

**ADDICTIONS FOUNDATION OF MANITOBA
AUDIOVISUAL RESOURCES**

SUBJECT HEADINGS

YOUTH - (GRADES K - 3)

ADVERTISING

I don't buy it!

Gr. 1-3; 15 minutes (Closed captioned)
VHS; 1992
VTR/HF 5827/.I3/1992

Series : Just for me

In this program three children explore the world of advertising and learn how to question the claims of advertised products.

ALCOHOL

Don't drain your brain : how alcohol damages the brain (arqm)

Grades 2- 6; 15 minutes
KIT; 2003
Human Relations Media
KIT/QP 801/.A3/D6/2003

This powerful video gives viewers a chance to witness how normal brain functioning is short-circuited by alcohol. Emphasizes that alcohol is particularly dangerous to the developing brain.

Prevention television : alcohol and other drug prevention for grades 3 – 5 (arqj)

Grades 2- 6; 15 minutes
VHS; 2005
Hazelden
VTR/HV 5824/.C45/2005

Equips elementary students with the age-appropriate information they need to make healthy choices, including : what alcohol and other drugs do to a young person's body and brain, how friends can protect each other, and why it's important to talk with parents or other adults about alcohol and other drugs. Includes a facilitator's guide containing background information, a session outline and a reproducible parent newsletter.

ASSERTIVENESS

Feeling yes, feeling no (ajgt)

Gr. 1-6, Adult; 79 minutes
VHS; 1986
VTR/HV 6626.5/.F44/1986

A sexual assault prevention program for young children and their parents. This program is in two sections. The first section (30 minutes) is for parents, the second (three 15-minute segments) is for children aged 6 to 12.

YOU CAN CHOOSE SERIES

Appreciating yourself (amgw)

Gr. K-5; 28 minutes
VHS; 1992
VTR/BF 34/Y6/1992/v.7

Tuggy Turtle learns that being himself is a lot better than pretending to be something he's not. When Tuggy becomes troubled by feelings of inadequacy, his friends help him to recognize and appreciate his positive inner qualities.

Dealing with feelings (amjy)

Gr. K-5; 28 minutes
VHS; 1992
VTR/BF 723/.D34/Y6/1992/v.3

Tuggy Turtle discovers the importance of being honest about his emotions. In trying to hide his fears about going on a weekend camp out, Tuggy makes himself miserable and almost ruins his friendship with Moose before learning that it's best to accept his feelings and express them honestly and positively.

Resolving conflicts (amgz)

Gr. K-5; 28 minutes
VHS; 1992
VTR/BF 723/.D34/Y6/1992/v.10

Tuggy and Rhonda learn that there are ways to resolve disagreements without fighting. When a dispute between them puts their class project in jeopardy, Tuggy and Rhonda learn to work out interpersonal conflicts in a peaceful and positive way.

Saying no (amgx)

Gr. K-5; 28 minutes
VHS; 1992
VTR/BF 723/.D34/Y6/1992/v.4

Missie Mouse has to choose whether to say "no" to a friend or so something she knows is wrong. When Missie's best friend, Rhonda, tries to pressure her into smoking cigarettes, Missie agonizes over her options before discovering that there are ways to say "no" without ruffling Rhonda's feathers.

CHILDREN OF ALCOHOLICS

If your parents drink – you're not alone (ajhy)

Gr. 1-3; 15 minutes
VHS; 1989
Encyclopedia Britannica
VTR/HV 5133/.I48/1989

Program features Feena and Spooner, good friends who share a bad problem. Each has an alcoholic parent. Both are feeling guilty and despondent until a strange but wise character called the Big Kahooney comes upon the scene. He tells them that no one can help an alcoholic parent unless he or she wants help. The only thing that children can and should do is shed their guilt, share their feelings, and take care of themselves.

Something wrong at home : the alcoholic family (aizh)

Gr. 2-4; 14 minutes
VHS; 1993
Sunburst
VTR/HV 5132/.S66/1993

Children who live in an alcoholic family are aware that something is wrong at home, but confused and uncertain of the reasons, they often blame themselves. This program helps young viewers understand that children are never the cause of a parent's drinking.

HERE'S LOOKING AT YOU 2000 SERIES

Tippy's new collar (ajra)

Gr. K-3; 13 minutes
VHS; 1988
VTR/HV 5132/.T56/1988

Children who live with an alcoholic family member can feel a number of confusing emotions, including fear, anger and guilt. The video informs elementary-aged children about the disease of alcoholism and coping strategies.

A Tune for Tippy (ajqz)

Gr. K-3; 10 minutes
VHS; 1988
VTR/HV 5132/.T85/1988

For children ages 4 – 8. Animal puppets discuss the sensitive issue of alcoholism in the home.

Twee, fiddle and huff (ajba)

Gr. 1-6; 12 minutes
VHS; 1990
VTR/HV 5133/.T84/1990

The story of Twee, Fiddle and Huff and their parents' addiction to dancing with a Genie is a charming and non-threatening allegory that offers understanding and hope to young children living with parents affected by alcoholism and other addictions.

CONFLICT MANAGEMENT

All about anger (aiwt)

Gr. 2-4; 15 minutes
VHS; 1991
Sunburst
VTR/BF 723/.A4/A44/1991

Program helps students understand that anger is a normal and universal emotion, and introduces the idea that while the emotion is not under their control, what they do about it can be. Demonstrates constructive ways of dealing with anger.

Don't call me names (amiu)

Gr. K-2; 15 minute video teacher's guide with 16 student worksheets, poster and game
KIT: 2000
Sunburst
KIT/BF 723/.I645/D6/2000

Being called names can be a painful and damaging experience. This program uses vignettes to highlight the reasons behind name-calling, the effect it has on others, and shows kids how to be more assertive so they can stop others from calling them names. Strategies include: telling them how it makes you feel, asking them to stop, ignoring them or asking an adult for help.

Feelings : glad, mad, sad (ajgv)

Gr. 2-4; 17 minutes

VHS; 1993

Sunburst

VTR/BF 723.E6/.F44/1993

Helps students understand and deal constructively with their feelings by learning to differentiate between what they feel and how they act. Makes them aware of the wide range of feelings beyond a simple “good” or “bad”; helps them make better choices about their behaviour.

SHOWPIECE SERIES

Bully dance (alqp)

Primary – Adult; 10:06 minutes

VHS; 2000

VTR/BF 723/.I645/2000

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

Dinner for two (alqo)

All Ages; 7:15 minutes

VHS; 1997

VTR/BF 723/.I654/1997

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

When the dust settles (alqq)

Gr. K-Senior 4, Adult; 7:11 minutes

VHS; 1997

VTR/BF 723/.I645/1997

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

YOU CAN CHOOSE SERIES

Appreciating yourself (amgw)

Gr. K-5; 28 minutes
VHS; 1992
VTR/BF 34/Y6/1992/v.7

Tuggy Turtle learns that being himself is a lot better than pretending to be something he's not. When Tuggy becomes troubled by feelings of inadequacy, his friends help him to recognize and appreciate his positive inner qualities.

Dealing with feelings (amjy)

Gr. K-5; 28 minutes
VHS; 1992
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Tuggy Turtle discovers the importance of being honest about his emotions. In trying to hide his fears about going on a weekend camp out, Tuggy makes himself miserable and almost ruins his friendship with Moose before learning that it's best to accept his feelings and express them honestly and positively.

Resolving conflicts (amgz)

Gr. K-5; 28 minutes
VHS; 1992
VTR/BF 723/.D34/Y6/1992/v.10

Tuggy and Rhonda learn that there are ways to resolve disagreements without fighting. When a dispute between them puts their class project in jeopardy, Tuggy and Rhonda learn to work out interpersonal conflicts in a peaceful and positive way.

Saying no (amgx)

Gr. K-5; 28 minutes
VHS; 1992
VTR/BF 723/.D34/Y6/1992/v.4

Missie Mouse has to choose whether to say "no" to a friend or so something she knows is wrong. When Missie's best friend, Rhonda, tries to pressure her into smoking cigarettes, Missie agonizes over her options before discovering that there are ways to say "no" without ruffling Rhonda's feathers.

DECISION MAKING

Happy, healthy, drug-free me, part 1 (aniv)

Ages 8-10
VHS; 1997
Omega
VTR/HV 5824/.Y68/H3/1997

The program opens with a short animated sequence that helps explain that each person is special. Two vignettes then open a discussion of appropriate behaviour when we're angry or upset. Ways of feeling good about oneself are reviewed, including doing things for others and choosing to talk about our problems to an adult.

Happy, healthy, drug-free me, part 2 (aniw)

Ages 8-10

VHS: 1997

Omega

VTR/HV 5824/.Y68/H36/1997

As the program begins, 3 children are shown stressful situations. The 3 children exhibit some common signs of stress—sweaty hands, shaky legs, shallow breathing, queasy stomach, tight muscles and headaches. The video reviews various ways to relieve stress—exercise, deep breathing, pretending to be a rag doll, etc. The next segment discusses how friends can influence our mood and behaviours. The dangers of alcohol and tobacco are reviewed, after which more appropriate methods of relieving stress or bad feelings are mentioned.

I do care (ajwb)

Gr. 1-3; 15 minutes (Closed captioned)

VHS; 1992

VTR/BF 723/.D34/I3/1992

Series : Just for me

When Alfredo chooses to go for a car ride with his sister's boyfriend he learns about the rules and the consequences of a bad choice.

My choice (ajvz)

Gr. K-3; 15 minutes (Closed captioned)

VHS; 1992

VTR/RA 776.95/.M8/1992

Series : Just for me

Randy is having a difficult time dealing with his mother's remarriage. When a group of older boys encourages him to experiment with cigarettes and alcohol, he and his family attempt to work things out in a positive way.

Real me, The (ajvx)

Gr. 1-3; 15 minutes Closed captioned

VHS; 1992

VTR/HQ 784/.P43/R4/1992

Series : Just for me

A young Native American girl's desire to be popular leads to her becoming friends with students whose behaviour causes her a great deal of discomfort. A chance encounter with her cousin helps her to learn to be proud of herself and to make her own choices.

Sois futé : flairer le danger = [Stay alert, stay safe] (aizx)

Gr. 1-4; 7 minutes

VHS; 1990

VTR/HV 675.72/.S65/1990

Les principaux objectifs de ce programme: Encourager les enfants, par des activités interactives, à se tenir sur leurs gardes et à avoir confiance dans leur connaissance de situations dangereuses. Affirmer aux enfants que leur instinct naturel constitue leur meilleure défense. Fournir aux enseignants une méthodologie agréable et pratique qui pourrait être adaptée aux styles individuels d'enseignement et aux besoins régionaux.

Stay alert – stay safe = [Sois futé – flaire le danger] (aizw)

Gr. K-6; 7 minutes
VHS; 1990
VTR/HV 675.72/.S72/1990

Developed to educate children ages five to twelve on the potential dangers surrounding them and make them aware of methods of dealing with threatening situations.

Why I won't do drugs (ajca)

Gr. 2-4; 11 minutes
VHS; 1991
Sunburst
VTR/HV 5824/.C45/W48/1991

This video helps young viewers make the connection between understanding and respecting your body and how drug use can harm it.

DRUGS – PHYSIOLOGICAL EFFECT

All about drugs (amgj)

Gr. K-2: Kit includes 17 minute video, guide
KIT; 1999
Sunburst
KIT/HV 5824/.C45/A55/1999

Gives the youngest students the facts about drugs and medicines they need to know. Helps them understand that staying healthy means taking care of your body and only using drugs that are prescribed for you. Emphasizes that while drugs and medicines can be very helpful, they can also be dangerous, especially for children.

Drugs, alcohol, and your body (ajfs)

Gr. 1-6; 14 minutes
VHS; 1990
Canadian Learning Company
VTR/HV 5824/.C45/D78/1990

This program teaches children why it is so important to say no to alcohol and other drugs. They discuss how to say no when someone pressures them to use drugs, especially if that someone is a friend.

Drugs : tough questions, straight answers (anit)

Ages 8-10; 19 minutes
VHS; 2002
Omega
VTR/HV 5824/.Y68/D7/2002

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

Medicine, drugs and you (aiub)

Gr. 1-6; 12 minutes
VHS; 1983
BFA Educational Media
VTR/RM 147/.M43/1983

This film will serve as a basic primer on safe, intelligent use of substances, which may help, or harm, depending on our awareness and attitude.

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The Secret life of the brain (andu)

Senior 1-Senior 4; 60 minutes

VHS; 2002

VTR/RC 564.68/.S43/2002

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

SELF-PERCEPTION

Who are you? (ajvw)

Gr. K-3; 15 minutes Closed captioned

VHS;1992

VTR/RC 455.5/.S42/W6/1992

Series : Just for me

In this program, three children discover what self-concept is, how thoughts and feelings affect it and how they can develop a more positive sense of self.

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SOLVENT ABUSE

Inhalants : don't be fooled by tricky drugs (ajif)

Gr. K-3; 8 minutes
VHS; 1992
Canadian Learning
VTR/HV 5822/.S65/i54/1992

This video explains to young children in simple language the harmful effects of breathing poisonous substances. Children learn the benefits of standing up to others and saying "no".

Spirit of the forest (aizq)

Gr. K-3; 20 minutes
VHS; 1991
VTR/E 98/.S65/1991

This video centres on friendship and feelings – being friends, wanting to be friends, and being alone, feeling unwanted. The Spirit of the Forest, the Anishinabbe, seeks to return the forest and the creatures to the balance and harmony of the sacred circle of life.

TOBACCO HABIT

Best friends (ajdu)

Gr.1-3; 6 minutes

VHS; 1971

National Film Board

VTR/HV 5740/.B47/1971

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

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Leader of the pack (arnn)
Grades 2 -6; 12 minutes
KIT; 2003
Sunburst Communications
KIT/HV 5740/.L4/2003

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