

*Substance Use and Abuse Resources*  
*Bruce Grey Catholic District School Board*

**D0114H RUSHING, CRASHING, DYING: THE METH EPIDEMIC**

Program takes viewers on a tour of the disastrous consequences of methamphetamine abuse. Going beyond the health risks of this increasingly popular drug, recovering meth addicts describe damage to family relationships, burns and disfigurement from lab explosions, and the problems they face finding work or completing school. Beginning with a police raid on a lab, this documentary-style video/DVD interviews law enforcement authorities, hospital ER doctors, social workers, and recovered addicts and their families, to show the horrors of meth abuse. Viewers learn how meth destroys the brain and body of users, how meth lab toxins poison children living in and near the meth labs, how police, emergency services, and social services are overwhelmed by the epidemic. The wide path of destruction cut by meth abuse is vividly portrayed...the personal costs to meth addicts and to society...of unfulfilled dreams, destroyed lives, broken families and devastated communities. Includes guide.

I, S                      025 Min.    DVD    2006

Guidance, Healthy Active Living  
Substance Use and Abuse  
Personal Safety & Injury Prevention

**D0115H TOBACCO AND DEATH: PERFECT TOGETHER**

Documentary interviews of real people whose lives have been ravaged by tobacco use are intertwined with actual images of diseased lungs, damaged hearts, and various cancers to give viewers a true picture of the effects of tobacco. Real victims deliver a powerful no-use message. This compelling program delivers an unflinching expose on the terrible toll of smoking—one that will linger in the minds of teens long after viewing it. The program opens bleakly in a morgue and crosscuts with interviews of smokers dying from head and neck cancers, lung cancers and heart disease. In each case, viewers learn the terrible toll of smoking, chewing, and second-hand smoke exposure. Leading anti-tobacco experts weigh in with the latest statistics on morbidity and mortality rates, including the rising numbers of deaths of young adults due to tobacco use. A powerful section entitled “The Top Ten Ways Tobacco Kills You” takes a hard look at the devastating health issues caused by tobacco. Includes guide.

J, I, S                      028 Min.    DVD    2006

Health, Healthy Active Living  
Personal Safety & Injury Prevention  
Substance Use and Abuse

**D0116H TOO MUCH: THE EXTREME DANGERS OF BINGE DRINKING**

Against the backdrop of Spring Break overindulgence in Panama City, Florida, this documentary examines the harrowing and tragic consequences of underage drinkers who do not understand the real risks of out-of-control alcohol abuse. Introduces two brain and alcohol researchers who take students on an eye-opening video field trip, using their tools-of-the-trade (including MRIs and PET scans) to graphically show alcohol damage in the brain. Using 3-D images of the brain, the researchers describe what happens as drink after drink is consumed, causing the brain to ultimately shut down the autonomic nervous system, causing death. A young teenage girl who was sexually assaulted during a Spring Break drinking binge presents her painful story. Also interviews the parent of a student who died from alcohol poisoning while partying with his friends. Interspersed throughout is footage of alternative, alcohol-free Spring Breaks, featuring real teens who decided to do something constructive with their vacations, such as building housing for needy families. Includes guide.

J, I, S                      026 Min.    DVD    2006

Guidance, Healthy Active Living  
Substance Use and Abuse  
Personal Safety & Injury Prevention

### **D0117H TOP TEN MYTHS ABOUT ALCOHOL AND DRUGS**

Too many teens are either ignorant about the dangers of drugs or are in denial about the hazards they pose. This program, with its clever use of satire, graphics and mock pop quizzes, captivates student attention as well as educates. The following myths are exposed and exploded: Everybody's doing it; I can stop when I feel like it; Beer isn't as bad as hard liquor; I can get high and still be in control; I can drive a car high on marijuana; Marijuana isn't harmful or addictive; Prescription drugs can't hurt me because they're legal; Drugs help relieve stress; Drugs and alcohol do not damage the brain; and Steroids do not damage the body. Each of these dangerous and destructive myths is rebutted with cold, hard facts, challenging students to recognize harmful behaviors in themselves and others and to take full responsibility for their personal health and safety. Includes guide and activity sheets.

J, I, S 020 Min. DVD 2006

Guidance, Healthy Active Living  
Substance Use and Abuse  
Personal Safety & Injury Prevention

### **D0122H THE METH EPIDEMIC (FRONTLINE)**

Speed. Meth. Glass. On the street, methamphetamine has many names. What started as a fad among motorcycle gangs in the 1970s has become big business, largely due to the efforts of two Mexican drug runners who began smuggling ephedrine - the same chemical used to make over-the-counter cold remedies - into California by the ton. Hundreds of illegal meth labs are now operating in the western United States, and the effects are sweeping the nation. From coast to coast, methamphetamine abuse is on the rise. (U.S. focus, strong content)

I, S 060 Min. DVD 2007

Healthy Active Living  
Substance Use and Abuse  
Personal Safety and Injury Prevention  
Guidance

### **D0128H SHATTERED**

This is the extraordinary story of one night that changed lives forever: a drunk, young girl was speeding and out of control when her car smashed into another car, killing the driver. There are interviews with eyewitnesses and their 911 calls before, during and after the crash. There are also interviews with the driver, her boyfriend and family, footage of her in prison and interviews with the family of the man who was killed.

J,I, S 023 Min. DVD 2007

Guidance, Healthy Active Living  
Character Education  
Substance Use and Abuse, Alcohol  
Connect with Kids - SERIES

### **D0166 EMBRACING BOB'S KILLER**

Squamish, British Columbia, 1997: Bob McIntosh went down the street to investigate a rowdy party in the home of friends who were away. He didn't return. The senseless death of this charismatic lawyer, triathlete, and father of five-year-old twins attracted national media attention. So did his widow's plea for the killer to turn himself in. Determined not to be victimized further and harbour the same anger that led someone to kick her husband in the head, Katy Hutchinson embarked on a remarkable journey of forgiveness. She began a speaking tour, talking to high school students about the consequences of bad decision-making and the importance for each individual to take responsibility for his or her actions. Then, she invited her husband's killer to join her onstage, even while he was still in prison for manslaughter. Embracing Bob's Killer shows how each person close to the victim was affected, and how some can forgive, while others can not.

I, S, A 052 Min. DVD 2007

Religion, Guidance

Character Education, Healthy Active Living  
Substance Use and Abuse  
Forgiveness

**D0216H THE MYTHS OF MARIJUANA DEBUNKED**

Marijuana is not addictive. It doesn't harm the body. It doesn't harm the brain. Marijuana doesn't impair driving or negatively impact teens' futures. There's no connection between marijuana use and unhealthy risk taking. These statements are just plain wrong—yet many kids believe they are true. The program forcefully debunks these misconceptions with the latest facts, science and statistics to prove the deadly danger of marijuana use. This high impact video will turn kids' heads and lead them to seriously question marijuana use as something "fun, harmless and natural." Juxtaposing commentary from real kids with real ex-users intercut with fast-paced narration, this video drives home the message that marijuana is a dangerous drug. Along with the follow-up print materials, this program delivers a strong no-use message. Includes guide.

J, I, S 021 Min. DVD 2007

Healthy Active Living  
Personal Safety and Injury Prevention  
Substance Use and Abuse, Drug Abuse  
Guidance

**D0293 DRUG ABUSE BEYOND MARIJUANA AND ALCOHOL-CROSSING THE THIN LINE**

Today's Teens are more likely to abuse prescription and over the counter medications than many other illegal drugs such as Marijuana. This is often referred to as "pharming." Abuse of these drugs to get "high" is now an entrenched behavior among Teens. Teens are now exposed to powerful mind altering drugs, often impure at an alarming level. Damaging steroid use is often encouraged by role models in society. With the use of these drugs, Teens are damaging their health, experiencing date rape, black outs, becoming unconscious and in some cases, losing their lives. Hear from Real Teens as they discuss their exposure and knowledge of pharmacological drugs and dangerous chemical substances.

**PREVIEW FIRST**

Subjects Covered Include:

- How do these Drugs affect the user
- The long term effects of Drug use
- GHB & Rohypnol
- Street names for GHB & Rohypnol
- The effects of Ecstasy or MDMA
- Abusing prescription medication
- Methamphetamine or "Meth"
- Inhalant Abuse
- Teens on Steroids
- Dangerous Drug impurities

I, S 20 Min. DVD 2008

Health and Safety, Guidance, Drug Abuse, Media Literacy  
Real Life Teens:Real People Real Issues SERIES

**D0294 DEEP DEPRESSION AND SUICIDE**

Teen suicide is a complex event often arising out of deep depression where a Teen develops feelings that they are unwanted, misunderstood, angry, ashamed, abused, unloved or victimized. Teens commit suicide because they may be feeling guilty about disappointing family, friends or they feel an overwhelming sense that they are too much of a burden on others. Deep Depression can affect Teens where they believe that suicide is the only solution. If a Teen commits suicide, everyone is affected. Sometimes even those who barely know the Teen develop feelings of guilt, confusion and the sense they could have done something themselves to prevent the

suicide. Hear from Real Teens as they discuss their feelings about severe depression and suicide.

### **PREVIEW FIRST**

Subjects Covered Include:

- What is Deep Depression
- How Deep Depression is recognized
- Attempted suicide
- Substance abuse
- Warning signs
- Coping with Teen problems
- Where to turn to if you or a friend needs help

I, S                      20 Min.   DVD   2008

Social Studies, Society:Challenge and Change, Guidance, Social Change, Social Values, Social Issues, Character Education, Suicide, Teacher's Guide

Real Life Teens:Real People, Real Issues   SERIES

### **D0295      SEXUAL RESPONSIBILITY**

Today's often inadequate teaching of sexual knowledge in a generally sex-obsessed media driven society is one of the major reasons teens engage in sexual activity without fully understanding the consequences and the impact of poor decision making where sexual matters are concerned. Teens are too often motivated by curiosity and the pressure to perform sexually as expressed by friends, love and the media rather than a healthy conscious desire and understanding of their sexual behaviors. Teens need to learn how to manage their sexual feelings responsibly and be able to select a partner who will respect them and avoid unwanted sexual outcomes. Hear from Real Teens as they discuss how they feel about Sexual Responsibility.

### **PREVIEW FIRST**

Subjects Covered Include:

- Teens & STD's
- How STD's spread
- Sexual activity at a Teen age
- Unprotected Sex
- Many Sex partners & its consequences
- Teens & HIV
- What is Syphilis & how is it spread
- Effects of Syphilis as an adult
- The emotional & monetary effects of Teen pregnancy

I, S                      18 Min.   DVD   2008

Sex Education, Sexual Ethics, Character Education, Society:Challenge and Change, Guidance Teacher's Guide

Real Life Teens:Real People:Real Issues   SERIES

### **K0412      PROJECT DRUG FREE IDENTIFICATION DISPLAY AND GUIDE**

Learn to recognize various drugs and drug paraphernalia with this colorful Drug ID Display • Replicas of: • Depressants • Inhalants • Steroids • Alcohol • Cannabis • Club Drugs • Stimulants • Methamphetamines • Cocaine • Tobacco • Hallucinogens • and Narcotics are housed in this durable self-carrying display case • The perfect learning tool for drug prevention classes • Parents • Teachers • Community and neighborhood groups • Professionals • Officers • and Students • Measures 26 1/2" X 27" OPEN 26 1/2" X 13 1/2" CLOSED. Grades 6-Adult and Professionals

J, I, S                      KIT   2005

Healthy Active Living

Substance Use and Abuse, Drug Awareness

Guidance

**K0418 BINGE DRINKING: FACTS AND CONSEQUENCES**

Drinking to get drunk or binge drinking is a common occurrence among teens who use alcohol. Teens report many reasons for their preoccupation with drinking. For some, drinking is meant to relieve stress or help them fit in socially. For others it is used to celebrate and have a good time. In this program real teens share their reasons for drinking and the grave consequences that resulted from their behaviour. Includes guide. Available in both VHS and DVD

I, S 024 Min. KIT 2007  
Healthy Active Living, Personal Safety and Injury Prevention  
Substance Use and Abuse, Alcohol Use and Abuse  
Guidance

**K0307 DRUGS AND ALCOHOL MODULE**

This is a complete kit to help teenagers learn about drugs and alcohol. It includes two staff development videos, and eight high impact student videos (most of these videos are located in the Media Centre's collection separately), a teacher's guide with summaries and overviews, activity sheets, role-play cards, how-to sheets and more.

J, I, S Res. Kit  
Substance Awareness/Abuse, Health/Safety  
Healthy Living - Substance Use and Abuse

**K0359 UNDERAGE DRINKING: KNOW THE FACTS, KNOW THE RISKS**

This program clearly spells out the dangers and the risks of underage drinking while also providing new information on how the adolescent brain can be permanently damaged by alcohol. Underage Drinking also explores the risky trend of binge drinking. Includes guide and reproducible student worksheets.

I, S 025 Min. Video Kit 2003  
Healthy Active Living  
Substance Use and Abuse  
Guidance  
Personal Safety and Injury Prevention

**K0360 AIDS: THE LATEST FACTS ABOUT HIV AND AIDS**

This timely program reviews the latest new information on HIV, explains precautionary measures that help to lower the risks of HIV infection and also answers other frequently asked questions about this most lethal of STDs. AIDS Update explains a new diagnostic test kit to teens and provides crucial details on what it means if the test comes back positive. Includes guide and reproducible worksheets.

I, S 025 Min. Video Kit 2004  
Healthy Active Living  
Personal Safety and Injury Prevention

**K0394 DIARY OF A YOUNG SMOKER**

Follow the story of Luke, whose diary entries give students a glimpse into the real world of a young smoker. Teens learn there are consequences of an addiction to cigarettes, including its effect on health, family, and friends, as well as an inability to quit! Available in VHS or DVD. Please specify preferred format when ordering.

J, I, S 019 Min. KIT 2005  
Healthy Active Living, Drug Abuse  
Substance Use and Abuse, Personal Safety and Injury Prevention

**K0406 DANGER ZONE: DANGERS IN YOUR HOUSE**

Focuses on the drugs youngsters of this age are most likely to be exposed to such as common household products that can be inhaled or huffed and over the counter and prescription medications commonly found in the family medicine chest. Program points out the clear differences between a doctor's prescribed medication for another family member or acquaintance and the dangerous consequences of taking other peoples medication for oneself. Includes guide with activities.

J 025 Min. Kit 2005

Healthy Active Living

Personal Safety and Injury Prevention

Substance Use and Abuse, Drug Abuse

Danger Zone - SERIES

**K0407 DANGER ZONE: THE POWER OF NO**

This video focuses on 4 short dramas in which elementary children are confronted with a decision on whether to try a substance or to choose not to try it and get help from an adult instead. The scenarios involve alcohol, tobacco, cough syrup and air freshener. The message is clear: learning important refusal skills can save your health as well as your life. Includes guide with activities. Includes guide with activities.

J 025 Min. Kit 2005

Healthy Active Living

Personal Safety and Injury Prevention

Substance Use and Abuse, Drug Abuse

Danger Zone - SERIES

**K0408 DANGER ZONE: ALCOHOL, TOBACCO & MARIJUANA**

Focuses on the clear and present dangers of alcohol, tobacco, and marijuana. Using animation as well as dramatic vignettes, the program makes the point that these illegal substances not only damage the growing and developing brain, but also damage the body and the mind in many ways. Includes guide with activities.

J 025 Min. Kit 2005

Healthy Active Living

Personal Safety and Injury Prevention

Substance Use and Abuse, Drug Abuse, Danger Zone - SERIES

**V3530 SHREDDED**

By the time boys hit puberty, they've been bombarded with thousands of images showing the male body as muscled and devoid of fat. And as their own bodies change, boys realize that muscles don't just pop off their frames naturally. For some boys this leads to anxiety and an obsessive desire to change their image. Shredded is about a group of teenage boys who want to transform their bodies so they become "shredded" like the muscle-filled bodies of their media heroes. The film reveals the risks they're willing to take to achieve the ideal male shape, exploring supplement use and the temptations of steroids. With complete frankness, the boys relate their experience, desires and motivations to the audience, who must draw their own conclusions. This documentary is designed to provoke discussion among teenagers - both boys and girls - about body image and where lines should be drawn between healthy and dangerous behaviour.

I, S 022 Min. Video 2005

Healthy Active Living, Steroids

Substance Use and Abuse, Physical Education

Guidance, Personal Safety and Injury Prevention

Body Image

**V3505H SMOKE SIGNALS**

Teens in record numbers are becoming hooked on tobacco, from cigarettes to a rise in the use of smokeless tobacco. Through interviews with students, parents, doctors, and teachers, the program explores the rise of teen use of tobacco. The program explores three themes: The selling of tobacco to a new generation of savvy adolescents, the rise in tobacco sales including smokeless tobacco, and new trends in cigarettes. Segments include: Crystal Ball; Tobacco Facts; Don't be Fooled; Decision Time. Includes Teacher's guide.

I, S 025 Min. Video 2006

Guidance

Healthy Active Living, Personal Safety and Injury Prevention

Substance Use and Abuse

Character Education, Adolescence

Reality Matters - SERIES

### **V3506H UNDER THE INFLUENCE**

The American Medical Association finds that alcohol permanently shrinks the part of a teenager's brain that controls memory and learning. In addition to brain damage and alcohol poisoning, getting drunk also puts teenagers at greater risk of committing a crime or becoming a victim of crime. This program will focus on the deadly decisions that alcohol can often lead to. Segments include: A Big Deal; The First Drink; Wake-Up Call; Rock Bottom; Straight Ahead. Includes Teacher's guide.

I, S 025 Min. Video 2006

Guidance

Healthy Active Living, Personal Safety and Injury Prevention

Substance Use and Abuse, Alcohol Abuse

Character Education, Adolescence

Reality Matters - SERIES

### **V3422 TRUE LIES PART ONE: SEX AND DRUGS**

**PREVIEW BEFORE SHOWING TO STUDENTS:** True Lies is a fast-paced exposé of today's entertainment, geared to the MTV generation. Hosted by Phil Chalmers, the creator of the popular video "Music To Die For." On this video, Phil tackles the lies that the media is communicating to our teens through music, movies, television, and the Internet. This video features numerous musical artists, including Britney Spears, N Sync, Shakira, Tweet, Eminem, Nelly, Jay-Z, Pink, Ludacris, and Method Man. Several movie clips are shown, including American Pie 2 and Not Another Teen Movie. He also examines teen television and the Internet. See also V3423 True Lies Part Two: Violence and Suicide

I, S 030 Min. Video 2002

Guidance, Healthy Active Living

Substance Use and Abuse, Sex Education

Media Studies, Music

### **V3423 TRUE LIES PART TWO: VIOLENCE AND SUICIDE**

**PREVIEW BEFORE SHOWING TO STUDENTS:** True Lies is a fast-paced exposé of today's entertainment, geared to the MTV generation. Hosted by Phil Chalmers, the creator of the popular video "Music To Die For." On this video, Phil tackles the lies of music, movies, television, and video games. This video features many music artists, including Eminem, Slipknot, Juvenile, DMX, ICP, Korn, Nas, D-12, and Papa Roach. Several movie clips are shown, including Scream, Valentine, and Hannibal. Video games will be examined, including the blockbuster games Grand Theft Auto 3 and Max Payne. See also V3422 True Lies Part One: Sex and Drugs

I, S 045 Min. Video 2002

Guidance, Healthy Active Living

Substance Use and Abuse, Suicide, Media Studies, Music

### **V3424H DEATH BY JIB: THE DANGERS OF CRYSTAL METH**

Crystal meth is a highly addictive and dangerous drug that is devastating to individuals, families and

communities. Turning youth away from ever trying the drug is the ultimate hope of prevention efforts. 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. Content is appropriate for grades 7 and up (at the teachers discretion) and is applicable to any town or city across Canada and the US. **\*\*YOU MUST PREVIEW THIS TAPE BEFORE SHOWING TO STUDENTS. VERY GRAPHIC.** Guide included.

I, S                      019 Min. Video    2005  
Healthy Active Living, Substance Use & Abuse  
Guidance, Professional Development, Parent Resource

### **V3655      COLD AS ICE: CRYSTAL METH IN THE COMMUNITY**

From the producers of "Death by JIB": This program provides a comprehensive snapshot of the crystal meth phenomena and explores the impact of this drug on the user, the family and the community," says Kevin Letourneau, manager of PACS addiction services program. "We believe the information on the DVD will be a very valuable resource for students, parents, counselors, social workers, probation officers, nurses, fire fighters, police, educators and politicians. Topics include: \*a description of the drug and ways it is ingested; \*the impact of crystal meth on mental health; \*treatment issues, and potential permanent impact on the brain; \*increasing use of the drug in the gay culture; \*the very real danger from meth labs to the neighborhoods where they are located, to first responders, and to the environment in general; \*fraud and identity theft perpetrated by meth users; \*loss of life and other costs resulting from stolen cars driven by meth addicts and involved in deadly motor vehicle accidents. This is the second DVD on crystal meth produced by PACS. The first, DEATH BY JIB: The Dangers of Crystal Meth (V3424H), is a graphic, emotional, real-life drama of lives impacted by crystal meth. It has messages from young people about the drug, what it had done to them, and pleas for others to not experiment with it. **\*\*YOU MUST PREVIEW THIS TAPE BEFORE SHOWING TO STUDENTS. VERY GRAPHIC.** Guide included.

I, S                      032 Min. Video    2007  
Healthy Active Living, Substance Use & Abuse  
Guidance, Professional Development, Parent Resource

### **V3204      STEROIDS: DRUGS USES AND ABUSES SERIES**

Following an overview of steroids as a class of drugs, this program examines the use and abuse of anabolic steroids and GHB, a steroid-like substance and date-rape drug. Former NFL player Charles Hunt and a pharmacist, a police officer, an addiction counselor, a trainer, a swim coach , a recovering abuser, and others explore the history and biological effects of steroids, using case studies and personal experience to probe the abuse and many side effects of anabolic steroids. These side effects include impotence, liver tumors, renal failure, and "roid rage," which can lead to violence and even suicide.

I, S                      024 Min. Video    2004  
Healthy Living - Substance Use and Abuse  
Drug Abuse  
Guidance

### **V3530      SHREDDED**

By the time boys hit puberty, they've been bombarded with thousands of images showing the male body as muscled and devoid of fat. And as their own bodies change, boys realize that muscles don't just pop off their frames naturally. For some boys this leads to anxiety and an obsessive desire to change their image. Shredded is about a group of teenage boys who want to transform their bodies so they become "shredded" like the muscle-filled bodies of their media heroes. The film reveals the risks they're willing to take to achieve the ideal male shape, exploring supplement use and the temptations of steroids. With complete frankness, the boys relate their experience, desires and motivations to the audience, who must draw their own conclusions. This documentary is designed to provoke discussion among teenagers - both boys and girls - about body image and

where lines should be drawn between healthy and dangerous behaviour.

I, S 022 Min. Video 2005

Healthy Active Living, Steroids

Substance Use and Abuse, Physical Education

Guidance, Personal Safety and Injury Prevention

Body Image

### **V3597 RUINED LIVES: THE DANGERS OF METHAMPHETAMINE**

Meth, also known as speed, ice, and crystal, is a highly addictive drug. It allows the user to stay awake for long periods, reduces appetite and keeps the user "high" for a relatively long time. It also is extremely dangerous with potentially lethal short-term and long-term effects. Includes the dramatic story of a young woman who tries meth for the first time with tragic, life-altering consequences. Interviews with individuals whose lives have been affected by methamphetamine abuse, lend a peer group reality to the program. **YOU MUST PREVIEW BEFORE SHOWING TO STUDENTS.**

I, S 034 Min. Video 2006

Substance Use and Abuse

Personal Safety and Injury Prevention

### **V3010 JUST SAY KNOW!**

This program looks at how harm-reduction groups are making inroads with teens where drug abstinence campaigns have failed. Anne-Marie and Dominic look at three youth-based groups that are helping other teens learn about the negative effects of drugs widely used in their community.

J, I, S 010 Min. Video 2001

Healthy Living - Substance Use and Abuse

Guidance, Drug Abuse

Media Literacy

Twenty First Century - SERIES

### **V2908 DANCING IN THE DARK**

Discusses the use and effects of Ecstasy and other drugs, in particular those introduced at Raves and dance parties, through interviews with police, students, and high school principals. Creates awareness for parents of the warning signs, and provides students with positive role models and reasons NOT to do drugs. This video applies to the expectations found in the Healthy Living strands of the Ontario Curriculum, Health and Physical Education Grades 7-8 and Grades 9-10. **PLEASE PREVIEW BEFORE PRESENTING TO STUDENTS.**

I, S 011 Min. Video 2000

Drug Awareness, Substance Abuse

Parenting

Healthy Living - Substance Use and Abuse

### **V2563H WITHOUT WARNING: THE DANGERS OF ALCOHOL POISONING AND BINGE DRINKING**

Three stories told by surviving family members reveal the devastating and lethal effects of alcohol overdosing in young people.

I, S 015 Min. Video 1998

Religion, Health/Safety, Substance Abuse and Awareness

Healthy Living - Substance Use and Abuse

### **V2682H MARIJUANA: PAYING THE PRICE**

This video program is focused on the actual experiences of teens whose stories powerfully illustrate the consequences of marijuana which lurk beneath the drug's "harmless" facade. Includes Teacher's Guide and

worksheets.

J, I, S                      028 Min. Video   1997

Health/Safety, Substance Awareness/Abuse  
Healthy Living - Substance Use and Abuse

**V2413      SMOKING: THE BURNING TRUTH**

This video presents real teens talking about why they do or don't smoke, how they see the tobacco companies, and the impact of tobacco advertising. Health consequences, cosmetic effects and the insidious nature of tobacco use with its promise of sophistication and the reality of addiction, are examined.

I, S                              011 Min. Video   1999

Substance Awareness/Abuse, Health/Safety  
Healthy Living - Substance Use and Abuse

**V2414      TOBACCO: THROUGH THE EYES OF BIG TOBACCO**

Provides powerful lessons in media literacy and industry manipulation that have proven highly effective with youth. Viewers learn how tobacco executives develop brand names, identities, and ad campaigns. Part 2 of this series, Smoking Through the Eyes of Teens, is available on V2415.

J, I, S                              017 Min. Video   1998

Substance Awareness/Abuse, Health/Safety, Media Literacy  
Healthy Living - Substance Use and Abuse

**V2415      SMOKING THROUGH THE EYES OF TEENS**

This video uses the candor of "man-in-the street" interviews to highlight how teens underestimate the ease with which they get addicted to tobacco, and the difficulties of living with an addiction. Viewers also learn why young smokers wish they had never started. Part 1 of this series, Through the Eyes of Big Tobacco, is available on V2414.

J, I, S                              018 Min. Video   1998

Substance Awareness/Abuse, Health/Safety  
Healthy Living - Substance Use and Abuse

**V2416      DRUGS AND ALCOHOL - PART 1**

In this program, Michael Pritchard encourages teenagers to come to grips with the question of what to do when "just say no" won't work. Students from high schools in Atlanta and Albuquerque talk openly and honestly about the choices, both good and bad, they have made with alcohol and drug use. Part 2 of this program is available on V2417.

I, S                                      030 Min. Video   1991

Substance Awareness/Abuse, Health/Safety  
Healthy Living - Substance Use and Abuse

**V2417      DRUGS AND ALCOHOL - PART 2**

In this video, Michael Pritchard talks with high school students about how chemical abuse damages relationships, what you can and cannot do about it, and how to respond when a chemically dependent person asks you for help. Part 1 of this program is available on V2416.

I, S                                      030 Min. Video   1991

Substance Awareness/Abuse, Health/Safety  
Healthy Living - Substance Use and Abuse

**V2419      SAYING NO TO ALCOHOL AND OTHER DRUGS**

Michael Pritchard facilitates groups of teens in problem solving sessions, teaching techniques for saying no to alcohol and other drugs.

J, I                      030 Min. Video 1994  
Substance Awareness/Abuse, Health/Safety  
Healthy Living - Substance Use and Abuse

**V2420      DRUGS: TOUGH QUESTIONS, STRAIGHT ANSWERS**

This video answers tough questions such as "Why do adults (rock stars, sports heroes, parents) who should know better do things that can harm them?", "Why are drugs such as tobacco and alcohol advertised and sold openly?", "If these drugs are so bad, why are they so widespread?" By telling the truth without embellishment, by explaining why there's a gap between what kids hear and what they see, this program responds to the confusion that many young people feel about drug use.

J                              019 Min. Video  
Substance Awareness/Abuse, Health/Safety  
Healthy Living - Substance Use and Abuse

**V2421      MARIJUANA: THE BURNING TRUTH**

The steady rise in marijuana use by teenagers is often attributed to the fact that an increasing number of young people simply do not see the drug as dangerous. This program explores the problems associated with pot-smoking, including its effects on developing important skills and on friendships and family relationships. Also discussed is the psychological dependence and the effect on the lungs and brain.

I, S                         011 Min. Video 1999  
Substance Awareness/Abuse, Health/Safety  
Healthy Living - Substance Use and Abuse

**V2422H     STARTING EARLY - STRAIGHT TALK PART 1**

This video features the frank testimonials of 19 teens with significant chemical dependency issues. This episode covers pre addiction issues: home life, early school experiences, self-esteem in early childhood, special education placements. There are two other videos in this series: Hitting Rock Bottom (part 2) V2423, and Getting Straight (part 3) V2424. There is also a CD-ROM available, V2393.

I, S                         032 Min. Video 1990  
Substance Awareness/Abuse, Health/Safety, Personal Development  
Healthy Living - Substance Use and Abuse  
Straight Talk - SERIES

**V2423H     HITTING ROCK BOTTOM - STRAIGHT TALK PART 2**

This is the second video in the Straight Talk series which features the stories of 19 teens from a cross section of youth, from gang members to straight A students. In this video, addiction issues are explored: drugs of choice, abusive relationships, sexual acting out, suicidality. The first video, Starting Early (part 1) is available V2422, and Getting Straight (part 3) is available on V2424. To compliment this series, there is also a CD-ROM, V2393.

I, S                         026 Min. Video 1990  
Substance Awareness/Abuse, Health/Safety, Personal Development  
Healthy Living - Growth and Development  
Healthy Living - Substance Use and Abuse  
Straight Talk - SERIES

**V2424H     GETTING STRAIGHT - STRAIGHT TALK PART 3**

No matter who your viewers are, there is a teenager their age, sex and ethnic background represented in this series, who is dealing with problems very like their own. This video discusses recovery issues: staying straight, coping with relapses, dealing with the past and regaining a vision for the future. There are two other videos available in this series: Starting Early (part 1) V2422, and Hitting Rock Bottom (part 2) V2423. A CD-ROM is also available to compliment this series, V2393.

I, S                      030 Min. Video 1990  
Substance Awareness/Abuse, Health/Safety, Personal Development  
Healthy Living - Substance Use and Abuse  
Straight Talk - SERIES

**V2425      ALCOHOL AND ATTITUDES: WHERE DO YOU STAND?**

This program is specifically designed to elicit a broad range of attitudes and opinions from young people. It will help students to begin the process of examining their use of alcohol, especially with binge drinking. The program challenges misconceptions about the harmlessness of this drug and lends support to those who choose not to drink.

I, S                      016 Min. Video 1994  
Substance Awareness, Health/Safety  
Healthy Living - Substance Use and Abuse

**V2426      THE TRUTH ABOUT DRINKING**

This video shows teens who are current drinkers what the future may have in store for them if they continue to drink. Shows how drinking impairs a person's coordination, vision and reaction time; how the brain and other organs suffer damage; how a drunk person drives; and how drinking can lead to a rehabilitation centre. The program culminates in a realistic simulation of the 'deaths' of three participants who got into a car with a drunk driver.

I, S                      030 Min. Video  
Substance Awareness/Abuse, Health/Safety  
Healthy Living - Substance Use and Abuse

**V2427      THE TRUTH ABOUT ALCOHOL**

Alerts students to the facts they need to know about alcohol - what it is, how it acts on the body, and why young people are so vulnerable to its dangers. Encourages viewers to re-examine their thinking about alcohol and helps them understand the problems caused by other people's alcohol abuse.

J, I                      018 Min. Video 1991  
Health/Safety, Substance Awareness  
Healthy Living - Substance Use and Abuse

**V2410      HOOKED? NOT ME!**

Dramatizes the story of three substance abusing teenagers to show students the stages through which a drug dependency develops. Presents a self-quiz by which viewers can score themselves to learn whether they are hooked or in danger of becoming so.

I, S                      033 Min. Video 1990  
Substance Awareness/Abuse, Health/Safety  
Healthy Living - Substance Use and Abuse

**V2407      TEENS AND ALCOHOL: THE HIDDEN PROBLEM**

This video illustrates the down side of drinking too much: violence, rumors about reputation, bad judgement, risk taking behaviour. The video is presented in three parts with discussion questions following each part. Also available on V1033. PLEASE PREVIEW BEFORE SHOWING TO CLASS.

I, S                      037 Min. Video 1989  
Substance Awareness/Abuse, Health/Safety  
Healthy Living - Substance Use and Abuse

**V2408      MAKING RESPONSIBLE CHOICES**

True to life vignettes help students think critically about issues that call for making choices and develop an ethical framework for making decisions. The examples used are: Steroid use, stealing, cheating, and pre-marital sex.

I, S                      018 Min. Video   1990  
Substance Awareness/Abuse, Health/Safety  
Healthy Living - Substance Use and Abuse

#### **V2400      PEER PRESSURE, DRUGS ... AND YOU**

Explores several refusal techniques that will provide students with the means for staying drug free and asserting their individuality in the process. Focus is on a peer support group in which five teens and a counsellor explore different types of pressure and ways of dealing with it. Also available on V1069.

I, S                      032 Min. Video   1990  
Substance Awareness/Abuse, Health/Safety  
Healthy Living - Substance Use and Abuse

#### **V2401H     REAL PEOPLE: MEET A TEENAGE DRUG ADDICT**

Wendy learned about drugs the hard way. Drugs were her whole life for most of her teen years, until at age 18, she hit bottom and was forced to seek help. This documentary traces Wendy's story to provide viewers with hard-hitting insights into drug addiction. It gives students the opportunity to view a fellow teenager's troubled life objectively, and perhaps reach some conclusions of their own. (Formerly V1036)

I, S, A                  024 Min. Video   1988  
Health/Safety, Substance Awareness/Abuse  
Healthy Living - Substance Use and Abuse  
Drug And Alcohol Module - SERIES

#### **V2403      THE TRUTH ABOUT INHALANTS**

All about the solvents in inhalants and the effects and dangers. Uses realistic dramatizations and computer graphics to inform middle-school students about the dangers of inhalants. It also instructs them in the proper use of common household products that contain these chemicals.

J, I                      015 Min. Video   1992  
Substance Awareness/Abuse, Health/Safety  
Healthy Living - Substance Use and Abuse

#### **V2404      THE TRUTH ABOUT MARIJUANA**

This is a very engaging and realistic video about a young man who finds himself making choices based on stresses in his life. Presents objective facts about marijuana and makes it clear that smoking marijuana doesn't solve problems, but rather compounds them.

J, I                      020 Min. Video   1996  
Substance Awareness/Abuse, Health/Safety  
Healthy Living - Substance Use and Abuse

#### **V2405      TOBACCO AND YOU**

The smoking contradiction is difficult and complicated because of the ethical, legal, and economic issues involved. This video makes it accessible by dramatizing situations recognizable to them and identifying the reasons teens smoke. It interweaves facts about tobacco's health dangers and interviews with teen smokers to present a hard hitting picture. Stresses that the best way to overcome a nicotine addiction, is never to use tobacco in the first place.

J, I                      022 Min. Video   1990  
Substance Awareness/Abuse, Health/Safety, Healthy Living - Substance Use and Abuse

**V2406 DRUGS AND TEENS: THE HIDDEN PROBLEM**

Provides students with an opportunity to hear about the negative consequences of occasional use of alcohol and other drugs from real teenagers whose experiences are both credible and cautionary.

J, I 026 Min. Video 1998

Substance Awareness/Abuse, Health/Safety

Healthy Living - Substance Use and Abuse

**V2409 DRINKING AND DRIVING KILLS**

Uses a series of poignant, affecting interviews with parents, siblings, and friends of teens killed by drunk drivers to make viewers stunningly aware of what can happen when someone drives drunk.

I, S 030 Min. Video 1999

Substance Awareness/Abuse, Health/Safety

Healthy Living - Substance Use and Abuse

**V0990 DRINKING, DRIVING AND THE LAW**

This video provides an overview of how the criminal justice system deals with the drinking driver - from the initial interception through to sentencing, and in some cases, incarceration. Deals with: police spot checks, roadside screening devices, arrest and booking procedures, breathalyser testing procedures and penalties and sentencing. Video is based on the drinking/driving legislation and criminal justice system of Ontario.

I, S, A 027 Min. Video 1987

Driver Education, Law, Substance Awareness/Abuse

Healthy Living - Substance Use and Abuse

**V2397 GO FOR IT! NATURAL HIGHS**

Shows students that they can say no to drugs and still experience transcendent feelings by going for natural highs. Also available on V1040.

I, S 030 Min. Video 1990

Substance Awareness/Abuse, Health/Safety

Healthy Living - Substance Use and Abuse

**V2398 ADDICTION: THE PROBLEMS, THE SOLUTIONS**

Through a series of interviews with young people, a medical expert, and a clinical psychologist, this program explores what an addiction is, who is vulnerable, and what can be done.

I, S 31 Min. Video 1991

Substance Awareness/Abuse, Health/Safety

Healthy Living - Substance Use and Abuse

**V2399 WHEN YOU LIVE IN AN ALCOHOLIC FAMILY**

Helps students living in an alcoholic family understand that they are not the cause of their parent's drinking, nor can they control or cure it. Suggests specific steps young people can take to make things better for themselves.

J, I 033 Min. Video 1991

Substance Awareness/Abuse, Health/Safety

Healthy Living - Substance Use and Abuse

**V3646H THE LISTENING HEART**

Chronicles the day to day challenges of children, parents, and families who struggle with the consequences of fetal alcohol syndrome. Offers a unique look into the world of FAS through the eyes of adoptive parents, and those directly affected by the disease - the children. Interspersed between these testimonials are interviews with medical experts - clinicians, therapists, and physicians - who expand upon the parents' insights and provide research-based information regarding how to deal with the problems and difficulties confronting the families.

Includes Guide.

I, S 037 Min. Video 2006

Family Life, Parenting

Healthy Active Living, Substance Use and Abuse

Science, Fetal Alcohol Syndrome

Special Education

### **V2092 DAVID WITH FAS: A STORY OF FETAL ALCOHOL SYNDROME**

Fetal Alcohol Syndrome is a term used to describe a set of symptoms seen in some children born to women who drank alcohol during pregnancy. David is 21-years old and his condition went undiagnosed for 18 years causing confusion, anger, and pain for him and his adoptive family. This video takes a hard look into the serious consequences of a little-known, but widespread health problem.

S 044 Min. Video 1996

Substance Awareness/Abuse

Healthy Living - Substance Use and Abuse

### **V2205 AN AVOIDABLE TRAGEDY: FETAL ALCOHOL SYNDROME**

Fetal Alcohol Syndrome is caused when pregnant women seriously abuse alcohol, resulting in permanent damage to parts of an unborn child's brain. This cause of mental retardation is especially common among Canada's native people, and the real tragedy is there is very little help available from schools and governments for these children and their families.

S 025 Min. VIDEO 1993

Family Life, Religion

Parenting

Healthy Living - Substance Use and Abuse

### **V2087 MAGGIE'S SECRET**

John and Maggie experience shame and despair as they try to cope with their parent's chronic drinking. Maggie's grades begin to fall as she deals with her mother's unpredictable behaviour and her father's inappropriate behaviour. A concerned teacher confronts Maggie and listens compassionately and then advises her to confront her mother. Video may let students know they are not alone and may open up to someone if in a similar situation.

I, S 030 Min. Video

Religion, Substance Awareness/Abuse

Healthy Living - Substance Use and Abuse

### **V1650H CONSUMER SEDUCTION: FROM ROMANCE TO REALITY**

Explore the myths, messages, claims and techniques of tobacco and alcohol advertising. Discover how the addiction merchants dazzle us with images of the good life. How they sell not only their products - but dangerous and addictive lifestyles. With on-the-street interviews, ads, TV commercials and eye-opening statistics, this documentary provides an overview of the impact and influence alcohol and cigarette advertising have on our lives.

I, S 022 Min. Video 1992

Media Literacy, Substance Awareness/Abuse

Healthy Living - Substance Use and Abuse

### **V1787 SAY "NO" TO ALCOHOL & OTHER DRUGS - VOLUME 8**

This program presents and reinforces anti-drug attitudes and teaches practical techniques for saying "no" to our friends without appearing uncool.

I 030 Min. Video 1993

Guidance

Healthy Living - Substance Use and Abuse

Big Changes, Big Choices - SERIES

**V1034 COCAINE/CRACK: A TEENAGER'S STORY**

Using one teenage addict's story and presenting interviews with psychiatrists who specialize in treating addictive disorders, this program gives students an in-depth look at cocaine's alarming power to turn healthy people into addicts and wreck young lives. It urges teens not to try crack or cocaine in the first place, and advises those who want to quit to seek professional help. PLEASE PREVIEW THE ENTIRE VIDEO BEFORE USING IN THE CLASSROOM.(American references)

I, S, A 028 Min. Video 1988

Health/Safety, Substance Awareness/Abuse

Healthy Living - Substance Use and Abuse

Drug And Alcohol Module - SERIES

**V1035 MARIJUANA AND YOUR MIND**

This program focuses on the mental and emotional risks teenagers run when they use marijuana. It presents the latest scientific research on the short-term and possible long-term effects of marijuana usage. The program is made up to two parts entitled: What It Is, What It Does, and Smoking Or Coping. PLEASE PREVIEW THE ENTIRE VIDEO BEFORE USING IN THE CLASSROOM. (American references)

I, S, A 031 Min. Video 1988

Health/Safety, Substance Awareness/Abuse

Healthy Living - Substance Use and Abuse

Drug And Alcohol Module - SERIES

**V1230 CARTOON ALL-STARS TO THE RESCUE**

Nine-year old Corey is worried about her older brother, Michael. He is using drugs and he stole her piggy bank to buy some more. TV's most popular cartoon characters, including Winnie the Pooh, Bugs Bunny, Alf, The Teenage Mutant Ninja Turtles and a host of other animated all-stars, leap into action to help free her brother from the clutches of "Smoke" a deceptive and corrupting character who's leading Michael down the road to a drug-abuse dead end.

P, J 030 Min. Video 1990

Substance Awareness/Abuse

Healthy Living - Substance Use and Abuse

**V1298 CHOICES & CONSEQUENCES: THE RICK NUNES STORY**

Twenty-four years old, Rick Nunes has AIDS. He has been paroled from prison and now shares his story with others. He hopes that those who hear his story will understand just how personally destructive drugs can be. Rick is honest about the power of drugs to control personal decisions, deaden all sense of values, and alienate friends and family. He speaks from experience concerning the addiction, the terrors of crime and prison life, and the tragedy of AIDS.

I, S, A 027 Min. Video 1991

Family Life, Health/Safety, Substance Awareness/Abuse

AIDS

Healthy Living - Substance Use and Abuse

**V1481H CAN YOU TELL ME... HOW TO DECIDE?**

Toby and his friend Matt, are tempted to try some beer. With help from Carmen and Mr. Telly, they learn to make the right decision based on understanding and evaluating their choices.

P 008 Min. Video 1991

Health/Safety, Substance Awareness/Abuse  
Healthy Living - Substance Use and Abuse  
Can You Tell Me... - SERIES

**V1483H CAN YOU TELL ME... WHAT ARE DRUGS?**

Mr. Telly is sick and needs medicine to get better. Matt doesn't feel good either so Toby wants him to try Mr. Telly's medicine. It's up to Carmen and Mr. Telly to teach the boys the difference between drugs and medicine.

P 010 Min. Video 1991

Health/Safety, Substance Awareness/Abuse  
Healthy Living - Substance Use and Abuse  
Can You Tell Me... - SERIES

**V1484H CAN YOU TELL ME... WHAT ARE FEELINGS?**

Things didn't go right at school today and Toby doesn't feel so good. Carmen and Mr. Telly help him discover that feelings (both good and bad) are normal. They also talk about healthy ideas to make bad feelings go away.

P 010 Min. Video 1991

Health/Safety, Personal Development  
Can You Tell Me... - SERIES

**V1482H CAN YOU TELL ME... WHAT FOODS ARE GOOD?**

Toby has eaten too much "junk" food and now has a stomach ache. Carmen and Mr. Telly provide Toby with a few nutrition fundamentals, helping to understand the importance of a good diet.

P 010 Min. Video 1991

Health/Safety, Home Economics  
Science, Life Systems - Human Organ Systems  
Characteristics and Needs of Living Things  
Can You Tell Me... - SERIES  
Healthy Living - Healthy Eating

**V1492 JUST FOR A FEW DRINKS**

"Just for a Few Drinks" is a series of three short vignettes that focus on some of the issues surrounding teenage drinking and driving. The program helps promote discussion among young people of the serious consequences of combining drinking with driving. The vignettes, each approximately five minutes in length, are; "The Big Date", "The Party", and "The Accident".

I, S 015 Min. Video 1987

Substance Awareness/Abuse  
Healthy Living - Substance Use and Abuse

**V1494H BELIEVE IN YOURSELF, BE DRUG FREE**

Candi Pennella, lead singer with "Candi and The Backbeat", introduces the video which encourages teens to, "believe in yourself, be drug free." The program interviews four teens who have been hooked on various substances from glue to heroin. They recount their experiences including why and how they became involved with drugs, what their life was like as an addict and how it feels to be sober and clean.

I, S 028 Min. Video 1992

Substance Awareness/Abuse  
Healthy Living - Substance Use and Abuse

**V1498 CAN'T TOUCH US**

It's graduation time. High school senior students are caught up in graduation night festivities, end of school parties, their college plans and their futures. For Brad, Melissa, their families and fellow students, these plans

are all shattered as a result of a car accident on the way from the party. A second copy of this video is available, the number is V1375.

I, S                      023 Min. Video    1992  
Substance Awareness/Abuse  
Healthy Living - Substance Use and Abuse

### **V1040    GO FOR IT! NATURAL HIGHS**

This program shows students that they can say no to drugs and still experience transcendent, top-of-the-mountain feelings, simply by going for natural highs. Interviews with young people who say yes to natural highs make viewers aware of the different kinds of natural highs that are within their grasp. Also available on V2397.

I, S, A                    032 Min. Video    1988  
Health/Safety, Substance Awareness/Abuse  
Healthy Living - Substance Use and Abuse  
Drug And Alcohol Module - SERIES

### **V1069    PEER PRESSURE, DRUGS ... AND YOU**

This three part series discusses peer pressure and how you can regain control in your life. Through role playing, situation examples, and group discussion you are given many examples of the pressures facing young people today, such as alcohol and drugs. The audience is taught how to survive as an individual in today's society. Teacher's guide available in High School libraries. Others please request from Media Centre. Also available on V2400.

I, S                      032 Min. Video    1990  
Personal Development, Substance Awareness/Abuse  
Healthy Living - Substance Use and Abuse

### **V1033    TEENS AND ALCOHOL: THE HIDDEN PROBLEM**

Teenagers who use alcohol tend to believe that as long as they don't end up as alcoholics, drinking can't cause them any problems. What teens may not realize is that alcohol is a drug that can make them do things they would not do if they were sober. Using Jennifer's party as a focal point, this program demonstrates how alcohol caused needless difficulties for three teenagers. PLEASE REVIEW THE ENTIRE VIDEO BEFORE USING IN THE CLASSROOM. This video is also available on V2407.

I, S, A                    035 Min. Video    1988  
Health/Safety, Substance Awareness/Abuse  
Healthy Living - Substance Use and Abuse  
Drug And Alcohol Module - SERIES

### **VF131    CARTOON ALL-STARS TO THE RESCUE**

Nine-year old Corey is very worried about her older brother, Michael. He is using drugs and he just stole her piggy bank to buy some more. TV's most popular cartoon characters, including Winnie the Pooh, Bugs Bunny, Alf, The Teenage Mutant Ninja Turtles and a host of other animated all-stars, leap into action to help free her brother from the clutches of "Smoke".

P, J                      030 Min. Fr Video 1990  
Substance Awareness/Abuse  
Healthy Living - Substance Use and Abuse

### **VF139    CHOOSE**

"Choose" examines illegal substances that all youngsters will inevitably come across in their early years. The format is a fantasy, whereby a teenage boy and girl mysteriously become integrated into an electronic video

game called "life". The video covers cigarettes, alcohol and drugs and is both factual and scientific. The content covers not only the substances, but also options on how children can handle different situations with which they are faced. In French. Also available in English, V1231.

J, I 015 Min. Fr Video 1989

Substance Awareness/Abuse

Healthy Living - Substance Use and Abuse

*Revised March 2010*