



Manitoba Addictions Awareness Week

VIDEOS – SOME SUGGESTIONS (For students, educators, youth workers & parents)

Following are just a small sample of the titles available from the AFM Library. Titles are organized by target audience, as indicated. If you are interested in booking any of these videos for an Addictions Awareness Week event, please contact the Library. If the title you request is unavailable, the Library Staff will recommend another appropriate selection.

Early Years (Grades 2-5)

[For Students]

- Don't Drain your Brain : How Alcohol Damages the Brain
- Happy, Healthy, Drug-Free Me Part 1 & Part 2
- Just for Me Series: For Students
 - Who Are You? (self-concept)
 - My Choice (decision-making)
 - The Real Me (peer pressure)
 - I Do Care (social responsibility)
 - My Family, My Self (relationships)
 - I Don't Buy It (media influence)
- Prevention Television : Alcohol and Other Drug Prevention
- You Can Choose Series:
 - Appreciating Yourself
 - Saying No
 - Dealing With Feelings
 - Resolving Conflicts

[For Parents & Educators]

- Just For Me Series: For Parents
 - For Parents Too: Self-Concept
 - For Parents Too: Healthy Choices
 - For Parents Too: Family Ties

[For Educators]

- Inside Stories: Journey Into Self-Esteem
 - Self-esteem Begins in the Family
 - Self-esteem and How We Learn

Middle Years (Grades 5-8)

[For Students]

- Your Choice...Our Chance Series: For Students
 - Penalty Kick (risk factors)
 - I Think I Am (self-concept)
 - Fitting In (stress)
 - The Big Break (media influence)
 - Thanks...But No Thanks (peer pressure)
 - Good Practice Today (refusal skills)
 - Sister, Sister (alternatives)
 - Decisions (decision-making)
 - A Friend Indeed (social responsibility)
 - Like You Dad (wellness)
- It's No Solution
- Don't Drain Your Brain : How Alcohol Damages the Brain
- Refusal Skills for Healthy Living

[For Parents & Educators]

- Your Choice...Our Chance Series: For Parents
 - We Can't Do It Alone
 - I Need to Talk to You
 - Parents and Schools
 - Partners
- Can We Talk (community prevention)
- Drug Dialogue (parent-child communication)
- What is Your Drug IQ?
- Parenting for Prevention Series
 - How to Stop Enabling and Start Empowering Kids
 - How to Set Limits for Kids

- How to Enforce Consequences When Kids Violate Limits
- How to Confront Kids When They're Doing Wrong and How to Encourage When They're Doing Right
- How to Teach Kids to Handle Anger Without Violence
- How to Teach Kids to Resolve Conflicts Without Violence

High School (Grades 9-12)

[For Students]

Facts and Pharmacology:

- Street Drugs
- The Mind: Addiction (condensed version, 30 min)
- Alcohol: The Most Dangerous Drug
- Meth...The Great Deceiver
- Hallucinogens & Designer Drugs
- What is Your Drug IQ?

Personal Powers:

- Powers and Becoming Series:
 - Freedom From...Freedom To
 - Freedom Trap
 - Self-design
- The Power of Choices Series:
 - Acting on Your Values
 - Self-Esteem
 - Coping with Pressure
 - Drugs & Alcohol
 - Drinking & Driving
 - Communicating with Your Parents
 - Raising Your Parents

Intervention:

- Good Intentions, Bad Results (peer enabling)
- Peer Intervention: Drug Abuse
- Opening Doors: A Personal and Social Skills Program (kit)
- First Dose of Addiction: Teens and Alcohol
- Running on Empty: Teens and Meth
- BEAT THE STREET: Clean & Sober in the City – Series of 5 Tapes
- Straight Talk Series: Alcohol & Drugs – 3 Tapes
- Teen Files Flipped Series – 4 Tapes

Impaired Driving:

- DUI: Dead in 5 Seconds
- It Can't Happen to Me
- Impact: Driving Drunk, Driving High

Attitudes:

- Degrassi Talks Series:
 - Alcohol
 - Drugs
- Chemical Dependency and the Family:
 - Children of Denial
 - Roles
 - Children of Alcohol
 - Different Like Me

[For Educators & Counsellors]

- Youth & Drugs Series: For Professionals
 - Unit 1, Adolescent Development
 - Unit 2, Drugs and Their Use
 - Unit 3, Identification
 - Unit 4, Assessment
 - Unit 5, The Story of Chris



Manitoba Addictions Awareness Week Video List

VIDEOS – SOME SUGGESTIONS (For all groups on specific topics)

Following are just some of the titles available from the AFM Library. If you are interested in booking any of these videos for an Addictions Awareness Week event, please phone, fax, e-mail or write the library.

TOP 10 PICK

- NAME/TITLE**
1. Alcohol & Nutrition NEW!
 2. Next door : a documentary about a teenage alcoholic and her family
 3. Exiles in Lotusland
 4. Parenting for prevention series NEW!
 5. Prevention Television : Alcohol and Other Drug Prevention
 6. The traumatized child
 7. Real People Binge Drinking : Facts and Consequences
 8. Real people : Teens, family and stress NEW!
 9. Winning
 10. Marijuana : Neurochemistry and Physiology

Other Popular A/V Titles

<u>SUBJECT/TITLES</u>	<u>RECOMMENDED AUDIENCE</u>	<u>LENGTH</u>
ADDICTION		
Technology Addiction: Step Back to Reality	Gr. 9 -12	28 min
Alternatives to Addiction	Gr. 7-12	27 min
Addictions : Chemical and Behavioral	Adult	21 min
Addicted Brain, The	Gr. 9-Adult	26 min
ADDICTION – RECOGNITION & REFERRAL		
Are You Addicted?	Gr. 7-12	29 min
Why Do People Drink?	Adult	10 min
Alcohol Abuse: The Early Warning Signs	Adult	21 min
I Don't Have a Problem: The Path to Addiction	Gr. 5-9	33 min
ADULT CHILDREN OF ALCOHOLICS		
Healing The Family Within	Adult	30 min
Out of the Past	Adult	52 min
Standing on Higher Ground	Adult	13 min
ADVERTISING		
Media Sharp – Analyzing tobacco and alcohol messages (kit)	Gr. 6-12	7 min
Deadly Persuasion : The Advertising of Alcohol and Tobacco	Gr. 9-Adult	55 min
The Body Image Trap	Gr. 7-12	30 min
I Don't Buy It	Gr. Primary	15 min
ALCOHOL – PHYSIOLOGICAL EFFECT		
Alcohol: The Most Dangerous Drug	Gr. 10-Adult	23 min
Real People: Talking About Alcohol	Gr. 5-9	12 min
The Secret Life of the Brain: The Teenage Brain	Gr. 9-12	60 min
Alcohol & the Brain	Adult	18 min
Physical Effects of Alcohol	Adult	18 min
ALCOHOL – PSYCHOLOGICAL ASPECTS		
Chalk Talk on Alcohol	Adult	67 min
Alcohol and Cocaine: The Secret of Addiction	Gr. 10-Adult	88 min
Social & Behavioural Consequences of Alcohol Dependence	Adult	10 min
ASSERTIVENESS (PSYCHOLOGY)		
Learning to be Assertive: The Basic Skills	Gr. 4-9	27 min
Learning to be Assertive: Advanced Skills	Gr. 7-12	21 min
Refusal Skills For Healthy Living	Gr. 7-9	15 min
The Art of Living With Shame	Gr. 10-Adult	50 min
Don't Call Me Names	Gr. K-Primary	15 min
BINGE DRINKING		
Real People Binge Drinking : Facts and Consequences	Gr. 7-12	30 min
The Truth about Drinking	Gr. 9-12	30 min
First Dose of Addiction	Gr. 9-12	20 min

BODY IMAGE/EATING DISORDERS

Body Image	Gr. 9-12	27 min
Dying to be Thin	Gr. 9-12	60 min
Eating Disorders : The Inner Voice	Gr. 7-12	30 min
Making the Leap to High School	Gr. 7-12	2 parts

CHILDREN OF ALCOHOLIC PARENTS

Children's program kit : Supportive Education for Children of Addicted Parents	Adult	Kit
If Someone In Your Family Drinks	Gr. 7-12	24 min
If Your Parents Drink – You're Not Alone	Gr. 1-3	15 min
Twee, Fiddle and Huff	Gr. 1-6	12 min
Reflections from The Heart of a Child	Adult	30 min

CO-DEPENDENCE (PSYCHOLOGY)

Compulsive Relationships: The Players and The Personalities	Adult	36 min
It's Not My Problem	Adult	32 min
Co-dependency: Who, What & Where	Adult	25 min

CRYSTAL METH

Jibb the movie : A film about Methamphetamine	Gr. 9-12	31 min
Methamphetamine : Neurochemistry & Recovery	Gr. 9-12	30 min
Methamphetamine & Other Stimulants	Gr. 7-12	28 min
Death by Jib	Gr.7-12	19 min
Running on Empty : Teens and Meth	Gr. 9-12	23 min

DOPING IN SPORTS

Downfall: Sports & Drugs	Gr. 9-12	19 min
The Steroid Trap: Turning Winners into Losers	Gr. 9-12	37 min

DRIVING WHILE IMPAIRED

No Time To Say "Goodbye"	Gr. 10-Adult	15 min
It Can't Happen To Me	Gr. 7-12	18 min
Impact: Driving Drunk, Driving High	Gr. 10-12	32 min
Marijuana, driving and you	Gr. 9-Adult	13 min

DRUGS

Drugs, Alcohol & Your Body	Gr. 1-6	14 min
Cartoon All-Stars to the Rescue	Gr. 4-9	30 min
Nothing To Rave About: A Club Drugs Prevention Video	Gr. 9-12	20 min
Animated neuroscience & the action of nicotine, cocaine, & marijuana in the brain	Gr. 9-Adult	24 min
The Truth About Drugs	Gr. 9-12	30 min
Flipping the World: Drugs Through a Blue Lens	Gr. 9-12	30 min
All About Drugs	Gr. K-2	17 min
The Reality of Drug Use: The Teen Files Flipped Series	Gr. 9-12	21 min
McGruff's Kid's Files : Drugs	Gr.4-6	16 min
Ecstasy – The E Street Blues	Gr. 9-12	20 min

DRUGS & THE AGED

Addiction and the Elderly	Adult	45 min
Alcohol, Drugs and Seniors : Tarnished Dreams	Adult	23 min
Alternatives: Prevention & Intervention For Alcohol & Drug Problems In Seniors	Adult	20 min
Let's Talk : Older Adults, Medication and Alcohol	Adult	18 min

EDUCATION

Let's Help Youth Stay Drug Free: Part 1	Adult	117 min
Developing Capable Young People	Adult	53 min
Choices: Skills for Dealing with Peer Pressure	Gr. 4-8	75 min

FAMILY

Addiction in the Family: The Domino Effect	Adult	28 min
The Family & Alcohol Dependence	Adult	10 min
For the Sake of the Children	Adult	35 min
Drinking Apart : Families Under the Influence	Adult	71 min

FETAL ALCOHOL SYNDROME/EFFECT

The Fabulous FAS Quiz Show	Gr. 6-9	15 min
Faces Yet To Come	Gr. 6-9	12 min
The Listening Heart	Adult	54 min
Genetic Responsibility: A Father's Part	Adult	11 min
One Drink Won't Hurt My Baby, Will It?	Gr. 7-9	15 min

FIRST NATIONS

The Red Road To Sobriety	Adult	90 min
Healing Journey	Adult	24 min
Hollow Water	Adult	44 min

GAMBLING

Easy Money; Hard Times	Gr. 10-Adult	20 min
Spare Time, Spare Cash: Teens Talking About Gambling	Gr. 7-9	23 min
Winning	Gr. 9-12	28 min
Credit Card Abuse / Gambling Addiction: The Teen Files Flipped Series	Gr. 9-12	21 min

HEALTH

The Innocent Addictions	Gr. 10-Adult	28 min
Women’s Choices, Women’s Voices: Healthy, Drug-free Ways of Coping	Adult	28 min
Hepatitis C: The Silent Epidemic	Gr. 9-12	29 min
What Makes People Healthy? The Determinants of Health	Adult	11 min
Developing Healthy Communities	Adult	12 min

INHALANT ABUSE

Educate: Creating Inhalant Awareness Together	Adult	Kit
Goldtooth	Gr. 7-9	08 min
Danger! Toxic Chemicals: An Inhalants Prevention Video	Gr. 6-12	14 min
It’s no Solution	Gr. 6-12	15 min
Teens and Inhalants: One Breath At A Time	Gr. 9-12	10 min

MARIJUANA

Pot Holes : The Risk of Cannabis Use & Driving	Gr. 9-12	16 min
Marijuana: Escape to Nowhere	Gr. 9-12	40 min
Real People: Talking About Marijuana and Other Drugs	Gr. 5-9	30 min
Tobacco, Alcohol & Marijuana : The In the Know Series	Gr. 9-12	23 min
Adolescents & Marijuana: Getting A Life	Gr. 8-12	13 min
Marijuana: Weeding out the Hype	Gr. 9-12	30 min
Marijuana : Neurochemistry and Physiology	Gr. 9-12	22 min

PARENTING

What Do I Say to My Kids	Adult	16 min
Keeping Your Kids Tobacco, Alcohol & Drug Free: What Can Parents Do?	Adult	30 min
It Only Takes a Moment: Shaken Baby Syndrome	Gr. 7-Adult	13 min
Teen Alcohol and Other Drug Use : Knowing the Signs and What to do About them	Adult	29 min

PRESCRIPTION DRUGS

Innocent Addictions, The	Gr. 9-Adult	2 parts
Over the Counter Drugs	Gr. 7-Adult	22 min
Our Pill Epidemic : The Shocking Story of a Society Hooked on Drugs	Adult	45 min
Psychoactive Prescription Drugs and Human Physiology	Adult	18 min

SELF HELP

Spiritually Alive: Finding Joy & Freedom	Adult	20 min
With a Little Help From My Friends	Adult	27 min
Connecting Body, Mind & Spirit through Movement	Adult	24 min

SMOKING (TOBACCO)

Real People: Talking About Tobacco	Gr. 5-9	24 min
Real People: Smoking, The Burning Truth	Gr. 7-12	12 min
McGruff’s Kids Files : Tobacco	Gr. 4-8	16 min
Leader of the Pack	Gr. 2-6	12 min

VIOLENCE

Domestic Violence: No One Deserves To Lose A Smile	Gr. 9-12	14 min
Dinner For Two	Gr. 1-12, Adult	7 min
When The Dust Settles	Gr. 1-12, Adult	7 min
Bully Dance	Gr. 9-12	16 min

WORKPLACE ISSUES

Avoiding Common Discipline Mistakes	Adult	
Positive Approach to Discipline	Adult	
Practical Coach, The	Adult	24 min

WOMEN – DRUG USE

Women & Alcohol (20/20)	Adult	12 min
Understanding Women’s Substance Misuse	Adult	16 min
Women in Recovery	Adult	22 min

KITS – SOME SUGGESTIONS

Driving While Impaired

Impairment Driving Simulation Kit (Remote control truck, impairment goggles, etc.)	Gr.9-Adult	
--	------------	--

Fetus

Drug Affected Demonstrator Doll	Gr.9-Adult	
---------------------------------	------------	--