



**DRUG  
PREVENTION  
RESOURCES**

**[www.prideprevention.org](http://www.prideprevention.org)**

**2009-2010**

# Drug Prevention Resources

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# Drug Prevention Videos

(Listed According To Topic and Target Audience)

2009 - 2010

Videos in the PRIDE-Omaha, Inc. Resource Center are available by reservation only, first come, first served. Our staff will reserve videos by phone or in person weekdays between 8:00 am and 4:00 pm. Call 397-3309 to reserve videos. **Limit four per visit.**

There is no charge for borrowing videos if you or your family, school, or organization has a membership to PRIDE-Omaha, Inc. If you, your family, school, or organization is not a member of PRIDE-Omaha, Inc., there is a charge to borrow videos. In the past, our services were significantly subsidized by federal/state substance abuse block grant dollars. However, due to changes in grant guidelines, this funding has been discontinued.

We invite and encourage you to support PRIDE-Omaha, Inc. with your membership. Your tax-deductible contribution is needed in order to continue our services to the community. We recommend the following levels of support: \$25 for an individual, \$35 for a family, \$50 for a school or parent club, \$75 for a service organization, \$250 for a patron membership, and \$500 for a sustaining membership.

If you choose not to join PRIDE-Omaha, Inc., the cost of video rentals is as follows: \$5.00 for one video, \$8.00 for two videos, \$11.00 for three videos, \$14.00 for four videos.

**Please Note:** Due to repeated non-compliance with our video checkout policy, we are forced to implement a late charge of \$5.00 per video/per day applicable to all who borrow our videos. The borrower is responsible for the replacement of lost, stolen, damaged, or destroyed videos.

The following is a list of the videos available from PRIDE-Omaha, Inc. Please note that videos are reviewed regularly. Some older videos are retained in our library because the information is still current, accurate, and pertinent. We recommend that leaders preview all materials before sharing the information with your audience to assure that the message meets all of your needs.

The videos are arranged according to topic and are subdivided according to the approximate age of the target audience. The running time is listed after each title. A few of the videos can be found in more than one category or age-group listing. This list is updated once each year. A copy of this Resource Guide can be found on the PRIDE-Omaha, Inc. website at [www.pride.org](http://www.pride.org).

## ALCOHOL

## PRE-SCHOOL THROUGH ELEMENTARY SCHOOL LEVEL

**Donnie Dinosaur: Alcohol Is Bad News** (12 minutes) Recommended for pre-kindergarten through 2<sup>nd</sup> grades. Available in DVD. In this timeless feature, Donnie, the muppet-like character, speaks out about the dangers of alcohol use. Peer pressure is also discussed. Children learn to talk to a trusted adult about alcohol use. Includes a Leader's Resource/Discussion Guide. (1993)

**Don't Drain Your Brain** (15 minutes) Recommended for 3<sup>rd</sup> through 6<sup>th</sup> grades. Available in DVD format. Lively animation and compelling images of the human brain deliver the latest scientific findings about young people and alcohol. Children see what actually happens inside the brain when alcohol is consumed. They witness how normal brain function is short-circuited by alcohol. A teacher's guide and handouts are included. (2003)

**It's Only Beer** (14 minutes) Recommended for 4<sup>th</sup> through 6<sup>th</sup> grades. Available in VHS. This video is a starting point for developing alcohol awareness and refusal skills. Emphasis placed on teaching young people how alcohol is marketed to appeal to them. (1991)

**Sooper Puppy: Drink, Drank, Drunk** (15 minutes) Recommended for pre-kindergarten through 3<sup>rd</sup> grades. Available in VHS. Sooper Puppy learns how alcohol affects the body and why it can be dangerous to a person's health and well-being. Animation and puppetry ensure the message will not be dated and will appeal to a diverse audience. (1988)

**What's Wrong With Alcohol?** (20 minutes) Recommended for 3<sup>rd</sup> through 5<sup>th</sup> grades. Available in VHS. Entertaining discussion of alcohol and the many ways it affects and harms the human body and the family. Includes diverse populations. Includes Teacher Resource Book and Activity Guide. (1997)

## MIDDLE SCHOOL THROUGH ADULT LEVEL

**48 Hours Report On Underage Drinking** (Four 10-minute segments) Recommended for educators, prevention professionals, policy makers, and parents. Available in VHS. Dramatic footage shows the realities of underage drinking and its deadly impact. One segment reports on the tragedy of one teenage victim of alcohol-impaired driving. (1999)

**A Stone's Throw** (6 minutes) ***Recommended For Adults***. Available in VHS. Just as a stone thrown into a still pond causes ripples that spread and affect the surface of the pond, adult behavior regarding alcohol affects the behavior of young people. This video calls on parents and other adults to make a personal difference in reducing alcohol use among young people. (1995)

**Ad-Libbing It** (18 minutes) Recommended for middle school and senior high students. Available in VHS. Entertaining and educational look at how alcohol and tobacco advertising appeals to young people. Filled with facts about the damage caused by the use of alcohol and tobacco. Helps the audience analyze media and advertising messages. The video conveys an important lesson on one cause of drug use by young people. (1991)

**Alcohol And Drug Free Teens** (23 minutes) Recommended for 7<sup>th</sup> through 12<sup>th</sup> grades. Available in VHS or DVD. Teenagers describe the real-world dangers of alcohol and other drugs. Contains an understandable and practical approach. Includes a Leader's Resource/Discussion Guide. (2006)

**Alcohol And The Brain** (18 minutes) Recommended for middle school age to adults. Available in VHS. Summarizes all the important new research that shows how alcohol affects various parts of the brain, both immediate and long term. It also discusses the latest theories on how alcohol causes addiction and some of the implications for treatment. (2002)

**Alcohol: Drug Undercover** (12 minutes) Recommended for 5<sup>th</sup> through 10<sup>th</sup> grades. Available in VHS. Advertisers would have young people believe that using alcohol means non-stop parties and good times. Young people narrate, role-play, and offer testimonials about the dangers of alcohol. From a frank discussion about the manipulations of media enticing underage people to drink, to actual instances of refusing to use alcohol, this video tells young people the real deal about alcohol use. (2004)

**Alcohol's Seduction of Teens** (48 minutes) Recommended for middle school through high school students, parents, and adults. Available in VHS. Media literacy is widely used to teach critical thinking

skills and enhance prevention efforts. The goal of media literacy training is to transmit to students the ability to analyze, access, and evaluate media. Volumes of research show that media images are related to adolescents adopting risky behaviors. A study conducted in 2001 by the pediatrics department at Dartmouth Medical College provided the first direct evidence linking movie exposure to smoking and alcohol use in children and adolescents. This media literacy presentation by Peter DeBenedittis, Ph.D. was filmed at Chalmette High School in Louisiana. Teacher and Resource Guide. (2000)

**Binge Drinking In College: 20/20 Report** (12 minutes) *Recommended For Adults.* Available in VHS. Eye-opening report that every parent who has a child in college or one about to enter college needs to see. (1998)

**Brain Scans: Alcohol And The Teenage Brain** (22 minutes) Recommended for 7<sup>th</sup> grade through college. Available in DVD. Brain scans of normal teens are compared to brain scans of other teens who have used alcohol. Viewers clearly see how alcohol affects teenagers as young as fourteen or fifteen years of age. They will also learn why alcohol affects younger brains more profoundly than older ones, impairing memory, coordination, and motivation as well as causing addiction. Includes a Leader's Resource/Discussion Guide. (2002)

**Campus Insecurity - A&E Home Video Investigative Report** (45 minutes) Recommended for college students, educators, parents, policy makers, and other adults. Available in VHS. A television program which exposes the problems students face and what parents should understand regarding campus alcohol use and college safety. Includes the story of Scott Krueger, the freshman who died from alcohol poisoning shortly after beginning at MIT. (Security on Campus, Inc., 2000)

**Dying High: Teens in the ER** (26 minutes) Recommended for 7<sup>th</sup> grade through adult. Available in DVD format. This powerful, award-winning DVD shows emergency room treatment of teenage drug overdose, alcohol poisoning, car wreck trauma, and more. It is a powerful reminder that risk-taking behaviors can lead to serious injury and death. Comes with teacher's resource book and student handouts. (2002)

**Everything You Need To Know About Substance Abuse In 22 Minutes** (22 minutes) Recommended for 7<sup>th</sup> through 12<sup>th</sup> grades. Available in DVD. Topics include alcohol, tobacco, marijuana, club drugs, performance-enhancing drugs, and inhalants. Stresses that drug users are risking their futures and lives. Segmented for ease of presentation. Includes a Leader's Resource/Discussion Guide. (2003)

**Getting Stupid** (23 minutes) Recommended for 6<sup>th</sup> through 9<sup>th</sup> grades. Available in DVD format. This DVD teaches middle schoolers the latest scientific information on how alcohol, marijuana, inhalants, and other drugs cause serious and potentially permanent damage to the human brain. High-tech images of the human brain make the evidence compelling and memorable. A teacher's resource book is included. (2003)

**In The Know: Tobacco, Alcohol, And Marijuana** (23 minutes) Recommended for 7<sup>th</sup> through 12<sup>th</sup> grades. Available in VHS. This video reveals that the "gateway" drugs damage more lives and kill more people than any other drugs. Includes a Leader's Resource/Discussion Guide. (2001)

**Inbound Mercy** (11 minutes) Recommended for high school and college students. Available in VHS. An emotional portrayal of the death of a teenage boy following heavy alcohol consumption at a party. Includes Facilitator's Discussion Guide. (2000)

**It Didn't Have To Happen... Drinking & Driving** (30 minutes) Recommended for high school students. Available in VHS. Good for prom/graduation season. Depicts graphic scenes of real-life crashes. (1994)

**It's Only Beer** (14 minutes) Recommended for 4<sup>th</sup> through 6<sup>th</sup> grades. Available in VHS. This video is a starting point for developing alcohol awareness and refusal skills. Emphasis is placed on advertising of this product to children. (1991)

**Keeping Your Kids Tobacco, Alcohol, And Drug Free** (30 minutes) **Recommended For Adults Only.** Available in VHS. In this segment of *My Kids*, parents gain expert advice on how to keep their children free from substance use. The host guides viewers through this video that describes resources for parents, gives tips from health professionals, offers testimonials from teenagers and adults, and features recording artist/musician and parent Richard Marx, who shares his concerns about his children's future. This program is rich in facts and practical information about communicating and being involved with children. Produced in collaboration with the Centers for Disease Control and Prevention and the Substance Abuse and Mental Health Services Administration.

**Spin The Bottle** (45 minutes) Recommended for high school juniors/seniors and adults. Available in VHS. This video focuses on the dangers of college drinking. It also explains the techniques alcohol marketers use to link their products to the gender identities of young men and women. It offers young people concrete strategies for countering the presence of alcohol propaganda and challenges them to take back control of their own lives from the influence of cynical advertisers. (2004)

**Targeted! How Tobacco And Alcohol Companies Try To Get You Hooked!** (24 minutes) Recommended for 6<sup>th</sup> grade through college and adults. Available in VHS. This video explores the ways alcohol and tobacco companies target young people who are too young to legally purchase their products. Without preaching, it opens young people's eyes to the dangers of alcohol and tobacco. It also helps direct teens' natural rebelliousness to the companies that are trying to exploit them. Teacher's Resource Book provides effective follow-up discussions and activities. (2003)

**The Real True and False About Alcohol, Marijuana And Inhalants** (15 minutes) Recommended for middle school students. Available in VHS. High school narrators lead middle school students through an engaging fact-filled pop-quizz format by asking them true/false questions about the drugs they are likely to encounter in real life. Leader's Resource/Discussion Guide included. (2002)

**The Top Ten Myths About Alcohol And Drugs** (20 minutes) Recommended for 7<sup>th</sup> grade through college. Available in DVD. Exposes and explodes many myths about alcohol and other drugs. Dangerous and destructive myths are rebutted with cold, hard facts. This program uses clever satire, graphics, and mock pop quizzes to entertain and educate the viewer. Includes a Leader's Resource/Discussion Guide. (2007)

**This Place** (16 minutes) Recommended for parents and community members. Available in VHS. This video about underage drinking is a compelling look at the toll alcohol use is taking on adolescents. It showcases how the problem has escalated and explains what adults and youth must understand in order for comprehensive change to occur. Facilitator's Discussion Guide included. (2005)

**Underage Drinking: A Video Guide For Parents And Professionals** (33 minutes) Recommended for parents and professionals. Available in VHS. This no nonsense video arms parents with straight forward information about underage drinking and the problems it causes. Parents are reminded that they are the number one deterrent to underage drinking. Emphasis is given to help parents set firm guidelines for teenage children. (2006)

**Underage Drinking: Know The Facts, Know The Risks** (25 minutes) Recommended for high school students, parents, and parent groups. Available in DVD format. This DVD was developed to help students understand the true facts of underage drinking and how it applies to their own lives. Students are encouraged to explore their feelings about alcohol's place in society, as well as the possible effects drinking could have on their lives. Different activities for further learning & discussion include: The First Drink; Peer Pressure; Injuries and Deaths; Alcohol and the Teenage Brain; Alcohol-Gateway Drug; Other Negative Effects and more. Discussion Guide included. (2003)

**Without Warning: The Dangers Of Alcohol Poisoning And Binge Drinking** (17 minutes) Recommended for prevention professionals, high school students, college students, community leaders, and parents. Available in VHS. This video uses three stories told by surviving family members to reveal the devastating and lethal effects of alcohol overdosing in young people. Alcohol deaths by youth under the age of 21 are estimated at 4,000 annually. (1997)

# COCAINE/CRACK

## MIDDLE SCHOOL THROUGH ADULT LEVEL

**Cocaine And The Brain** (11 minutes) Recommended for middle school through adults. Available in VHS. Uses SPECT imaging techniques to show the actual effects of cocaine and marijuana on the human brain. (1991)

**Snowstorm In The Jungle** (50 minutes) Recommended for middle school through college level, adults, and prevention professionals. Available in VHS. Story of one journey that Jacques Cousteau and his son, Jean-Michel, made into the Amazon Jungle. Their discovery of the vast business of illicit cocaine trafficking is documented in this video. Provides a good historic overview. (1984)

# DRUGS IN GENERAL, INCLUDING TOPICS OF SELF ESTEEM AND REFUSAL SKILLS

## PRE-SCHOOL THROUGH ELEMENTARY SCHOOL LEVEL

**Cartoon All-Stars To The Rescue** (25 minutes) Recommended for kindergarten through 5<sup>th</sup> grades. Available in VHS. Cartoon characters each have an opportunity to provide drug-free messages. Timeless messages about the danger of drugs. (1990)

**Drug Avengers** (Two 30-minute segments) Recommended for 2<sup>nd</sup> through 5<sup>th</sup> grades. Available in VHS. Animation and space travel involves three children who work toward making the earth drug-free. Basic, timeless message for diverse audiences. (1988)

**Drug Danger Videos** (Three 12-minute videos) Recommended for 4<sup>th</sup> through 6<sup>th</sup> grades. Available in VHS. "**Drug Danger: Easy to Start, Hard to Stop**" stresses refusal skills; "**Drug Danger: In the Brain**" helps young people understand why drugs are dangerous; and "**Drug Danger: In the Body**" focuses information on alcohol, marijuana, and tobacco. All videos can be used as stand-alone information or in a series of substance use prevention and peer counseling. (1992)

**Drugs: A Deadly Game** (16 minutes) Recommended for 6<sup>th</sup> grade through high school. Available in VHS. Two doctors discuss drug use and then showcase heroes who have chosen to say "NO." (1990)

**Drugs: Tough Questions, Straight Answers** (19 minutes) Recommended for elementary grades. Available in VHS. This video and learning guide explain some of the conflicts between what children hear about drugs and what they see around them. Helps students understand why some people use drugs and what drugs can do to their lives. Also helps students to respond appropriately when offered drugs in any form and to resist peer pressure. It is important to engage students in discussions after viewing this video. (1997)

**How To Say No** (18 minutes) Recommended for 3<sup>rd</sup> through 5<sup>th</sup> grades. Available in VHS or DVD. Five practical strategies for saying "no" and making it stick. Includes teen narrators, fun demonstrations, and documentary-style interviews with older role models. Gives youngsters proven methods for refusing many ill-advised actions. (2004)

**Just Say No** (14 minutes) Recommended for 2<sup>nd</sup> through 5<sup>th</sup> grades. Available in VHS. Uses popular music and interviews with young people to introduce the "Just Say No" concept. Timeless video. (1987)

**Let's Talk About Drugs** (16 minutes) Recommended for kindergarten through 2<sup>nd</sup> grades. Available in VHS. The strategies presented will help young children develop an awareness of the harmful effects of certain substances, and offer them understandable and manageable guidelines for avoiding these substances. Timeless message. Teacher's Guide available. (1993)

**Making Good Choices: Keys To Good Decisions** (18 minutes) Recommended for 5<sup>th</sup> through 9<sup>th</sup> grades. Available in DVD. Introduces viewers to the four hallmarks of good decision-making. Applying these new decision-making strategies empowers students to choose the right path and build strong, moral, decision-making abilities. Includes a Leader's Resource/Discussion Guide. (2006)

**My Self-Esteem** (18 minutes) Recommended for 1<sup>st</sup> through 5<sup>th</sup> grades. Available in VHS. Story of Molly Kramer, who is a young girl with little self-confidence and low self-esteem. Molly “TWO” (her self-esteem), comes to visit and helps her identify her many strengths. (1989)

**Say No To Drugs, It’s Your Decision** (15 minutes) Recommended for 4<sup>th</sup> through 6<sup>th</sup> grades. Available in VHS. Baseball star Dave Winfield talks directly to children and discusses why they should never use drugs. (1986)

**Smoking, Drinking, And Drugs** (14 minutes) Recommended for primary grades. Available in VHS. This video features animated puppets with a “no use” message. “Spin” and his friends are curious about drugs and talk to experts and even users. They find out the dangers of using alcohol, tobacco, and other drugs.

**Sooper Puppy: Flying High** (15 minutes) Recommended for pre-kindergarten through 3<sup>rd</sup> grades. Available in VHS. Sooper Puppy learns what drugs can do to the mind and body and how to have “real fun” just being himself. Puppet format keeps message timeless. (1988)

**Sooper Puppy: Once Upon A Feeling** (19 minutes) Recommended for pre-kindergarten through 3<sup>rd</sup> grades. Available in VHS. Sooper Puppy learns how to talk about his feelings and be sensitive to others’ feelings with help from “Grandpaw” and friends. Puppet format keeps message timeless. (1990)

**Sooper Puppy: Self-Esteem** (20 minutes) Recommended for pre-kindergarten through 3<sup>rd</sup> grades. Available in VHS. Animated puppet, Sooper Puppy, explores the importance of liking oneself and the power of self-esteem. Timeless message appealing to diverse groups. (1988)

**Sooper Puppy: This, That or the Other** (21 minutes) Recommended for kindergarten through 3<sup>rd</sup> grades. Available in VHS format. This video helps children develop a sense of empowerment and social responsibility. Emphasizes decision-making principles and how to make good choices. The Sooper Puppy series utilizes puppets, and the videos are timeless. Includes a teacher’s guide. (1995)

**Spiderman: What To Do About Drugs** (11 minutes) Recommended for 1<sup>st</sup> through 5<sup>th</sup> grades. Available in VHS. Cartoon format. This video effectively illustrates a variety of ways for children to refuse drugs, while providing a rationale to choose healthy alternatives. Timeless messages for young students. (1990)

**Staying Out Of Trouble** (10 minutes) Recommended for pre-kindergarten through 3<sup>rd</sup> grades. Available in VHS. Positive video using puppet characters to discuss getting into trouble, how to think before acting, conflict resolution, and staying away from others’ medication or found drugs. Timeless message for a diverse young audience. (1986)

**The Boy Who Was Swallowed By The Drug Monster** (13 minutes) Recommended for 2<sup>nd</sup> through 6<sup>th</sup> grades. Available in VHS. Written and narrated by Sue Pettit, this video gets the point across to children. It is based on the effects drugs had on her 8-year-old son, Vince, and on her family. It comes to a powerful conclusion when Vince (now an adult) speaks directly to you from jail and tells how his childhood was taken away from him. (1994)

**The Flintstone Kids - A "Just Say NO" Special** (22 minutes) Recommended for pre-kindergarten through 2<sup>nd</sup> grades. Available in VHS. Special video created by Hanna Barbera showing how the Flintstone Kids form their own “Just Say No” Club. Timeless cartoon message that appeals to diverse audiences. (1988)

**What Is Your Drug IQ?** (15 minutes) Recommended for 6<sup>th</sup> through 12<sup>th</sup> grades. Available in VHS. Test your knowledge about drugs, including marijuana. A pre/post test is included. Fast-paced, entertaining format holds the audience’s interest. (1995)

**Why I Won’t Do Drugs** (11 minutes) Recommended for 2<sup>nd</sup> through 4<sup>th</sup> grades. Available in VHS. This video presents information to children in a way they can understand about the human body and the way it works. Presented by young hosts who speak in an informed and straightforward way about the effects that drugs have on the body. Teacher’s Guide included. (1993)

## MIDDLE SCHOOL THROUGH ADULT LEVEL

**Abusing Over-the-Counter Drugs** (20 minutes) Recommended for 7<sup>th</sup> grade through adult. Available in VHS format. This timely video explores the most common abuses of over-the counter drugs and shows the chemical, biological, and psychological damage that can result from abusing these ordinary drugs. Includes a teacher's resource book. Not recommended for younger children because it might suggest behavior not previously contemplated. (2004)

**Acquaintance Rape, Drugs And You** (18 minutes) Recommended for middle school to high school. Available in DVD. Counselors, rape survivors, and a sex crimes detective warn that most rape victims know their attackers and that drugs often play a role in such attacks. Includes Leader's Resource/Discussion Guide. (2003)

**Alcohol And Drug Free Teens** (23 minutes) Recommended for 7<sup>th</sup> through 12<sup>th</sup> grades. Available in VHS or DVD. Teenagers describe the real-world dangers of alcohol and other drugs. Contains an understandable and practical approach. Includes a Leader's Resource/Discussion Guide. (2006)

**Brain Scans: Alcohol And The Teenage Brain** (22 minutes) Recommended for 7<sup>th</sup> grade through college. Available in DVD. Brain scans of normal teens are compared to brain scans of other teens who have used alcohol. Viewers clearly see how alcohol affects teenagers as young as fourteen or fifteen years of age. They will also learn why alcohol affects younger brains more profoundly than older ones, impairing memory, coordination and motivation as well as causing addiction. Includes a Leader's Resource/Discussion Guide. (2002)

**Choices: Drugs And Alcohol...Life Or Death** (18 minutes) Recommended for high school students and older, especially young people who are making risky choices. Available in VHS. This is a timeless video about the consequences of poor life choices. Narrated by female prisoners who asked to send this message to young people. Leader's Resource/Discussion Guide included. (1990)

**Communities Take Charge** (Two 20-minute segments) Recommended for prevention professionals, parent groups, and grassroots organizations. Available in VHS. **Part 1** discusses alcohol and other drug problems and prevention strategies. **Part 2** focuses on how people from diverse communities have joined with others to prevent alcohol and other drug-related problems among young people. (1991)

**Drugs: A Deadly Game** (16 minutes) Recommended for 6<sup>th</sup> through 12<sup>th</sup> grades. Available in VHS. Two doctors discuss drug use and then showcase heroes who have chosen to say "NO." (1990)

**Dying High: Teens in the ER** (26 minutes) Recommended for 7<sup>th</sup> grade through adult. Available in DVD format. This powerful, award-winning DVD shows emergency room treatment of teenage drug overdose, alcohol poisoning, car wreck trauma, and more. It is a powerful reminder that risk-taking behaviors can lead to serious injury and death. Comes with teacher's resource book and student handouts. (2002)

**Everything You Need To Know About Substance Abuse In 22 Minutes** (22 minutes) Recommended for 7<sup>th</sup> through 12<sup>th</sup> grades. Available in DVD. Topics include alcohol, tobacco, marijuana, club drugs, performance-enhancing drugs, and inhalants. Stresses that drug users are risking their futures and lives. Segmented for ease of presentation. Includes a Leader's Resource/Discussion Guide. (2003)

**Getting Stupid** (23 minutes) Recommended for 6<sup>th</sup> through 9<sup>th</sup> grades. Available in DVD format. This DVD teaches middle schoolers the latest scientific information on how alcohol, marijuana, inhalants, and other drugs cause serious and potentially permanent damage to the human brain. High-tech images of the human brain make the evidence compelling and memorable. A teacher's resource book is included. (2003)

**Heroin: The Real Deal** (34 minutes) Recommended for 7<sup>th</sup> grade to adults. Available in VHS. This compelling video shows students how heroin has destroyed the lives of young people like themselves. Interviews with heartbroken parents who have lost children to heroin make this video an emotional attention-getter for those who think it could never happen to them. (1999)

**Keeping Your Kids Tobacco, Alcohol, And Drug Free** (30 minutes) **Recommended For Adults Only.** Available in VHS. In this segment of *My Kids*, parents gain expert advice on how to keep their children free from substance use. The host guides viewers through this video that describes resources for parents, gives tips from health professionals, offers testimonials from teenagers and adults, and features recording artist/musician and parent Richard Marx, who shares his concerns about his children's future. This program is rich in facts and practical information about communicating and being involved with children. Produced in collaboration with the Centers for Disease Control and Prevention and the Substance Abuse and Mental Health Services Administration.

**Making Good Choices: Keys To Good Decisions** (18 minutes) Recommended for 5<sup>th</sup> through 9<sup>th</sup> grades. Available in DVD. Introduces viewers to the four hallmarks of good decision-making. Applying these new decision-making strategies empowers students to choose the right path and build strong, moral decision-making abilities. Includes a Leader's Resource/Discussion Guide. (2006)

**Michael's Journey – Growing Up Isn't Easy** (22 minutes) Recommended for middle school students through adults. Available in VHS. This video is part of the Discovery Kit for at-risk youth, especially children of alcoholics. Leader's Guide and activity sheets available. (1992)

**Private Victories** (Four 27-minute segments) Recommended for middle school grades. Available in VHS. A series of dramas designed to encourage young people to choose to live drug-free lives. The series explores individual decisions and what they lead to. (1995)

**Rising To The Challenge** (20 minutes) Recommended for educators, prevention professionals, community leaders, parents, and other adults. Available in VHS. Takes a close look at the music venue and shows examples of album covers, song lyrics, magazines, and concerts which depict everything from satanic rituals to rock stars promoting drug use, to lyrics advocating suicide. (1991)

**Selling Addiction** (19 minutes) Recommended for high school students through adults. Available in VHS. Provides valuable information and an in-depth group process to help get a better handle on addiction problems. The audience will analyze typical commercial and advertising techniques, learn about target marketing, and discover myths of advertising. Learn how cigarette and alcohol advertisers manipulate people to get them hooked and keep them hooked. (1992)

**The Real True and False About Alcohol, Marijuana And Inhalants** (15 minutes) Recommended for middle school students. Available in VHS. High school narrators lead middle school students through an engaging, fact-filled pop-quiz format by asking them true/false questions about the drugs they are likely to encounter in real life. Leader's Resource/Discussion Guide included. (2002)

**The Top Ten Myths About Alcohol And Drugs** (20 minutes) Recommended for 7<sup>th</sup> grade through college. Available in DVD. Exposes and explodes many myths about alcohol and other drugs. Dangerous and destructive myths are rebutted with cold, hard facts. This program uses clever satire, graphics, and mock pop quizzes to entertain and educate the viewer. Includes a Leader's Resource/Discussion Guide. (2007)

**What Is Your Drug IQ?** (15 minutes) Recommended for 6<sup>th</sup> through 12<sup>th</sup> grades. Available in VHS. Test your knowledge about drugs, including marijuana. A pre/post test is included. Fast-paced, entertaining format holds the audience's interest. (1995)

# HALLUCINOGENS AND CLUB DRUGS

## MIDDLE SCHOOL THROUGH ADULT LEVEL

**Acquaintance Rape, Drugs And You** (18 minutes) Recommended for middle school to high school. Available in DVD. Counselors, rape survivors, and a sex crimes detective warn that most rape victims know their attackers and that drugs often play a role in such attacks. Includes Leader's Resource/Discussion Guide. (2003)

**All The Rave?** (23 minutes) Recommended for parents, prevention professionals, law enforcement officials, and other adults. Available in VHS. A teenage undercover operative with camera goes into a Rave and documents a Rave. Young people are shown using some of the different designer drugs like "E" (ecstasy) and "Special K" (ketamine). Includes discussion with local police about Raves. Special warnings for parents whose children attend Raves. (NBC's DATELINE, May 2, 2000)

**All The Rave? Follow Up** (13 minutes) Recommended for parents, prevention professionals, law enforcement officials, and other adults. Available in VHS. This video is in response to the numbers of parents, law-enforcement, and teachers who saw the first report. Discusses the Raves that were part of the first report. Special focus is on the use of nitrous oxide, called "Whip-its". They profile a family who lost a child to the use of nitrous oxide. There is a call to action for better legislation regarding the sale of nitrous oxide. (NBC's DATELINE, May 17, 2000.)

**Club Drugs: From Rave To The Grave** (20 minutes) ***Recommended For Adults.*** Available in VHS. Very important information for all adults. Exposes the very dangerous new drug scene. Most young people often think that club drugs (ecstasy, GHB, ketamine, meth, LSD, and PCP, among others) are not harmful. All children are at risk as the Rave culture becomes more entrenched in our young people's world. (2000)

**Club Drugs: The Real Deal** (27 minutes) Recommended for high school through adult. Available in DVD format. This award-winning DVD provides information about the dangers of club drugs, including Oxycontin, and conveys a strong anti-drug message. Comes with a teacher's guide, pre- and post-test and student handouts. (2001)

**Date Rape Drugs: An Alert** (16 minutes) Recommended for high school and college students, educators, prevention professionals, and parents. Available in VHS. The emerging crisis in dating is the use of date-rape drugs. This video reviews the types of drugs used; how they are given; what physical, emotional, and legal problems are caused by using any of these drugs. Safety guidelines are outlined to prevent and protect teens from being victimized. (1999)

**Ecstasy: Dancing With Darkness** (10 minutes) Recommended for high school and college students, parents, prevention professionals, educators, policy makers, and other adults. Available in VHS. This video explores the world of Raves and club drugs, especially ecstasy. (Drug Enforcement Administration, 2000)

**Everything You Need To Know About Substance Abuse In 22 Minutes** (22 minutes) Recommended for 7<sup>th</sup> through 12<sup>th</sup> grades. Available in DVD. Topics include alcohol, tobacco, marijuana, club drugs, performance-enhancing drugs, and inhalants. Stresses that drug users are risking their futures and lives. Segmented for ease of presentation. Includes a Leader's Resource/Discussion Guide. (2003)

**In The Know: Hallucinogens** (20 minutes) Recommended for 7<sup>th</sup> grade through adults. Available in VHS. Discusses the dangers of LSD, psilocybin mushrooms, mescaline/peyote, and PCP. Hard-hitting look at hallucinogens. Includes Facilitator's Guide. Divided into sections for pause and discussion. (2001)

**In The Know: Party Drugs** (24 minutes) Recommended for 7<sup>th</sup> grade through adults. Available in VHS. Discusses the dangers of ecstasy, methamphetamine, GHB, rohypnol, and ketamine. This fast-paced look at club drugs (designer drugs) includes a Facilitator's Guide. Divided into sections for pause and discussion. (2001)

**LSD – Game Over** (28 minutes) Recommended for educators, prevention professionals, parents, 7<sup>th</sup> through 12<sup>th</sup> grades. Available in VHS. This video explores the experiences of former users as a means of examining the reasons for LSD use and the risks involved with the use of this drug. Includes a Facilitator’s Guide, and a pre/post-test. (1999)

**Nothing To Rave About: A Club Drugs Prevention Video** (20 minutes) Recommended for high school through college students and adults. Available in VHS. An expose on the dangers of Raves and the club drugs closely associated with them. Talks specifically about ecstasy, GHB, ketamine, LSD, and other dangerous drugs. Includes several suggestions for personal safety. Teacher’s Guide included. (2001)

**Rave Clubs And Club Drugs** (Three 1-hour segments) Recommended for law enforcement, prevention professionals, community leaders, and other adults. Available in VHS. Identifies Raves and the dangerous drugs that are used at them. Produced by Florida National Guard. (1998)

**Small Town Ecstasy** (1 hour, 25 minutes) ***Recommended For Adults only.*** Available in VHS. This documentary shows the dangers of ecstasy and other drugs. It shows the powerful effects of ecstasy and RAVE parties. Some graphic scenes. Tells the story of a family whose drug-using members included a father and a 13-year-old youth. (HBO Documentary, 2002)

## INHALANTS

### **PRE-SCHOOL THROUGH ELEMENTARY SCHOOL LEVEL**

**Inhalants: The Tricky Drugs** (7 minutes) Recommended for 4<sup>th</sup> through 6<sup>th</sup> grades. Available in DVD. Young people learn how smart they were to resist using inhalants when a classmate’s chemical-sniffing brother ends up in the hospital. Includes refusal skill training. Also includes a Leader’s Resource/Discussion Guide. (2003)

**What’s Wrong With Inhalants? – Elementary School Version** (14 minutes) Recommended for grades 3 through 6. Available in VHS. This video is part of the “Gateway Drugs Series,” which is a comprehensive drug prevention curriculum. It is meant to educate, entertain, and inform elementary students regarding the dangers of inhalants. Includes a Teacher’s Resource Guide with many activities and work sheets. (1998)

### **MIDDLE SCHOOL THROUGH ADULT LEVEL**

**EDUCATE: Creating Inhalant Awareness Together** (15 minutes) ***Recommended For Adults Only,*** especially educators, prevention professionals, community leaders, and other concerned adults. Available in VHS. Narrated by Mrs. Delores Jordan, mother of basketball great Michael Jordan. Informative video that all parents of young children should view. (1998)

**Everything You Need To Know About Substance Abuse In 22 Minutes** (22 minutes) Recommended for 7<sup>th</sup> through 12<sup>th</sup> grades. Available in DVD. Topics include alcohol, tobacco, marijuana, club drugs, performance-enhancing drugs, and inhalants. Stresses that drug users are risking their futures and lives. Segmented for ease of presentation. Includes a Leader’s Resource/Discussion Guide. (2003)

**Getting Stupid** (23 minutes) Recommended for 6<sup>th</sup> through 9<sup>th</sup> grades. Available in DVD format. This DVD teaches middle schoolers the latest scientific information on how alcohol, marijuana, inhalants, and other drugs cause serious and potentially permanent damage to the human brain. High-tech images of the human brain make the evidence compelling and memorable. A teacher’s resource book is included. (2003)

**Huffing and Getting High: A Donahue Show** (1 hour) ***Recommended For Adults Only.*** Available in VHS. Offers a very frank discussion of adolescent huffing and inhaling. Informs adults as to what this phenomenon really is and how it affects young people. This timeless video is a “must see” for adults who have little information regarding inhalant abuse. (1995)

**Inhalant Abuse: Kids In Danger, Adults In The Dark** (18 minutes) ***Recommended For Adults Only***. Available in VHS. Informative video to explain to adults the inhalant problem. (1990)

**Inhalants: Are You Out Of Your Mind?** (15 minutes) Recommended for 5<sup>th</sup> through 8<sup>th</sup> grades. Available in DVD. With the attention-grabbing aid of high-tech graphic effects, young viewers learn the serious danger posed by using inhalants. Includes a Leader's Resource/Discussion Guide. (2003)

**The Real True and False About Alcohol, Marijuana And Inhalants** (15 minutes) Recommended for middle school students. Available in VHS. High school narrators lead middle school students through an engaging fact-filled pop-quiz format by asking them true/false questions about the drugs they are likely to encounter in real life. Leader's Resource/Discussion Guide included. (2002)

**Toxic Inhalants And "Huffing" Paraphernalia** (5 minutes) ***Recommended For Adults Only***. Available in VHS. Omaha Police Department training VHS on toxic inhalant use and methods. (1997)

**What's Wrong With Inhalants? – Adult Version** (24 minutes) ***Recommended For Adults Only***. Available in VHS. This video reveals some startling facts about the dangers involved with adolescent inhalant use. Results can include brain damage, paralysis, damage to the kidneys, liver, and bone marrow and even death. Includes a Resource Guide. (1995)

## MARIJUANA

### **MIDDLE SCHOOL THROUGH ADULT LEVEL**

**Debunking The Myths About Marijuana: What Can Your Community Do?** (10 minutes) Recommended for parents and other community members. Available in VHS. This video addresses the pop culture marijuana myths bombarding our children. It provides many facts about the dangers of marijuana. It also provides parents and communities with successful strategies to help repeat the successes of the 1980's. (2002)

**Everything You Need To Know About Substance Abuse In 22 Minutes** (22 minutes) Recommended for 7<sup>th</sup> through 12<sup>th</sup> grades. Available in DVD. Topics include alcohol, tobacco, marijuana, club drugs, performance-enhancing drugs and inhalants. Stresses that drug users are risking their futures and lives. Segmented for ease of presentation. Includes a Leader's Resource/Discussion Guide. (2003)

**Getting Stupid** (23 minutes) Recommended for 6<sup>th</sup> through 9<sup>th</sup> grades. Available in DVD format. This DVD teaches middle schoolers the latest scientific information on how alcohol, marijuana, inhalants, and other drugs cause serious and potentially permanent damage to the human brain. High-tech images of the human brain make the evidence compelling and memorable. A teacher's resource book is included. (2003)

**In The Know: Tobacco, Alcohol, And Marijuana** (23 minutes) Recommended for 7<sup>th</sup> through 12<sup>th</sup> grades. Available in VHS. This video reveals that the "gateway" drugs damage more lives and kill more people than any other drugs. Includes a Leader's Resource/Discussion Guide. (2001)

**Just Say, "It's OK": An Overview of the "Harm Reduction" Movement** (24 minutes) Recommended for college students, parents, and other adult community members. Available in VHS. This video addresses the current "Harm Reduction" movement that is normalizing and promoting drug use. It provides many facts about strategies of the drug legalization movement. (1999)

**Marijuana Addiction: The Drug, The Disease, The Solution** (17 minutes) Recommended for middle school students, college students, educators, prevention professionals, and other concerned adults. Available in VHS. Dr. Eric Voth presents this timeless report on the dangers of using marijuana. (1990)

**Marijuana And Human Physiology** (21 minutes) Recommended for educators, prevention professionals, college students, and parents. Available in VHS. Scientific data presented explains what marijuana is and what it does to the human body. Timeless information. (1986)

- Marijuana Exposed** (18 minutes) Recommended for 6<sup>th</sup> through 8<sup>th</sup> grades. Available in VHS. Teen hosts narrate interviews with youth and experts who expose marijuana as an illegal drug that damages the body and mind. Includes Teacher's Resource Book and handouts. (2000)
- Marijuana Myths And Misconceptions** (90 minutes) Recommended for educators, prevention professionals, college students, parents, and other concerned adults. Available in VHS. Dr. Robert Gilkeson discusses in great detail how drugs alter brain chemistry. Timeless information. (1986)
- Marijuana Update** (16 minutes) Recommended for middle school and senior high students. Available in VHS. Gives good information on the dangers of using marijuana, giving the perspectives of former users and non-users. (1997)
- Marijuana: Vacancy – The Life Of A Pot Smoker** (12 minutes) Recommended for 5<sup>th</sup> through 10<sup>th</sup> grades. Available in VHS. Gives young people the realities about using this drug. Young narrators run through the negative physical and mental effects of marijuana and present evidence of its addicting qualities. Candid interviews with teens discuss instances where they have encountered marijuana and why they refused to fall into its trap. (2003)
- Marijuana: Weeding Out The Hype.** (30 minutes) *Recommended For Adults.* Available in VHS. Provides some of the latest facts about marijuana and how it is being promoted to young people. The video offers parents and communities some helpful solutions to address this alarming problem. Facilitator's Discussion Guide is included. (2002)
- Marijuana: What Can Parents Do?** (14 minutes) Recommended for educators, prevention professionals, parents, and other concerned adults. Available in VHS. A video from the National Institute on Drug Abuse with information for parents regarding current marijuana trends and dangers. (1996)
- Medical Marijuana: A Formula For Disaster** (9½ minutes) Recommended for educators, prevention professionals, college students, and parents. Available in VHS. Discusses the recent "medical marijuana" initiatives that have been passed in several states. Gives an overview and shows how the proponents of the initiatives deceived citizens to get them passed. (1998)
- Medical Marijuana: A Smoke Screen** (11 minutes) Recommended for educators, prevention professionals, college students, and parents. Available in VHS. This video reveals, in the words of their own spokespersons, the hidden agenda and the strategies of the pro-legalization movement. This video exposes these efforts for what they really are. (1998)
- Medical Marijuana: Myths And Facts** (30 minutes) Recommended for educators, prevention professionals, college students, and parents. Available in VHS. Dr. Eric Voth documents the fallacies and dangers involved with the use of marijuana for "medicine." (1997)
- My Pot Video** (17 minutes) Recommended for middle school and senior high students. Available in VHS. Told from a teen's point of view, it offers an accessible and engaging portrait of the dangers of marijuana and provides viewers with important facts about what marijuana does to the human body. (1997)
- Reality Check: A Marijuana Prevention Video** (15 minutes) Recommended for 7<sup>th</sup> through 12<sup>th</sup> grades. Available in VHS. Marijuana use among young people has increased dramatically in recent years. This fast-paced video lays it on the line for students about why it is in their best interests to never use marijuana. (2000)
- Teenage Marijuana Abuse** (18 minutes) Recommended for 6<sup>th</sup> through 12<sup>th</sup> grades, parents, educators, and prevention professionals. Available in VHS. Reviews the damage that marijuana can do to bodies, minds, and futures. (1998)
- The Marijuana Papers: Research Update** (20 minutes) Recommended for 7<sup>th</sup> grade through college. Available in VHS. Reveals the latest scientific research about how marijuana changes the adolescent brain, impairs the brain's ability to perform complex tasks, lowers the body's immunity, and can become powerfully addictive. The video uses a format similar to popular detective shows as two teens travel throughout the United States searching for answers. This video helps counteract many cultural inaccuracies teens hear about marijuana. (2004)

**The Myths of Marijuana Debunked** (21 minutes) Recommended for 7<sup>th</sup> grade through adult. Available in DVD format. This DVD forcefully debunks the prevailing misconceptions and half-truths that our young people are exposed to in today's culture. It explains the latest scientific facts and statistics to prove the deadly dangers posed by marijuana use. Includes a resource book, suggested activities and handouts. (2007)

**The Real True and False About Alcohol, Marijuana And Inhalants** (15 minutes) Recommended for middle school students. Available in VHS. High school narrators lead middle school students through an engaging fact-filled pop-quiz format by asking them true/false questions about the drugs they are likely to encounter in real life. Leader's Resource/Discussion Guide included. (2002)

**The Top Ten Myths About Alcohol And Drugs** (20 minutes) Recommended for 7<sup>th</sup> grade through college. Available in DVD. Exposes and explodes many myths about alcohol and other drugs. Dangerous and destructive myths are rebutted with cold, hard facts. This program uses clever satire, graphics and mock pop quizzes to entertain and educate the viewer. Includes a Leader's Resource/Discussion Guide. (2007)

**What Is Your Drug IQ?** (17 minutes) Recommended for 6<sup>th</sup> through 12<sup>th</sup> grades. Available in VHS. Test your knowledge about drugs, including marijuana. A pre/post test is included. Fast-paced, entertaining format holds the audience's interest. (1995)

**What's Wrong With Marijuana?** (28 minutes) Recommended for 8<sup>th</sup> through 12<sup>th</sup> grades. Available in VHS. This video aims to correct the dangerous and potentially life-threatening misconceptions surrounding marijuana. This powerful program delves into the physical and psychological effects of marijuana and other marijuana-derived drugs such as hashish. (1997)

## **MEDIA LITERACY AND CRITICAL THINKING**

### **PRE-SCHOOL THROUGH ELEMENTARY SCHOOL LEVEL**

**Media Sharp: Analyzing Tobacco And Alcohol Advertising** (Two 5-minute segments) Recommended for 4<sup>th</sup> through 6<sup>th</sup> grades. Available in VHS or DVD. This video comes with a media kit including worksheets and suggested activities. The purpose of this kit is to help young people critically assess how the media normalize, glamorize, and create role models for unhealthy lifestyles and behaviors. This effort supports the growing national emphasis on media literacy—the ability to “read” and produce media messages. (1999)

### **MIDDLE SCHOOL THROUGH ADULT LEVEL**

**Ad-Libbing It** (18 minutes) Recommended for middle school and senior high students. Available in VHS. Entertaining and educational look at how alcohol and tobacco advertising appeals to young people. Filled with facts about the damage caused by the use of alcohol and tobacco. Helps the audience analyze media and advertising messages. An important, timeless lesson on one cause of drug use by young people. (1991)

**Alcohol's Seduction of Teens** (48 minutes) Recommended for middle school through high school students, parents, and adults. Available in VHS. Media literacy is widely used to teach critical thinking skills and enhance prevention efforts. The goal of media literacy training is to transmit to students the ability to analyze, access, and evaluate media. Volumes of research show that media images are related to young people adopting risky behaviors. A study conducted in 2001 by the pediatrics department at Dartmouth Medical College provided the first direct evidence linking movie exposure to smoking and alcohol use in children and adolescents. This media literacy presentation by Peter DeBenedittis, Ph.D. was filmed at Chalmette High School in Louisiana. Teacher and Resource Guide. (2000)

**Calling The Shots** (30 minutes) Recommended for middle school, high school, college students, prevention professionals, community leaders, parents, and other adults. Available in VHS. National media expert Dr. Jean Kilbourne examines the methods used by advertisers to sell alcohol and explores how ads effectively attract people, particularly youth, to buy these drugs. Timeless presentation. (1991)

**Community Under Siege** (12 minutes) Recommended for senior high students through adults. Available in VHS. Outlines the strategies used by the tobacco industry that target African Americans to consume tobacco. Offers suggestions on how specific populations can fight back. (1994)

**Marketing Booze To Blacks** (17 minutes) Recommended for middle school, high school, college students, prevention professionals, community leaders, parents, and other concerned adults. Available in VHS. Examines the impact of alcoholism and alcohol-related problems in the African American community. Exposes the marketing techniques and messages in alcohol ads and raises questions about the industry's support of some civic groups. (1990)

**Parenting To Protect Children** (55 minutes) Recommended for parents and other adults. Available in VHS. Volumes of research show that media images are related to young people adopting risky behaviors. A study conducted in 2001 by the pediatrics department at Dartmouth Medical College provided the first direct evidence linking movie exposure to smoking and alcohol use in children and adolescents. This tape provides parents and other adults some simple steps to limit children's exposure to harmful media. This media literacy presentation is built upon research and analysis by Peter DeBenedittis, Ph.D. and Bob McCannon, Director of the New Mexico Media Literacy Project. Teacher and Resource Guide. (2000)

**Rebelling Against Tobacco Ads** (60 minutes) Recommended for middle school through high school students, parents, and other adults. Available in VHS. Media literacy is widely used to teach critical thinking skills and enhance prevention efforts. The goal of media literacy training is to transmit to students the ability to analyze, access, and evaluate media. These are tobacco appeals made to boys, girls, and people of color. Teachers unable to show the entire video may wish to show it in sections. Although sections are not marked, the material is presented in logical sections. This media literacy presentation by Peter DeBenedittis, Ph.D. was filmed at the North Carolina Governor's Summit on Teen Tobacco Prevention. Teacher and Resource Guide. (2000)

**Sex, Lies And Profits** (17 minutes) Recommended for prevention professionals, middle school parents, educators, policy makers, and other adults. Available in VHS. Draws a link from alcohol advertising that promotes fun and sex to tragedy in the lives of the people in this video. (The Manocherian Foundation, an advocacy group, 1994)

**Smoke Screeners** (15 minutes) Recommended for middle school and senior high school students. Available in VHS. This video is from the Centers for Disease Control and Prevention. An educational program with accompanying Facilitator's Guide. This video is fast-paced and engaging, and is designed to recruit a generation of young Smoke Screeners. Exposing unrealistic portrayals of smoking in the movies, as well as the real-life dangers of tobacco. The video encourages young people to be life-long critical thinkers and critical viewers. (1999)

## **METHAMPHETAMINES**

### **MIDDLE SCHOOL THROUGH ADULT LEVEL**

**Amy's Story** (17 minutes) Recommended for middle school and high school students. Available in VHS. Compelling and true story about a former meth user who is beginning to serve a jail sentence for dealing meth. Amy relates the trouble her poor choices in life have caused her. Graphic depiction of the trouble caused by drug use at an early age. Video is segmented to encourage group discussion (2000)

**Life Or Meth** (15 minutes) Recommended for middle school through adults, including college students, prevention professionals, and parents. Available in VHS. Conveys an overall picture of meth

problems, production, and law enforcement in the Midwest. (1998)

**Life Or Meth. What It Costs** (12 minutes) Recommended for middle school students through adults. Available in VHS. This fast-paced video features the experiences of two teenage methamphetamine users who explain the realistic, harmful, and unglamorous effects of meth use. (1998)

**Methamphetamine: Under The Ice** (16 minutes) Recommended for middle school to adults. Available in VHS. Basic primer on methamphetamines with a strong “NO USE” message. (1997)

**Myths About Meth** (12 minutes) Recommended for middle school to adults. Available in VHS. Dr. Alex Garza answers questions and explains the health problems and addictions of meth use. (1998)

## PARENT RESOURCES

### MIDDLE SCHOOL THROUGH ADULT LEVEL

**A Gift For Life** (29 minutes) *Recommended For Adults*. Available in VHS. Excellent parenting suggestions for raising drug-free children. Helps parents to arm their children with tools for making good decisions about drug use. Timeless tips for parents. (1988)

**Campus Insecurity-A&E Home Video Investigative Report** (45 minutes) Recommended for college students, educators, parents, policy makers, and other adults. Available in VHS. A television program which exposes the problems students face and what parents should understand regarding campus alcohol use and safety. Includes the story of Scott Krueger, the freshman who died from alcohol poisoning shortly after beginning at MIT. (Security on Campus, Inc., 2000)

**How To Talk To Your Kids About Growing Up Without Drugs And Alcohol** (35 minutes) Recommended for parents and other concerned adults. Available in VHS. Practical, easy-to-follow approach to improve family communication, particularly on the subject of alcohol and other drug use by adolescents. Contains excellent, relevant information. (1985)

**Lessons Learned About Drugs Part 1** (32 minutes) Recommended for parents and other concerned adults. Available in VHS. This video is part 1 of a two-session parent training video workshop filled with helpful drug prevention parenting information. (1997)

**Lessons Learned About Drugs Part 2** (33 minutes) Recommended for parents and other concerned adults. Available in VHS. This video is part 2 of a two-session parent training video workshop filled with helpful drug prevention parenting information. (1997)

**Masquerade: Unveiling Our Deadly Dance With Alcohol And Other Drugs** (30 minutes) Recommended for parents and other concerned adults. Available in VHS. National prevention expert Milton Creagh exposes the popular myths, including the “casual user” lie, and unveils the hidden war with alcohol and other drug addictions. (1996)

**Mirrors: A Film About Self-Esteem** (10 minutes) *Recommended For Adults*. Available in VHS. This video reminds us that we are like a mirror to our children. They believe what they hear from us as parents. Our actions speak much louder than our words to our children. (1988)

**MTV Examined** (30 minutes) *Recommended For Adults Only*. Available in VHS. Provides a timeless, accurate, and insightful analysis of the MTV network. Contains shocking and graphic images seen by MTV’s target audience-children. (1994)

## STEROIDS

### MIDDLE SCHOOL THROUGH ADULT LEVEL

**Everything You Need To Know About Substance Abuse In 22 Minutes** (22 minutes) Recommended for 7<sup>th</sup> through 12<sup>th</sup> grades. Available in DVD. Topics include alcohol, tobacco, marijuana, club drugs, performance-enhancing drugs, and inhalants. Stresses that drug users are risking their futures and lives. Segmented for ease of presentation. Includes a Leader’s

Resource/Discussion Guide. (2003)

**STEROIDS: The Hormonal Time Bomb** (18 minutes) Recommended for middle school and high school students, college students, athletic directors, coaches, prevention professionals, and parents. Available in VHS. Viewers of this video will learn from a convicted dealer how his shortcut to getting physically bigger and faster took more than five years of freedom from his life, and damaged his health and his integrity. Physical side-effects and psychological changes that the user experiences are also reviewed. (1997)

**Straight Talk About Anabolic Steroids** (20 minutes) Recommended for middle school, sports teams, educators, parents, and other concerned adults. Available in VHS. Former Quarterback Steve Young narrates this fast-action, fact-filled video of how the steroid dream can quickly become a nightmare. Also features professional and college sports figures, team doctors, and certified athletic trainers. (1997)

**The Game Of Life: Dick Vitale** (48 minutes) Recommended for middle school students. Available in VHS. Motivational video by one of the top spokespersons for professional sports. Vitale speaks out on a number of topics, including the importance of drug-free commitments by athletes. Includes timeless, inspirational, and motivational messages. (1991)

## TOBACCO

### **PRE-SCHOOL THROUGH ELEMENTARY SCHOOL LEVEL**

**25 Smart Ways To Resist Smoking** (28 minutes) Recommended for kindergarten through 6<sup>th</sup> grades. Available in VHS. Colorful cartoon characters offer kids 25 of the best, most practical ways to resist smoking. Great trigger film for discussion of refusal skills. Can be segmented for shorter viewing times. (2003)

**Donnie Dinosaur's Tobacco Trouble** (12 minutes) Recommended for kindergarten through 4<sup>th</sup> grades. Available in DVD. In this puppet feature, Donnie Dinosaur helps two children understand the dangers of using tobacco. Fun, music, and interesting characters teach all children to have a healthy body, free from tobacco. Includes a Leader's Resource/Discussion Guide. (2003)

**Dusty The Dragon** (12 minutes) Recommended for 1<sup>st</sup> through 4<sup>th</sup> grades. Available in VHS. Effective tobacco prevention message for elementary school children. Basic, timeless information with an animated format. (1990)

**Nicotine And The Brain** (18 minutes) Recommended for 5<sup>th</sup> grade through adults. Available in VHS. This video explains nicotine's damaging impact on the human brain. It also explains the consequences of smoking and has sections on treatment, refusal skills, and how secondhand smoke affects animals. Segmented for easy presentation and discussion. Includes Leader's Resource/Discussion Guide. (2005)

**No Puff Pals Vs. Big Tobacco, Inc.** (12 minutes) Recommended for pre-kindergarten through 3<sup>rd</sup> grades. Available in VHS. Animated superheroes Max, Sasha, and Lance teach the children of Cleanfield that Big Tobacco, Inc. uses fancy advertising to trick them into using tobacco products. In reality, tobacco will hurt them, waste their money, and make them smell bad. The children also learn to resist peer pressure, because no true friend would ever want them to use tobacco. Teacher's Resource Guide provides suggested lesson plans and effective follow-up discussions and activities. (2004)

**Say Goodbye, Camel Joe** (8 minutes) Recommended for 5<sup>th</sup> through 8<sup>th</sup> grades. Available in VHS. A fast-paced "MTV-style" video using visuals and music along with ten comments to reveal some of the deceptive advertising techniques used by the tobacco industry to target children. Ideal for use in media studies or tobacco prevention education. (1992)

**Secondhand Smoke: Just Say Know!** (10 minutes) Recommended for 5<sup>th</sup> through 9<sup>th</sup> grades. Available in both DVD and VHS. Discusses the short- and long-term dangers of secondhand smoke, especially for children. Dr. Tracey Wallace provides up-to-date facts and research. She gives polite suggestions for children to get away from secondhand smoke. Includes a Presenter's Resource/Discussion Guidebook. (2004)

**Smokeless Tobacco, A Spittin' Image** (14 minutes) Recommended for 4<sup>th</sup> through 8<sup>th</sup> grades. Available in VHS. This video enhances the awareness of the dangers of smokeless tobacco and refutes common myths and misconceptions. (1994)

**Smokers And The People Who Smell Them** (22 minutes) Recommended for 5<sup>th</sup> through 10<sup>th</sup> grades. Available in VHS. Humorous tobacco education program uncovers the foul and deadly world of tobacco. (1997)

**Smokin' Sam** (23 minutes) Recommended for 1<sup>st</sup> through 5<sup>th</sup> grades. Available in VHS. Children are the heroes in this video that delves into the use of celebrities in the marketing of cigarettes. (1997)

**Sooper Puppy: Puff Of Smoke** (15 minutes) Recommended for pre-kindergarten through 3<sup>rd</sup> grades. Available in VHS. Combines muppet-like characters and animation to reach younger children on why they should never smoke. Good, timeless information for a diverse audience. (1988)

**Stop B4 U Drop** (12 minutes) Recommended for elementary grades. Available in VHS. Fast-paced video that uses the rap music style approach to celebrate life without cigarettes. (1989)

**Superheroes Vs. Smoking** (15 minutes) Recommended for 1<sup>st</sup> through 6<sup>th</sup> grades. Available in VHS. Some of Mark's friends have started smoking and he is tempted to join them. The campy Superheroes fill him in on what smoking will do to his body. They provide good refusal skill training as they coach Mark on how to stick to his decision and still be a part of the group. Includes Leader's Resource/Discussion Guide and Pre- and Post-Test. (1997)

**Tobacco – Smash It!** (12 minutes) Recommended for 5<sup>th</sup> through 10<sup>th</sup> grades. Available in VHS. Raises awareness about nicotine's deadly effect to the most targeted audience – young people. Tobacco companies spend billions creating an image of smoking as a cool, glamorous, and popular behavior. Young people offer their perspective on tobacco use and ways to refuse this harmful drug. (2003)

**Tobacco: Something To Chew On** (10 minutes) Recommended for 5<sup>th</sup> through 12<sup>th</sup> grades, especially athletes. Available in VHS. The dangers and consequences of “chew” are outlined in an entertaining and easy-to-understand fashion by the predominantly teenage cast. Confronts not only the medical facts, but also the ugly social effects of chewing. Leader's Resource/Discussion Guide included. (1999).

**What's Wrong With Tobacco?** (20 minutes) Recommended for 3<sup>rd</sup> through 5<sup>th</sup> grades. Available in VHS. Entertaining discussion of tobacco and the many ways it affects and harms the human body. Includes diverse populations. Includes Teacher's Resource Book and Activity Guides. (1997)

## **MIDDLE SCHOOL THROUGH ADULT LEVEL**

**Ad-Libbing It** (18 minutes) Recommended for middle school and senior high students. Available in VHS. Entertaining and educational look at how alcohol and tobacco advertising appeals to young people. Filled with facts about the damage caused by the use of alcohol and tobacco. Helps the audience analyze media and advertising messages. An important lesson on one cause of drug use by young people. (1991)

**Code Blue for Lung Cancer** (25 minutes) Recommended for senior high students through adults, especially smokers or those who think smoking is cool. DVD format includes Spanish and English. This powerful documentary helps spread the life-saving message that our nation must do more to stop the number one cancer killer—lung cancer. *Code Blue* explores the impact of this disease on four families and includes discussion on how to reduce lung cancer deaths. (2006)

**Community Under Siege** (12 minutes) Recommended for senior high students through adults. Available in VHS. Outlines the strategies used by the tobacco industry that target African Americans to consume tobacco. Offers suggestions on how specific populations can fight back. (1994)

**Dispelling The Myths About Tobacco** (16 minutes) For senior high to adult females. Available in VHS. Hosted by super-star model Christy Turlington. Dispels the most common untruths that have captured and kept girls and women as smokers. Includes a Leader's Manual and Discussion Guide. (2001)

**Everything You Need To Know About Substance Abuse In 22 Minutes** (22 minutes) Recommended for 7<sup>th</sup> through 12<sup>th</sup> grades. Available in DVD. Topics include alcohol, tobacco, marijuana, club drugs, performance-enhancing drugs, and inhalants. Stresses that drug users are risking their futures and lives. Segmented for ease of presentation. Includes a Leader's Resource/Discussion Guide. (2003)

**Fighting Back: Communities Beating Big Tobacco** (13 minutes) For college students, prevention professionals, educators, community leaders, parents, and other adults. Available in VHS. Spotlights grassroots organizations in California that have successfully taken on the tobacco industry and won. Shows the many different tactics the tobacco industry uses to infiltrate local communities, such as target-market advertising and deceptive front groups. (1998)

**Fresh Air For Little Noses: Smoke-Free Policies For Preschools** (11 minutes) Recommended for parents, adults, and particularly preschool, daycare, and Head Start employees. Available in VHS. This is an excellent video which discusses the importance of smoke-free environments for children and gives specific action steps for making your preschool or daycare smoke free. (1999)

**I Can't Breathe. A Smoker's Story** (15 minutes) Recommended for 6<sup>th</sup> through 9<sup>th</sup> grades. Available in VHS or DVD. The story of a 31-year-old mother who died a very painful death due to tobacco-related lung disease. She started smoking as a teen. Graphic illustrations. Facilitator's Discussion Guide included. (2002)

**In The Know: Tobacco, Alcohol And Marijuana** (23 minutes) Recommended for 7<sup>th</sup> through 12<sup>th</sup> grades. Available in VHS. This video reveals that the "gateway" drugs damage more lives and kill more people than any other drugs. Includes a Leader's Resource/Discussion Guide. (2001)

**Just Tobacco? You're Kidding! The Truth About The Contents Of Tobacco** (13 minutes) Recommended for high school, college and adults. Available in VHS or DVD. Describes many of the 4,000 ingredients in tobacco. It also reports the way tobacco companies put dangerous additives into cigarettes. These ingredients include carcinogens, carbon monoxide, radioactive compounds, heavy metals, and pesticides. Excellent graphics allow the viewer to understand the complex issue of cigarette manipulation. Segmented for ease of presentation. (2002)

**Keeping Your Kids Tobacco, Alcohol, And Drug Free** (30 minutes) ***Recommended for adults only.*** Available in VHS. In this segment of *My Kids*, parents gain expert advice on how to keep their children free from substance use. The host guides viewers through this video that describes resources for parents, gives tips from health professionals, offers testimonials from teenagers and adults, and features recording artist/musician and parent Richard Marx, who shares his concerns about his children's future. This program is rich in facts and practical information about communicating and being involved with children. Produced in collaboration with the Centers for Disease Control and Prevention and the Substance Abuse and Mental Health Services Administration.

**Let's Clear The Air: What Smoking Says About You** (19 minutes) Recommended for 7<sup>th</sup> through 12<sup>th</sup> grades. Available in DVD. Numerous tobacco topics are covered, including addiction, health effects, the dangers of secondhand smoke, peer pressure, cigarette advertising, and tips for successfully quitting tobacco. Segmented for easy presentation and discussion. Comes with a Leader's Resource/Discussion Guide. (2002)

**Making A Difference** (15 minutes) Recommended for middle school students through adults. Available in VHS. Guidelines for reducing minors' access to tobacco, including the use of compliance checks. (1993)

**Nicotine And The Brain** (18 minutes) Recommended for 5<sup>th</sup> grade through adults. Available in VHS. This video explains nicotine's damaging impact on the human brain. It also explains the consequences of smoking and has sections on treatment, refusal skills, and how secondhand smoke affects animals. Segmented for easy presentation and discussion. Includes Leader's Resource/Discussion Guide.

(2005)

**No Dip – No Duh: A No-Brainer For Spit Tobacco Use** (17 minutes) Recommended for middle school through adults. Available in VHS. Examines the dangers of spit tobacco. Includes opinions of how offensive spit tobacco is to the opposite sex. Includes rodeo scenes, Native American traditions, baseball associations, and other messages. Includes Facilitator's Guide. (2001)

**Pack Of Lies: The Marketing Of Tobacco** (35 minutes) Recommended for educators, prevention professionals, parents, high school, and college students. Available in VHS. Dr. Jean Kilbourne and Dr. Rick Polley offer a hard-hitting expose of the marketing principles of the tobacco industry. Divided into sections for easy lesson plans or studying. (1992)

**Poisoning Our Children** (12 minutes) Recommended for parents, educators, health-care workers, prevention professionals, community leaders, and other adults. Available in VHS. A straightforward and dramatic presentation of the medical facts about the real dangers of secondhand smoke, especially to children. Good visuals and graphics dramatize the importance of keeping children away from secondhand smoke. (American Academy of Otolaryngology and HALO, 1999)

**Rebelling Against Tobacco Ads** (60 minutes) Recommended for middle school through high school students, parents, and adults. Available in VHS. Media literacy is widely used to teach critical thinking skills and enhance prevention efforts. The goal of media literacy training is to transmit to students the ability to analyze, access, and evaluate media. These are tobacco appeals made to boys, girls, and people of color. Teachers unable to show the entire video may wish to show it in sections. Although sections are not marked, the material is presented in logical sections. This media literacy presentation by Peter DeBenedittis, Ph.D. was filmed at the North Carolina Governor's Summit on Teen Tobacco Prevention. Teacher and Resource Guide. (2000)

**Say Goodbye, Camel Joe** (8 minutes) Recommended for 5<sup>th</sup> through 8<sup>th</sup> grades. Available in VHS. A fast-paced "MTV-style" video using visuals and music along with ten comments to reveal some of the deceptive advertising techniques used by the tobacco industry to target children. Ideal for use in media studies or tobacco prevention education. (1992)

**Search For A Safe Cigarette** (60 minutes) Recommended for 9<sup>th</sup> grade through adults. Available in VHS. This video is an in-depth documentary of the tobacco industry. The viewer journeys inside a lit cigarette and sees how superheated tobacco creates over 45 known carcinogens. It discusses how tobacco-specific nitrosamines damage human DNA and how the tobacco industry shrewdly markets cigarettes. (2001)

**Second Chance** (26 minutes) Recommended for hearing-impaired individuals. Available in VHS. Actors using sign language provide tobacco education. Comprehensive examination of facts concerning smoking, spit tobacco, prevention and cessation strategies, and refusal skills. CLOSED CAPTIONED. (1994)

**Secondhand Smoke: A Matter Of Life And Breath** (10 minutes) Recommended for 7<sup>th</sup> through 12<sup>th</sup> grades. Available in VHS. In this video, viewers learn about the dangers of secondhand smoke. Viewers are encouraged to avoid situations in which they would be exposed to secondhand smoke. Includes Leader's Resource/Discussion Guide. (2002)

**Secondhand Smoke: Just Say Know!** (10 minutes) Recommended for 5<sup>th</sup> through 9<sup>th</sup> grades. Available in both DVD and VHS. Discusses the short- and long-term dangers of secondhand smoke, especially for children. Dr. Tracey Wallace provides up-to-date facts and research. She gives polite suggestions for children to get away from secondhand smoke. Includes a Presenter's Resource/Discussion Guidebook. (2004)

**Secondhand Smoke** (20 minutes) Recommended for middle school students through adults. Available in VHS. This video is an up-to-date revision of an earlier video to focus on the dangers of secondhand smoke. It combines hard facts with a humorous approach. The latest scientific findings are discussed, including long-term hazardous health effects on children, as well as adults. Includes a Leader's Resource/Discussion Guide. (2006)

- Secondhand Smoke – Spanish Version** (15 minutes) Recommended for 6<sup>th</sup> grade through adults. Available in VHS. Do you smoke? If you said “no,” you could be wrong. If you are in the same area as a smoker, you are still smoking. This video explores the special risks of secondhand smoke to those who are forced to inhale smoke. The video concludes with action suggestions to ensure a smoke-free environment. Includes a Leader’s Resource/Discussion Guide.
- Secrets Through The Smoke** (55 minutes) Recommended for middle school and senior high school students as well as college students, educators, prevention professionals, parents, policy makers, and other adults. Available in VHS. A story about Dr. Jeffrey S. Wigand, the tobacco industry insider who risked his career, his reputation, and his family by revealing the truth to the public about the tobacco industry’s disregard for health and safety. Produced in three sections to facilitate possible discussions. (1999)
- Slam!** (15 minutes) Recommended for middle school to senior high school. Available in VHS. Tells the story of Leslie Nuchow, a young singer/songwriter, who was offered a lucrative opportunity to be promoted as a rising star by a new record company, but the only way for young people to get the CD was to buy two packs of cigarettes. Leslie took a stand against corporate deception and exploitation and founded the Virginia SLAM! – a counter-concert held to protest the use of music to market cigarettes and to heighten public awareness of the health risks of tobacco use. (1997)
- Smoke And Mirrors: A History Of Denial** (75 minutes) Recommended for college students, prevention professionals, parents, policy makers, and other adults. Available in VHS. A history of the tobacco industry over the past century. This video forcefully exposes this less-than-honorable past and illuminates the pressing issues surrounding tobacco in the future. (1999)
- Smokeless...NOT Harmless** (5 minutes) Recommended for 7<sup>th</sup> through 12<sup>th</sup> grades. Available in VHS. This video looks back at the many tactics used to sell smokeless tobacco over the past century. But counter marketing efforts are giving young people the truth about these deadly, addictive products. (2006)
- Smokeless Tobacco, A Spittin’ Image** (14 minutes) Recommended for 4<sup>th</sup> through 8<sup>th</sup> grades. Available in VHS. This video enhances the awareness of the dangers of smokeless tobacco and refutes common myths and misconceptions. (1994)
- Smokeless Tobacco: The Sean Marsee Story** (17 minutes) Recommended for middle school through adults. Available in VHS. True story of 19-year-old Sean Marsee, who died from oral cancer related to his use of smokeless tobacco. His story is told to alert young people to the myths and potential health dangers of using smokeless tobacco. (1986)
- Smokeless Tobacco: Your Habit Or Your Life** (16 minutes) Recommended for 7<sup>th</sup> grade through adults, including athletes. Available in DVD. Oral cancer survivors and medical experts shatter the notion that smokeless tobacco is a safe alternative to cigarettes. Segmented for ease of viewing and discussions. Includes a Leader’s Discussion Guide. (2003)
- Smokers And The People Who Smell Them** (22 minutes) Recommended for 5<sup>th</sup> through 10<sup>th</sup> grades. Available in VHS. Humorous tobacco education program uncovers the foul and deadly world of tobacco. (1997)
- Smoking – The Toxic Truth** (20 minutes) Recommended for middle school through adults. Available in VHS. This graphic video is designed to discourage young people from beginning to smoke. Addresses the misconception that “I can quit anytime.” Discusses the many unattractive effects of smoking and other toxic and addictive problems caused by smoking. Includes Facilitator’s Guide. (2001)
- Something Stinks in Hollywood** Recommended for 9<sup>th</sup> grade through college and adult. Available in DVD format. Unlike other DVD’s, this is not a movie on a disc. It is an interactive learning tool containing dozens of movie clips and slideshows that can be used to teach others – especially children and youth – about how movies sell smoking to young people. It contains the latest research on smoking in the movies. It also describes what concerned citizens can do to end smoking in youth-rated movies. Can be used for a twenty-minute presentation or for several different presentations. Contains a complete discussion and training guide. (2005)

**Spit Tobacco Exposed** (18 minutes) Recommended for 6<sup>th</sup> through 8<sup>th</sup> grades. Available in VHS. This video presents a strong and memorable message that the use of “smokeless” or spit tobacco can kill and kill quickly. Stark footage shows some of the devastating damage that spit tobacco or “snuff” does to teeth, gums, and mouth. Includes Teacher’s Resource Book, activities, and student handouts. (2000)

**Spit Tobacco Kills: The Extreme Danger Of Chewing And Dipping Tobacco** (28 minutes) Recommended for 7<sup>th</sup> grade through adults. Available in VHS. This video follows the story of Rick Bender, a 27-year-old former smokeless tobacco user, whose face was disfigured by cancer. Features powerful testimonials from athletes. Includes a Leader’s Resource/Discussion Guide. (1996)

**Stop The Sale: Prevent The Addiction** (26 minutes) Recommended for junior high and senior high grades, educators, and concerned adults. Available in VHS. Demonstrates the effects of tobacco advertising and how it saturates the lives of young people. Offers effective solutions. (1995)

**Taking Charge** (24 minutes) Recommended for junior and senior high school students, prevention professionals, parents, community leaders, and other concerned adults. Available in VHS. Features three youth-oriented tobacco control advocacy projects in Southern California. Shows teens making a difference in their communities by helping to prevent other youth from starting to smoke. (1996)

**Targeted! How Tobacco And Alcohol Companies Try To Get You Hooked!** (24 minutes) Recommended for 6<sup>th</sup> grade through college and adults. Available in VHS. Explores the ways the alcohol and tobacco companies target young people who are too young to legally purchase their products. Without preaching, this video opens young people’s eyes to the dangers of alcohol and tobacco. It also helps direct teens’ natural rebelliousness to the companies that are trying to exploit them. Teacher’s Resource Book provides effective follow-up discussions and activities. (2003)

**The Hidden War** (27 minutes) Recommended for college students, educators, prevention professionals, community leaders, and other adults. Available in VHS. Powerful footage of tobacco industry leaders denying the addictive nature of nicotine. Exposes front groups formed by the tobacco industry to deceive and mislead the public. Includes information on how to counteract the tobacco industry. (1999)

**The Truth About Tobacco** (17 minutes) Recommended for 7<sup>th</sup> grade through adults. Available in DVD. Explores the history of tobacco use, its effects on the body, the dangers of secondhand smoke, and the reasons why people can get addicted to nicotine. Includes a Leader’s Discussion Guide. (2003)

**Tobacco: Something To Chew On** (10 minutes) Recommended for 5<sup>th</sup> through 12<sup>th</sup> grades, especially athletes. Available in VHS. The dangers and consequences of “chew” are outlined in an entertaining and easy-to-understand fashion by the predominantly teenage cast. Confronts not only the medical facts, but also the ugly social effects of chewing. Leader’s Discussion Guide included. (1999).

**Tobacco And Health: You Decide** (24 minutes) Recommended for middle school students through adults. Available in VHS. Watch the top CEO’s of the tobacco industry testify under oath. Research-based information regarding tobacco addiction, health effects, and advertising. (Centers for Disease Control, 1994)

**Tobacco Industry Watch** (17 minutes) Recommended for high school and college students, educators, prevention professionals, parents, community leaders, and other concerned adults. Available in VHS. This video details ways community groups and volunteers can observe local community events for tobacco advertising and target marketing aimed at youth. A great resource to educate and involve coalitions and community volunteers. (2001)

**Tobacco – Smash It!** (12 minutes) Recommended for 5<sup>th</sup> through 10<sup>th</sup> grades. Available in VHS. Raises awareness about nicotine’s deadly effect to the most targeted audience – young people. Tobacco companies spend billions creating an image of smoking as a cool, glamorous, and popular behavior. Young people offer their perspective on tobacco use and ways to refuse this harmful drug. (2003)

**Up In Smoke: The Extreme Danger Of Smoking Tobacco** (28 minutes) Recommended for middle school through senior high students. Available in VHS. This video is an honest, straightforward examination of the real damage that smoking tobacco can do to the human body. (1996)

**Why? The Psychological Triggers Of Tobacco** (26 minutes) Recommended for junior high through senior high school students, college students, parents, prevention professionals, and other concerned adults. Available in VHS. This video aims to provide a new perspective on smoking. It offers insights into why teens begin to smoke and why they continue throughout adulthood. Facilitator's Guide included. (1998)

**Women And Tobacco: Seven Deadly Myths** (17 minutes) Recommended for middle school to adult females. Narrated by supermodel Christy Turlington. Available in VHS. This video explores seven common myths about smoking, exposes tobacco industry manipulation, and empowers women to become or stay smoke-free. Includes a Facilitator's Guide. (2001)

**PLEASE READ**

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# DRUG PREVENTION CURRICULA

The following is a listing of the drug-prevention curricula available for loan from the PRIDE-Omaha, Inc. Resource Center.

**Alcohol Advertising And Its Impact** – Recommended for high school to adult. A slide show with fully-scripted text for leaders to present information and examples of how alcohol advertising targets special populations. For presentations lasting 30 to 45 minutes.

**Blowing Away Big Tobacco's Big Lies** – For middle school to adult audiences. This CD based presentation explains the importance of media literacy, especially when it involves tobacco advertising, marketing, and promotion. Includes many commercials and how to analyze them. Can be used for individual study or for presentations to classes, workshops, and discussion groups. For optimum presentation, a computer with speakers and projectors are suggested. Printed Leader's Guide includes scripts, fact sheets, pre-and post-tests and resource guides. From the New Mexico Media Literacy Project.

**Children's Program Kit: Supportive Education for Children of Addicted Parents**  
Recommended for teachers and specialists working with children of addicted parents. Some activities are targeted to elementary students, some to middle or high school students and some are meant for children of all ages. Intended to build social competence, problem solving, coping, autonomy, and a sense of purpose and future among children of addicted parents. Includes a facilitator's guide and three videos.

**Communities Of Excellence Plus In Tobacco Control** – This training and resource manual is an updated version of a comprehensive planning guide for community tobacco control groups. This systems-wide, multiple-approach curriculum has had success in reducing tobacco consumption, especially among youth. An excellent step-by-step, best-practice guide for grassroots organizations.

**Discovery Kit** – Curriculum designed to build resiliency against drug use by children in high-risk families and environments. Special emphasis on children of alcoholics. Activity worksheets, leader's guide, audiocassette, and VHS included.

**Focus On Prevention** – The U.S. Department of Health and Human Services has developed this guide to help a wide range of groups and communities move from concerns about substance abuse to proven and practical solutions. It offers brief, practical, and easy to read information that is useful in planning and delivering prevention strategies.

**Get Real About Tobacco** – This set of curricula includes four separate grade level kits: K-3, 4-6, 6-9, and 9-12. The program gives students the tools to resist pressures and make healthy life choices when it comes to tobacco. Each kit contains a teacher's manual, age-appropriate lesson plans, a video, and other learning aids. Follow-up teaching suggestions are also included. Easy to use for the classroom teacher or others working with children.

**Get Real! Anti-Steroid Program** – Recommended for elementary through high school and athletic programs. Includes audio and VHS tapes.

**Got A Minute? Give It To Your Kid** – Created by the Center for Disease Control and Prevention, this kit is a ready-to-use tobacco control program focusing on parents of pre-teens. The kit contains a manual, CD, brochure, and poster. This resource encourages parents to become more involved with their children's lives. Studies show that the more parents are involved in their children's lives, the less susceptible those children will be to the lure of tobacco.

**Hands Off Halloween: Responsible Merchants Campaign Manual** – From the Center on Alcohol Advertising, this manual encourages communities to work to prevent the alcohol industry from turning a children's holiday into a major drinking occasion. Citizens are encouraged to ask retailers to refuse Halloween beer promotions. Provides template materials, including Spanish translations, for community groups.

**Images About Alcohol** – Recommended for professionals working with high school ages to adults. Slide show and manual. Describes the impact and effects of alcohol consumption. Explains how alcohol advertising and promotion works to shape our attitudes and behaviors to consume alcohol. From the FACE Initiative.

**Inhalant Prevention Resource Guide** – Comprehensive curriculum regarding the dangers of inhaling toxic fumes to get high. Several lesson plans for each of the following grade levels: K-3, 4-6, 7-9, and 10-12. Explains the dangers of inhalant use without suggesting the behavior. Includes reproducible color materials. From the Virginia Department of Education.

**Learning To Live Drug-Free – A Curriculum For Prevention** – From the U.S. Department of Education. Grades K-12. Excellent curriculum containing very helpful information and activities.

**Marijuana Presentation Package - (What To Do And What To Say)** – Facilitator’s Guide with audio tape and overheads. Curriculum with several activities. Recommended for educators, youth leaders, and parents working with audiences from middle school to adult. Facts about marijuana with emphasis on the risks associated with adolescent marijuana use. Presentations can be tailored from 30 minutes to 60 minutes or 2 to 3 classroom sessions. (1998)

**Media Sharp: Analyzing Tobacco And Alcohol Messages** – For middle school and senior high school students. A provocative curriculum on media literacy and critical thinking with a VHS supplement, activities, and extensions.

**Operation Storefront** – A step-by-step resource guide for youth leaders who want an activity that can make a difference in their community. Operation Storefront is a project in which trained adult and youth volunteers inspect retail outlets in their community to officially document the presence of retail tobacco advertising, promotion, and product placement. The information is then used by these groups to make policy changes regarding tobacco use in their community.

**Project T.N.T.: Towards No Tobacco Use** – Curriculum targeted to 12- and 13-year-old students. Ten core sessions lasting 45 to 50 minutes. Includes a two-session booster program for the following year. Recommended by the Center for Disease Control and Prevention as a program that works.

**Secondary Tobacco Education Activity Guide** – Recommended for middle school to high school grades. Developed by Tobacco-Free Utah’s 12 local health departments. Good supplemental materials for any tobacco prevention program.

**Smarter Than Your Average Teenager** – A 50-minute lesson plan for students in middle school and high school. Interactive CD on the dangers of tobacco use and how the tobacco industry tries to addict young people as customers. Complete Leader’s Resource Guide included. CD is easy to use and includes many graphics to hold students’ interest. Sample post-test is included. From Peter D and Company, Inc.

**Some Tobacco Facts That Can't Be Denied** – Recommended for high school students to adult audiences. A PowerPoint and overhead transparency presentation. Presents the basic facts about the damage caused by tobacco use and promotion.

**S.T.E.P.S. – Simple Tools Employing Prevention Skills** – Supplemental drug prevention curriculum for kindergarten through third grade developed by PRIDE-Omaha, Inc. Requires very little training or preparation. Offers activities and lesson plans that are easily infused into other subjects.

**Substance Abuse Prevention Activities For Secondary Students** – Timothy A. Gerne, Jr., Ed.D. and Patricia J. Gerne, R.N., C.A.C. Follow-up book of resource materials for secondary school teachers and youth group leaders. Ready-to-use lessons, fact sheets for 7<sup>th</sup> through 12<sup>th</sup> grade students. (Prentice Hall, 318 pages)

**Teacher’s Guidebook To Inhalant Abuse** – Published by the Texas Council on Alcohol and Drug Abuse, this curriculum is designed to serve as a resource and stimulus for elementary school teachers in the task of educating students about the dangers of inhalant use. Easy-to-use format that minimizes teacher preparation time.

**Teaching Children Affected By Substance Abuse** – A 32-minute VHS and Teacher’s Guide for elementary school teachers and staff. Helps design and implement programs for children prenatally exposed to alcohol or other drugs. Helps teachers create a nurturing classroom environment to foster cooperative learning.

**Teens Taking Action! – A Guide To Conducting Tobacco Compliance Checks** – A 19-minute training VHS and manual for community groups that want to conduct retail tobacco compliance checks. Aimed at teaching teen inspectors how to conduct the checks. It is meant to reduce illegal sales of tobacco to minors.

**Too Smart To Start** – A CD-based community action kit for prevention professionals and volunteers. An “underage alcohol use” prevention initiative that provides strategies and materials for professionals and volunteers working at the community level.

# HANDOUT LIST

The following handouts are available from the PRIDE-Omaha, Inc. Resource Center. Any member of the public can access **one** copy of each handout at no charge.

## **ALCOHOL**

A Family History of Alcoholism  
A Guide to Action for Educators (Surgeon General Call to Action)  
A Guide to Action for Families (Surgeon General Call to Action)  
Aging, Medicines and Alcohol  
Alcohol: A Message For Parents  
Alcohol, Drugs and Date Rape  
Alcohol: Drug Undercover  
Alcohol Use and Pregnancy  
Alcohol – What Parents Must Learn About Teens and Alcohol  
Alcohol: What You Don't Know Can Harm You  
An Overview Of The Graduated Licensing Bill In Nebraska  
Binge Drinking – College Statistics  
Colleges to Address Alcohol?  
Consequences of Underage Drinking  
Do Your Teenager's Friends Drink In Your Home?  
Fetal Alcohol Spectrum Disorders  
Get Serious about Alcohol Policies that Save Kids' Lives (with PRIDE information)  
Get Serious about Alcohol Policies that Save Kids' Lives – Protect America's Kids from Alcohol  
Get Serious about Alcohol Policies that Save Kids' Lives – Petition Letter to Legislators  
Greater self-restraint by the alcohol industry in its marketing practices...  
Harmful Interactions: Mixing Alcohol with Medicines  
Health Consequences Of Alcohol Use For Adults  
How Alcohol Affects Your Body (Liver, Brain, Lungs, And Other Body Parts)  
It's a Crime to Host A Party Where Minors are Drinking  
It's Not Your Fault!  
Killing Our Kids With Kindness?  
Live To See The Sunrise – A Guide For Parents And Adults  
Make A Difference – Talk to your child about Alcohol  
Positively Negative  
PRIDE-Omaha, Inc.'s Position Paper On The Issue Of Responsible Drinking By Adults  
Reducing Underage Drinking  
So What If I Got Drunk Last Night, I'm Okay Now  
Talk with Your Fifth Grader About Underage Drinking  
Teen Alcohol Use  
Teenage Drinking Games  
The Truth About Alcohol – Tips for Teens  
Underage Drinking: A Major Public Health Challenge (Action Alert)  
Underage Drinking Prevention Action Guide and Planner  
What A Parent Can Do About Teenage Use Of Alcohol And Other Drugs  
Workers at Risk: Alcohol and Other Drugs on the Job

## **CLUB DRUGS AND DATE RAPE**

2C-T-7 Fast Facts  
5-MeO-AMT Fast Facts  
50 Things Everyone Should Know About Date and Acquaintance Rape  
BZP Fast Facts

Club Drugs – Community Drug Alert Bulletin  
Club Drugs – NIDA InfoFacts  
Club Drugs: From Rave to The Grave  
Date Rape – Ten Things You Can Do to Protect Yourself  
Ecstasy, the Big Lie  
Foxy Fast Facts  
Gamma Hydroxy Butyrate – Carpeting Out Across America  
GHB And Analogs Fast Facts  
GHB, Rohypnol, And Ketamine Knockout Punch  
Ketamine Fast Facts  
MDMA (Ecstasy) Fast Facts  
Rohypnol Fast Facts

## **COCAINE/CRACK**

Crack And Cocaine – Info Facts (English/Spanish)  
Powdered Cocaine Fast Facts  
The Truth About Cocaine (Tips For Teens)

## **DRUGS AND PREGNANCY**

Alcohol Use and Pregnancy  
Drinking And Your Pregnancy  
Fetal Alcohol Spectrum Disorders  
Give a Gift to Your Baby  
Living with Fetal Alcohol Syndrome  
Pregnancy and Secondhand Smoke  
Pregnancy and Smoking  
Pregnant? That's Two Good Reasons To Quit Smoking  
Why Start Life Under A Cloud?

## **DRUGS IN GENERAL**

10 Things Every Kid Should Know About Drugs  
37 Scary-But-True Facts About Drugs  
Drug Abuse And Mental Illness Fast Facts  
Drug Paraphernalia Fast Facts  
Drugs – A Deadly Game  
Drugs, Alcohol and HIV/AIDS  
Drugs and the Law  
Grandparents Hold Key To Keeping Teens Drug Free  
Growing Up Drug Free – A Parent's Guide to Prevention  
Media Messages Regarding the Use of Alcohol, Tobacco, or Other Drugs  
Peer Pressure: It's Okay To Say No  
PRIDE-Omaha, Inc. Information Sheet  
Slang Drug Terms  
Take a Stand Against Drugs  
Things You Can Do To Fight for a Drug-Free World  
Understanding The Causes Of Adolescent Drug Use  
Ways To Say No To Drugs  
What To Say When You Want To Say No

## **INHALANTS**

Facts About Inhalants  
Inhalant Abuse – Research Report  
Inhalants (NIDA Community Drug Alert Bulletin)  
Inhalants – Info Facts (**For adults only**) (English/Spanish)  
Inhalants Fast Facts  
Just How Dangerous Are Inhalants?  
The Truth About Inhalants (Tips For Teens)  
Tips For Teachers About Inhalants – School-Based Prevention Programs

## **LESSON PLANS AND ACTIVITIES**

An Activity Book For Non-Smoking Children  
Decode the Secret Message From McGruff And Scruff (English/Spanish)  
Drugs – A Deadly Game  
Drugs Are No Joke (Coloring Book)  
Healthy Highlights  
Help McGruff And Scruff Finish This Word Search (English/Spanish)  
It's Your Body (Teaching Master #1)  
It's Your Body (Teaching Master #3)  
McGruff's Surprise Party  
My Family Has The Right Stuff Color Book  
People who give us drugs for fun are NOT our friends (Coloring Activity Sheet)  
Reach Out Now – Talk With Your Fifth Grader About Underage Drinking  
Some Kids Will Tell You... (Fill in the Dots Activity Sheet)  
Stay On Track Activity Book  
STEPS - Simple Tools Employing Prevention Skills (Brochure)  
Take a Stand Against Drugs!  
The Dangers of Alcohol (Activity Sheet)  
The Dangers of Marijuana (Activity Sheet)  
Tips for Teens in Your Classroom  
Too Smart to Start (Crossword Puzzle Activity Sheet)  
Too Smart to Start (Word Search Activity Sheet)  
Winners Don't Use Drugs (McGruff Activity Sheet)  
Winners Don't Use Drugs (McGruff Activity Book)  
You Can Be a Part of the Red Ribbon Campaign...

## **MARIJUANA**

Facts About Marijuana  
How Dangerous Is Hemp? (Cannabis)  
I Won't Smoke Marijuana Because...  
Marijuana  
Marijuana – Debunking the Myths Strategizer  
Marijuana: Facts for Teens  
Marijuana: Facts Parents Need to Know  
Marijuana Fast Facts  
Marijuana Info Facts  
Marijuana – Nine Things Everyone Needs To Know  
Marijuana: Stone-Cold Stupid  
Marijuana's Adverse Effects  
Synopsis Of Marijuana  
The Brain-Scrambling Marijuana Quiz  
The Health Effects of Marijuana  
Wake Up To The Risks Of Marijuana: A Guide For Parents  
Why Marijuana Is Not A Soft Drug

## **METHAMPHETAMINE**

- 45 Scary But True Facts About Meth
- Anhydrous Ammonia Theft – What You Need to Know
- Crystal Methamphetamine Fast Facts
- How Meth Affects Your Brain...and the Rest of Your Body
- Is There A Meth Lab in Your Neighborhood?
- Methamphetamine Abuse and Addiction (Research Report)
- Methamphetamine Facts
- Methamphetamine Fast Facts
- Methamphetamine Info Facts
- Methamphetamine Laboratory Identification And Hazards Fast Facts
- Methamphetamine – What, Where, How
- The Truth About Methamphetamine (Tips For Teens)

## **MISCELLANEOUS OTHER DRUGS**

- Ephedrine: The Real Facts
- FRY Fast Facts
- Hallucinogens: LSD, Peyote, Psilocybin, & PCP Info Facts
- Heroin Fast Facts
- Jimsonweed Fast Facts
- LSD Fast Facts
- Salvia Divinorum Fast Facts
- The Truth About Hallucinogens (Tips for Teens)
- The Truth About Heroin (Tips For Teens)

## **OVER-THE-COUNTER DRUGS AND PRESCRIPTION DRUGS**

- DXM Fast Facts
- Getting High on Prescription and Over-the-Counter Drugs Is Dangerous
- How to Discard Your Unused Medications
- Over-The-Counter Medications
- OxyContin Fast Facts
- Prescription Drugs Abuse and Addiction (Research Report)
- Prescription and Over-the-Counter Drug Abuse
- Prescription Drugs Fast Facts
- Ritalin Fast Facts
- Soma Fast Facts
- The Buzz Takes Your Breath Away Permanently (Prescription Pain Killers)
- The Dangers of Prescription Drug Abuse
- Triple C Fact Sheet
- Triple C Fast Facts
- Triple C Is Dangerous
- What Can You Do? Tips for Preventing Rx Abuse

## **PARENTING FOR PREVENTION**

- A Gift For Life
- An Overview of Graduated Licensing In Nebraska
- Assertive Parenting
- Drug Prevention Review For Parents
- Family Strategies for Prevention of Drug Abuse
- Five C's Of Effective Discipline
- Focus on Prevention
- Four Progressive Stages of Teenage Chemical Dependency

Getting Your Child Ready For School  
 Growing Up Drug-Free: A Parent's Guide to Prevention  
 Help For Parents  
 Helping Young People Stay Drug Free – MIP Hotline  
 Helping Your Children Navigate Their Teenage Years: A Guide for Parents  
 How Parents Enable Youngsters To Use Alcohol and Other Drugs  
 Keeping Your Kids Drug-Free  
 Keeping Your Teens Drug-Free – A Family Guide  
 Keeping Youth Drug Free  
 Memorandum To Parents From Your Child  
 Nurturing Your Child's Mental Health  
 Parent Action is Needed When Kids Start Using Drugs  
 Parent Guidelines For Drug Free Children  
 Parent Messages That Work  
 Parenting and Prevention – Building Healthy Families, Building Strong Children  
 Parents Can Help Create an Environment Which Protects and Nurtures Children!  
 Parents' Bill of Rights  
 Parties for Middle-School-Aged Children  
 Possible Signs & Symptoms of Drug Use  
 Preventing Drug Use – 10 Tips for Parents and Other Adults  
 Prevention Begins At Home  
 Prevention Strategies for Parents  
 Quiz For Parents: Is There A Problem?  
 Safe Homes Parent Network: Elementary Parent Issues  
 Safe Homes Parent Network: Parent Information  
 Safe Homes Parent Network: What Is A Parents Network?  
 Suggestions For Communicating With Your Child  
 Suspect Your Teen is Using Drugs or Drinking?  
 The Eight Most Critical Years  
 What A Parent Can Do About Teenage Use Of Alcohol And Other Drugs  
 What Parents Need to Know About College Drinking

## **RESOURCES FOR TEACHERS, PARENTS AND CONCERNED ADULTS**

2009 Nebraska Legislature – Alphabetical Listing  
 Boys Town National Hotline  
 Creating Effective News Releases  
 Drug Prevention Speakers Guidelines  
 Drug Use Prevention Terminology  
 Four Ways to Include Drug Prevention in Your Religious Programs  
 Guidelines For Evaluating Research-Based Drug Prevention Materials  
 Guidelines for Evaluating Textbook And Curriculum  
 Guidelines for Evaluating Visual Resources  
 Guidelines for Working with Legislators  
 Helping Young People Stay Drug Free  
 High School and Youth Trends  
 How to Contact Omaha City Leaders  
 How to Contact Our National Leaders  
 How to Start a Youth Group  
 How to Write a Letter to the Editor  
 I have a question....  
 Live to See the Sunrise. A Guide for Parents and Adults  
 Live to See the Sunrise. Think. Don't Drink. (Table Tent)  
 Media Messages Regarding the Use of Alcohol, Tobacco or Other Drugs  
 Media Tips For The Home  
 Neighborhood Impact Statements  
 Project Prom/Graduation Helps Protect Students

Tips for Teens in Your Classroom  
When It's Not Your Kid, How Do You Deal With Drug Use and Drinking?

## **STEROIDS**

Anabolic Steroid Abuse (NIDA Research Report)  
Steroids (Anabolic-Androgenic) Info Facts (English/Spanish)  
The Truth About Steroids (Tips For Teens)

## **TOBACCO**

4 Great Ways To Help Your Child Stay Smoke Free  
50 Things You Should Know About Secondhand Smoke  
50 Things You Should Know About Tobacco  
50 Ways to Resist the Urge to Smoke  
2007 Nebraska Adult Tobacco Use  
A Smoke-free Apartment Policy is Legal and Protects Health While Saving Money  
A Student's Guide to Secondhand Smoke  
An Activity Book for Non-Smoking Children  
As A Nonsmoker, How Many Cigarettes Have You Had Today?  
Be a Quitter!  
Bidis Plus Clove and Other Herbal Cigarettes  
Big Surprise: Tobacco Company Prevention Campaigns Don't Work  
Breaking Nicotine Addiction  
Clean Indoor Air Act of 2008 – Frequently Asked Questions  
Coaches—You Can Influence Youth  
Data and Trends on Tobacco Use in Nebraska  
Do You Know – It's Against the Law to Sell Tobacco to Minors  
Donnie Dinosaur's Tobacco Trouble (Activity Book)  
Five Ways Tobacco Companies Try To Trick You  
Give a Gift to Your Baby  
Good Information for Smokers  
Harm to Kids from Secondhand Smoke  
Health Harms Caused by Pregnant Women Smoking or Being Exposed to Secondhand  
Smoke  
Healthy Aging – Smoking, It's Never Too Late to Stop!  
How Parents Can Protect Their Kids from Becoming Addicted Smokers  
How Schools Can Help Students Stay Tobacco-Free  
How Smoking Quickly Harms Your Body  
How to Butt in!  
How To Help A Friend Or Family Member Quit Smoking  
How to Say No to Secondhand Smoke  
How Tobacco Affects Your Body  
How Tobacco Affects your Teeth, Gums and Mouth  
How Tobacco Hurts Our World  
How Tobacco Hurts Your Looks  
Key State-Specific Tobacco-Related Data & Rankings  
Making Your Business Smoke-Free  
Making Your Workplace Smokefree  
Nebraska Quitline  
Nebraska Tobacco Facts  
Other People's Smoke  
Pregnancy and Secondhand Smoke  
Pressure to Smoke – A Guide to Saying No  
Protect Your Children – Take the Smoke-free Home Pledge (English/Spanish)  
Progress in Reducing Tobacco Use Across Nebraska

Quit Smoking for You and Your Family  
Quit Tips  
Quitting Smoking – Common Problems, Good Solutions  
Secondhand Smoke (American Lung Association)  
Secondhand Smoke & Children  
Secondhand Smoke – Asthma, Cancer, And Other Health Risks  
Secondhand Smoke Contains Toxins  
Secondhand Smoke – How To Protect Your Kids  
Secondhand Smoke Hurts Kids First! (Bookmark)  
Secondhand Smoke Is Not Healthy for Living Things  
Secondhand Tobacco Smoke & the Health of Your Family (English/Spanish)  
Smoke Hurts Kids, Too  
Smoke-Free Cars – A Guide for Parents and Other Drivers  
Smoke-Free Homes and Cars for your Family  
Smoke-free Laws Do Not Harm Business at Restaurants and Bars  
Smokeless Tobacco – Do Your Know?  
Smokeless Tobacco...Your Habit or Your Life  
Smokeless Tobacco – Spit It Out  
Smokeless Tobacco and Kids  
Smoking (Tips About Quitting)  
Smoking and Kids  
Smoking And Other Drug Use  
Smoking And The Movies  
Smoking and Weight Loss – Eight Things You Should Know  
Smoking and Your Baby  
Summary of the City of Omaha’s Smoking Ban Ordinance  
Surgeon General Warns of Secondhand Smoke Real Hazards  
Take The Smoke-Free Home Pledge (3 versions)  
Talking Points to Address Youth Tobacco Access Issues  
Talking Tobacco – What to Say and How to Say It  
Ten Best Reasons Not to Smoke While You’re Pregnant  
The Animals Thank You for Not Smoking  
The Brain’s Response to Nicotine (Mind Over Matter series)  
The Decision Is Yours  
The Filthy, Disgusting, Ugly, Foul, Hideous, Horrible Tobacco Quiz  
The Freedom to Breathe  
The Health Consequences of Involuntary Exposure to Tobacco Smoke  
The Health Consequences of Secondhand Smoke  
The Health Consequences Of Smoking  
The Importance Of A Smokefree Worksite  
The Pro-Children Act  
The Smoke Around You  
The Toll of Tobacco in Nebraska  
The Truth About Cigars  
The Truth About Tobacco  
The Truth About Tobacco (Tips for Teens)  
Tobacco and Money – What Does Smoking Really Cost?  
Tobacco Free Nebraska for a Great State of Health  
Tobacco Free Times  
Tobacco Games and Puzzles  
Tobacco Is Trash (mini-magazine)  
Tobacco Self-Service Displays  
Tobacco Smash It! (mini-magazine)  
Tobacco Stinks! (mini-magazine)  
Tobacco Tax Increases Are Not Enough  
Toll of Tobacco in the United States of America

Ventilation Technology Does Not Protect People from Secondhand Tobacco Smoke  
What's In Cigarette Smoke?  
When Smokers Quit  
Where Do Youth Smokers Get Their Cigarettes?  
Why Animals Don't Smoke  
Why Athletes Don't Smoke  
Why Start Life Under a Cloud?  
Women and Smoking  
You Can Quit Smoking  
Your Family and Secondhand Smoke (English/Spanish version)

# SPANISH HANDOUTS

## **Alcohol**

Consumo de alcohol y embarazo  
En El Hogar  
Trastornos del espectro alcoholico fetal

## **Club Drugs & Date Rape**

Las Drogas de Club  
La LSD  
La MDMA  
Violacion entre conocidos

## **Crack/Cocaine**

Crack de Cocaina  
El crack y la cocaine

## **Drugs & Pregnancy**

Consumo de alcohol y embarazo  
El embarazo y el humo de segunda mano  
Trastornos del espectro alcoholico fetal

## **Inhalants**

Los inhalants

## **Lesson Plans & Activities**

Ayuda a McGruff y a Scruff a terminar el buscapalabras  
Descifra el mensaje secreto de McGruff y Scruff

## **Marijuana**

La marihuana  
La marihuana – Informacion para los adolescents  
La marihuana: Lo que los padres deben saber

## **Methamphetamine**

La metanfetamina  
Metamfetamina – Que, Donde, Como

## **Miscellaneous Other Drugs**

La heroína  
La PCP (Fenciclidina)

## **Over-the-Counter & Prescription Drugs**

Los Analgesicos y Oros Medicamentos de Prescripcion

## **Parenting for Prevention**

Hable con sus hijos sobre las drogas & sus peligros  
Sospecha Que Su Adolescente Esta Consumiendo Drogas or Bebidas Alcoholicas?

## **Steroids**

Los Esteroides (Anabolico-Androgenicos)

## **Tobacco**

50 cosas que debe saber sobre el humo de segunda mano  
Cinco cosas que las compañías de tabaco hacen para enganarte  
Como decir 'No' al segunda mano  
El embarazo y el humo de segunda mano  
El humo de segunda mano – Asma, cancer y otros riesgos de salud  
El humo de tabaco en el medio ambiente y la salud de su familia  
El tabaco y el dinero – Cuanto cuesta realmente fumar?  
Hable sobre el tabaco – Que decir y como decirlo  
Humo de segunda mano – Como proteger a sus hijos  
Humo: Que puede hacer usted sobre el humo de segunda mano como padre, personal  
directive y ocupante de un edificio?  
La Prueba Sobre: El Cochino, Sucio, Asqueroso, Feo, Inmundo, Horrible, Mugroso,  
Horroroso, Nauseabundo Tabaco  
Los cigarillos y otros productos que contienen tabaco  
Por que los animals no fuman  
Proteja a sus hijos (Spanish/English)  
Su familia y el humo de segunda mano (Spanish/English)  
Tome la Promesa de liberarse del humo en su casa