Good intentions, bad results** (ajhi)

Grades 9 - Adult; 30 minutes  
VHS; 1993  
Kinetic  
VTR/HV 5135/.G66/1993

Tells the story of three young people who, because of their mistaken beliefs and attitudes about alcohol and other drug use, are drawn into painful emotional turmoil by their honest efforts to help out a friend – a friend with problems that involve alcohol.

**Natural helpers : peer-helping program** (apda)

Grades 9 - 12; Kit  
Kit; 1993  
KIT/LB 1027.5/.N3/1993

Natural helpers provides training to students and adults who are already serving as helpers. It gives them skills to help others more effectively; it gives them places to turn to when they're not able to help.

**Peer intervention : drug abuse (aiwf)**

Gr. 7 - 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 - 12; 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.

**Drugs, values and decisions (ajgd)**

Gr. 7 - 12; 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.

**Family and peer factors (ajft)**

Grades 9 - 12; 28 minutes  
Adult; 1979  
Hazelden  
VTR/HF 5827/.F35/1979

Pins down the basic truths of peer pressure as they relate to the use of alcohol and other drugs. Dealt with are commercial advertising and the need to be accepted by one's friends; where the use and/or abuse of drugs and alcohol is a basic fact in the lifestyle of adults and young adults today.

**Speak up, speak out : learning to say NO to drugs (aizk)**

Gr. 9 - 12; 15 minutes, Closed captioned  
VHS; 1988  
McIntyre Media  
VTR/HQ 799.2/.P44/S64/1988

Shows how manipulative "friends" can pressure others to use drugs and alcohol, and gives teens specific techniques for resisting peer pressure and saying "no" to drug and alcohol abuse.

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

Gr. 7 - 12; 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.

**Teen issues : peer pressure (ajak)**

Gr. 7 - 12; 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 - 12; 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 - 12; 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 - 12; 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.

**RECOVERING ADDICTS**

**Alternatives to addiction (aqwk)**

Grades 7 – 12; 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.

**Another chance to change** (aiww)

Grades 9 - Adult; 30 minutes

VHS; 1991

VTR/RC 564/.A55/1991

A sequel to "Choices and Consequences, this tape demonstrates relapse. By dramatizing relapse risk factors and warning signs, the video teaches concerned adult and teenage viewers what behaviours to look for and what to do when they see them.

## **BEAT THE STREET SERIES**

Sunburst Communications

**Street smarts : learning to avoid relapse** (akph)

Grades 9 - 12; 38 minutes

VHS; 1996

VTR/RC 564/.B43/1996/v.1

Provides recovering addicts with relapse-prevention skills and strategies that can help them stay clean and sober in challenging living environments. This video offers eight specific skills vital to urban relapse prevention.

**Back on the block : early recovery** (akpi)

Grades 9- 12; 39 minutes

VHS; 1996

VTR/RC 564/.B43/1996/v.2

Provides recovering addicts with relapse prevention skills and strategies that can help them stay clean and sober in challenging living environments. This video deals with how to handle housing, old friends and triggers during the first weeks home.

**Recovering relationships : families, partners and kids** (amp)

Grades 9 - 12; 38 minutes

VHS; 1996

VTR/RC 564/.B43/1996/v.3

Provides recovering addicts with relapse-prevention skills and strategies that can help them stay clean and sober in challenging environments. This video provides skills for coping with the relapse traps that occur in relationships.

**Catchin' feelings : a new way to cope with emotions** (akpk)

Grades 9 - 12; 40 minutes

VHS; 1996

VTR/RC 564/.B43/1996/v.4

Provides recovering addicts with relapse-prevention skills and strategies that can help them stay clean and sober in challenging living environments. This video demonstrates techniques for handling anger, shame and pity.

**Making it happen : work, money, school and good times** (akpl)

Grades 9 - 12; 38 minutes  
VHS; 1996  
VTR/RC 564/.B43/1996/v.5

Provides recovering addicts with relapse-prevention skills and strategies that can help them stay clean and sober in challenging environments. This video helps viewers look to the future and set goals.

**Beat the street : counsellor's guide** (alma)

Grades 9 - 12; Kit includes counsellor's guide and client worksheets  
KIT; 1996  
KIT/RC 564/.B43/1996

Counsellor's guide and client worksheets for4 use with the video series – a 5-part relapse prevention series for urban recovering addicts.

**Choices and consequences** (ajeo)

Grade 9 - 12; 26 minutes  
VHS; 1987  
Kinetic  
VTR/HV 5824/.Y68/C465/1987

Shows the special ways of intervening successfully with adolescents in trouble with alcohol/drugs. Dramatizes the story of three teenage friends, all involved with alcohol/drugs but at different levels. The story reveals in action how the intervention process works at each level.

**Faces of reality : youth and substance use** (amba)

Grade 9 - 12; 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.

**Flipping the world : drugs through a blue lens** (alqr)

Grade 9 - 12; 30 minutes  
VHS; 2000  
National Film Board of Canada  
VTR/HV 5824/.Y68/F55/2000

A culturally diverse group of seven high school students meets with members of the Odd Squad – Vancouver police officers who, since 1998, have been filming people addicted to drugs. But this is no ordinary school anti-drug presentation. The students talk to the cops, then meet young people who are in recovery, and others still struggling with drug addiction. In the process, their views on drugs and the people who use them undergo important shifts. The students become more understanding and empathetic – and they reveal their own drug experiences. (MATURE THEME)

## **HEALING THE ADDICTED BRAIN SERIES**

**Addiction : out of control** (alcr)

Grade 9 - 12; 30 minutes  
VHS; 1999  
FMS Productions  
VTR/RC 564/.H3/A3/1999/v.1

Why does addiction reach a stage that is out of control, causing addicts to neglect friends, family, children and their lives? Etched deeply into the cells of the brain are memories of using drugs as a way to cope – memories that can trigger intense craving. Yet there is genuine reason for hope; an altered brain can become increasingly healthy – when addicts learn new ways to think – and to live.

**Stages of recovery (alcs)**

Grades 9 - 12; 34 minutes

VHS; 1999

FMS Productions

VTR/RC 564/.H3/A3/1999/v.2

When a brain holds deeply embedded memories and habits – when it is trained for years to depend on drugs – it's not likely we can recover without help from others. Emotional stories reveal the challenge of each stage; wanting to stop, deciding to stop, overcoming the barriers to asking for help and accepting help. Restoring the brain's natural chemistry requires effort over time – building a new way of life.

**Relapse and recovery (alct)**

Grades 9 - 12; 36 minutes

VHS; 1999

FMS Productions

VTR/RC 564/.H3/A3/1999/v.3

Avoiding relapse means being prepared, creating strategies for coping with triggers. Recovery requires finding new, healthy ways to feel good, to stimulate the natural chemicals that give us a feeling of well-being. Over time, the brain begins to restore its natural balance. Free of addictive behaviours, doors can open to a whole new life.

**Healing the addicted brain : leader's guide and workbook (aicx)**

Adult; Workbook and leader's guide – includes handouts and 6 overheads

KIT; 1999

KIT/RC 564/.H3/1999

Fifteen interactive sessions include summary of video content, issues for discussion before and after viewing videos, a step-by-step plan for leading each session, how to make connections and transitions from session to session, reference to personal quotations on addiction and recovery and cues for observation and management of group needs.

**Helping addicted youth find recovery (apnn)**

Adult; 57 minutes

VHS; 2003

U.S. Department of Health and Human Services

VTR/HV 5824/.Y68/H4/2003

Hear from youth who discover recovery first hand. Discusses programs that promote health and well-being within the school system and the barriers youth face in seeking treatment and support to battle their alcohol and/or drug dependence. Identifies effective treatment modalities and innovative strategies for meeting the treatment needs of youth.

**STRAIGHT TALK SERIES**

**Starting early (alab)**

Gr. 7 - 12; 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 - 12; 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 - 12; 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**

**Alcohol, drugs or alternatives** (aiwm)

Grades 9 - Adult; 26 minutes  
VHS; 1973  
VTR/HV 5045/.A42/1973

Hosted by Christopher George and Tommy Smothers, this film is an exploration of alternatives to people's dependence upon drugs and alcohol. Feelings of inadequacy and a negative self-image are explored.

**The Alcoholic within us** (ajdn)

Grades 9 - Adult; 23 minutes  
VHS; 1976  
VTR/HV 5045/.A56/1976

Human emotions and feelings such as loneliness, fear, guilt, resentment, inadequacy, insecurity are represented by actors and are shown in conflict with each other. The film shows how a person trying to cope with these emotions may resort to alcohol.

**Body image** [amgk]

Grades 9 – 12; 27:12 minutes  
VHS; 1998  
Sport Medicine Science Council  
VTR/RC 455.4/.S42/B63/1998

Body image is a half-hour program designed to separate media hype from reality, to help young people make the right choices, and develop an effective, healthy lifestyle.

**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 our bodies. The young adults portrayed struggle against the pressures of parents, peers and media to have that “perfect” body.

**Catchin’ feelings : a new way to cope with emotions** (akpk)

Grades 9 - 12; 40 minutes  
VHS; 1996  
VTR/RC 564/.B43/1996/v.4

Series : Beat the street : clean and sober in the city

Provides recovering addicts with relapse-prevention skills and strategies that can help them stay clean and sober in challenging living environments. This video demonstrates techniques for handling anger, shame and pity.

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

Gr. 7 - 12; 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.

**Dying to be thin** (amfq)

Grades 9 - Adult; 60 minutes  
VHS; 2000  
Marlin Motion Pictures  
VTR/RC 552/.E18/D8/2000

This video introduces you to students, ballet dancers, fashion models and other young women who are seeking recovery or have conquered Anorexia Nervosa or Bulimia. You'll discover how leading eating disorder specialists are making dramatic advances in the diagnosis and treatment of these two potentially lethal diseases.

**Eating disorders : the inner voice** (alsu)

Gr. 7 - 12; 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.

**Get the edge** (ajkh)

Gr. 7 - 9; 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.

**Healing journey** (alsi)

Adult; 24 minutes  
VHS; 1995  
VTR/HV 6546/.H4/1995

When youth at risk of suicide are internalizing past harmful experiences, therapeutic drama or role-playing techniques are often used to help the youth express strong negative emotions. This video follows the experiences of a group of young people as they get in touch with their feelings and emotions in trying to deal with past suicide attempts.

## **THE POWER OF CHOICE SERIES**

### **Acting on your values** (ajvh)

Grades 9 - 12; 30 minutes

VHS; 1988

VTR/BF 724.3/.V3/A37/1988

Discussion about what the choices we make reveal about values in our society. Kids speak about materialism, the power of money, and the pursuit of self-gratification.

### **Self-esteem** (ajvn)

Grades 9 - 12; 30 minutes

VHS; 1988

VTR/BF 637/.S4/1988

The way we feel about ourselves affects every aspect of our private and social lives, and has tremendous influence on the kinds of choices we make. In this program host Michael Pritchard and high school students consider what self-esteem is, what it does for us, and how we can tap into it. The underlying message is that good self-esteem leads to good choices, and good choices lead to greater self-esteem.

### **Communicating with parents** (ajve)

Grades 9 - 12; 30 minutes

VHS; 1991

VTR/HQ 755.85/.C65/1991

High school students and Michael Pritchard examine some of the ways in which family communication gets blocked, and consider what kinds of choices they can make to improve the situation.

### **Coping with pressures** (ajxk)

Senior 1-Senior 4; 30 minutes

VHS; 1991

VTR/BF 575/.S75/C6/1991

Comedian/teen counsellor, Michael Pritchard and students talk about the pressures they face, from academic competition to peer acceptance and parental expectations. They grapple with ways of keeping pressures in perspective and of learning to handle those pressures in ways that serve their best interests.

### **Depression and suicide** (ajef)

Grades 9 - 12; 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 and alcohol – part 1 (ajvc)**

Grades 9 - 12; 30 minutes

VHS; 1988

Canadian Learning Company

VTR/HV 5824/.Y68/D78/1988/v.1

**Drugs and alcohol – part 2 (ajvb)**

Grades 9 - 12; 30 minutes

VHS; 1988

Canadian Learning Company

VTR/HV 5824/.Y68/D78/1988/v.2

Featuring Michael Pritchard who teaches young people that they are responsible for the choices they make and that they owe it to themselves and the people they care about to choose the best. Also deals with alternatives to using drugs and alcohol.

**Drinking and driving (ajvg)**

Grades 9 - 12; 30 minutes

VHS; 1991

VTR/HE 5620/.D7/D75/1991

Michael Pritchard talks to students about how to stay out of (or get out of) drinking/driving predicaments and still be cool.

**Raising your parents (ajvd)**

Grades 9 - 12; 30 minutes

VHS; 1991

VTR/HQ 755.85/.R35/1991

In this program Michael Pritchard and high school students take on the age old question of how to make their relationship with their parents work better. By defining what they want in their relationship with their parents, and examining how their own actions affect that relationship, these teenagers uncover some of the keys to getting what they want in the teen/parent alliance.

**Teen suicide : Sara's diary (amcl)**

Grades 9 - 12; 14 minutes

VHS; 2000

Marlin

VTR/HV 6545.8/.S3/2000

Sara is different. The kids in her high school see this and don't let up with endless teasing and bullying. Sara finally breaks, and, after a suicide attempt, Mark, her primary tormentor, happens to find her diary. Through this book Mark gets to know the deep feeling of a girl nobody knew, and finds that she is no different from any of us.

**Values (ajwd)**

Grades 9 - Adult; 57 minutes

VHS; 1988

Target

VTR/BF 724.5/.V3/1988

Series : Father Martin

Some principles to live by – alternatives to alcohol, drugs, etc.

**Viable alternatives** (ajfw)

Grades 9 - Adult; 28 minutes  
VHS; 1987  
Hazelden  
VTR/BF 637/.C4/V53/1979

Deals with the results of boredom and the search for instant gratification, common to so many people. With a lack of interest in constructive goal-oriented activities, drugs and alcohol have become the answer of the moment.

**When dating turns dangerous** (akpu)

Gr. 7 - 9 1; 33 minutes  
VHS; 1995  
Sunburst Communications  
VTR/HQ 801.83/.W4/1995

Addresses the growing problem of dating violence, describes the patterns it takes and why abusers act the way they do, and how the abuse gradually destroys a victim's self-esteem.

**SOLVENT ABUSE**

**Choice is yours, The** (ajen)

Gr. 7 - 9; 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 - 12; 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".

**Hit for Mike, A** (ajhs)

Gr. 7 - 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 – 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.

**Teens and inhalants : one breath at a time (aobm)**

Grades 9 - 12; 10 minutes  
VHS; 2002  
VTR/HV 5824/.Y68/.T4/2002

The misuse of common household substances by adolescents through “huffing” or inhaling is often the first foray into experimental drug use among teens. Young adults learn to dispel peer pressure and learn coping skills for problem solving.

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

Grades 6 – 12; 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.

**Up your nose (ajlk)**

G. 7 - 12; 8 minutes  
VHS; 1985  
VTR/HV 5822/.S65/U6/1985

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

**SUICIDE**

**Depression and suicide (ajvf)**

Grades 9 - 12; 30 minutes  
VHS; 1991  
Sunburst  
VTR/HV 6545.8/.D46/1988

Series : The power of choice

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.

**Exiles in lotusland (auad)**

Grade 9 – Adult; 71 minutes  
DVD; 2005  
National Film Board of Canada  
DVD/HV 5824/.Y68/E9/2005

Like a quarter of Vancouver's homeless youth, Melo and Ti-criss came from Quebec. They're seeking escape, adventure and maybe the meaning of life, but for now, their only certainty is love.

From east to west, from the streets to a hotel, with a welcome interlude in the country, they seek their place in society but often find only boredom. Getting high doesn't always chase away the tedium.

After a life of hard knocks and wounds from a painful childhood. Ti-criss chooses his ultimate solution: suicide. From this shocking end, Melo emerges bruised but stronger. In this unsettling look at youth living on the edge, the filmmaker acknowledges street kids for who they are and treats them with the humanity they deserve.

**For John** (auce)

Grades 9 – Adult; 58 minutes  
DVD; 2003  
National Film Board of Canada  
DVD/E 98/.D7/F6/2003

John Diabo was a cherished member of a tight-knit family in the Mohawk community of Kahnawake, near Montreal, Quebec. Nevertheless, John had been tortured by drug addiction for more than a decade. In 1998, he ended his own life at the age of thirty-one. This video is the intimate story of John's battle with drugs and his eventual suicide. The film, directed by Dale Montour, John's aunt, is also a portrait of his family. Four years after his death, they break their silence. Courageously they share their stories of survival in the aftermath of unimaginable loss. In moving testimony and family photographs, the video portrays the stark contrast between John's powerful life force and the force of his addiction.

**Healing journey** (alsi)

Adult; 24 minutes  
VHS; 1995  
VTR/HV 6546/.H4/1995

When youth at risk of suicide are internalizing past harmful experiences, therapeutic drama or role-playing techniques are often used to help the youth express strong negative emotions. This video follows the experiences of a group of young people as they get in touch with their feelings and emotions in trying to deal with past suicide attempts.

**Let it not be in vain** (aojd)

Grades 9 - 12; 22 minutes  
VHS; 2002  
Canadian Learning Company  
VTR/HV 6545.8/.L4/2002

Hear the true story of Keith Nokes, a teen who took his own life while in a state of "alcohol induced psychosis", commonly known as a blackout.

Today, Keith's family and friends tell his tragic story to high school and college students to alert them to the warning signs of suicide, the dangers of binge drinking, and the deadly results if either or both of these are ignored or not taken seriously enough by friends or family.

**Patrick's story** (amjp)

Grades 9 - Adult; 24 minutes  
VHS; 1999  
National Film Board of Canada  
VTR/HV 6545.8/.P3/1999

This film explores what brought a young man to attempt suicide and what turned his life around. With the help of friends and his loving adoptive mother, Patrick begins the search for his identity and spirituality as a Cree man, while discovering his talents in music and acting.

**Teen suicide : Sara's diary** (amcl)

Grades 9 - 12; 14 minutes  
VHS; 2000  
Marlin  
VTR/HV 6545.8/.S3/2000

Sara is different. The kids in her high school see this and don't let up with endless teasing and bullying. Sara finally breaks, and, after a suicide attempt, Mark, her primary tormentor, happens to find her diary. Through this book Mark gets to know the deep feeling of a girl nobody knew, and finds that she is no different from any of us.

## **TOBACCO HABIT**

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

Grades 9 - 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 - 12

VHS; 2003

AADAC

VTR/HV 5745/.B3/2003

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

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

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

Grades 7 - 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 - 12; 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 que 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.

**Quit before it is too late!** (apnq)

Grade 7 - 12; 27 minutes  
VHS; 1999  
VTR/HV 5745/.Q3/1999

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

**Real people : smoking : the burning truth** (almg)

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

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

**Second hand smoke (allj)**

Grades 9 - Adult; 16 minutes  
VHS; 1999  
VTR/HV 5748/.S4/1999

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

**Smokeless tobacco : the whole truth (aiyy)**

Gr. 7 - 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 - 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 - 12; 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 – 12  
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 - 12; 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, alcohol and marijuana : the In the Know Series** (aqqk)

Grades 9 - 12; 23 minutes  
VHS; 2003  
Canadian Learning Company  
VTR/HV 5824/.Y68/T633/2003

Four young narrators work together to educate viewers about the tremendous damage that tobacco, alcohol and marijuana do to users' lives. Viewers may not be aware that more than a half a million people are killed every year by tobacco and alcohol. Also mentioned is the dramatically increasing odds that a user will often go on to abuse cocaine and heroin.

The program details the social effects, biological functions and short and long term effects of each substance. Finally, a survivor tells how her family was torn apart by a drunk driver.

**Tobacco horror picture show, The** (alxb)

Gr. 7 - 9; Includes video, 28:26 minutes  
KIT; 1998  
McIntyre Media  
KIT/HV 5740/.T6/1998

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

**We can't go on like this** (ajbp)

Grades 9 - Adult; 32 minutes  
VHS; 1983  
VTR/HV 5740/.W4/1983

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

**Where there's smoke** (arru)

Grades 7 – 12  
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.