

Binge Drinking Videos/DVDs

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Video/DVD Lending Library

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Access and Excess

This compelling 17-minute documentary takes a realistic and local look at the current problems and the factors in the community – attitudes and norms, access and availability, media messages and policies – that accept, allow and encourage underage and binge drinking among teens and young adults in Ventura county. Suggestions are made for parents, youth and community members to help reduce the problems. www.straightupvc.org

Junior High School/High School/Adult 17 min. 2007 DVD-4185

Alcohol and Its Effects

Using graphics, animation, and brain scans, along with the voices of recovering users, top alcohol researchers, and treatment professionals, this comprehensive and current video describes: The effects based on blood alcohol levels and length of use; The neurochemistry of tolerance and withdrawal; Emotional and physical reasons for drinking and craving; Genetic and environmental contributions to alcoholism; Causes for different levels of drinking (e.g. binge); Social effects of drinking (e.g., DUI, violence); Effects on the developing fetus (e.g., FAS & FAE); and Treatment and recovery strategies.

Adult 60 min. 2001 V-4008 or DVD-4008

Alcohol & the Teenage Brain: A Video Guide for Parents & Professionals (cc)

This no-nonsense, straightforward video presents the latest research about how alcohol impairs the growing adolescent brain. The context is delivered by neuroscientist and researcher Scott Swartzwelder Ph.D. of Duke University whose groundbreaking research will be a wake up call for parents, school administrators and substance abuse professionals who want to learn more about the damaging effects of alcohol on teens. Swartzwelder explains that ten years ago researchers used to believe that the brain was finished developing at birth. Now scientists know that the brain is growing and developing through adolescence and into one's early twenties. The research has further shown that adolescents experimenting with alcohol and binge drinking are literally putting their futures at risk by compromising the full potential of their brains to learn, conceptualize and prepare for college and the workplace.

Junior High School/High School/Adult 20 min. 2004 V-5050

Alcohol Exposed (cc)

Alcohol is the most widely available and most abused drug in the world today. This point is driven home in this video in a way that middle schoolers will understand and remember. Students see the short-term and long-term harmful effects alcohol causes on the body as well as the intoxicating effects on the mind. Using interviews and narration by peers, the video exposes ways that alcohol use interferes with health, education and personal lives. The ravages of alcoholism and the struggles of families living with alcoholics are presented. Binge drinking is singled out as a very dangerous and potentially lethal activity that young people must avoid at all costs.

Grades 5-9 18 min. 2001 V-4012

Alcohol: What You Don't Know (In the Mix Series)

Hosts Tamah and Duane, who are of legal drinking age, submit themselves to an experiment. As they have just a few drinks throughout the show, we see how their motor skills and judgment are affected. One of Nassau County's physician consultants lays down the facts about what you drink, how quickly it will hit you, and debunks popular myths about how to "sober up." *In the Mix* reporter Eddie visits with teens in a treatment program for recovering alcoholics. They give us the honest truth about why they started drinking and how quickly it can get out of control, and then leave us with valuable tips on how to recognize and reach out to someone who's an alcoholic. Eddie also checks out one high school's unique approach to curbing teenage drinking – a peer education program where seniors, not teachers, show younger students the truth about drinking. As Tamah and Duane continue to imbibe, a doctor points out that their speech is slurred and their coordination is deteriorating. Teens who experienced alcohol poisoning after binge drinking talk about their brushes with death, while we hear tragic stories about young people who weren't so lucky. A medical expert explains what happens to your body when you give it excessive amounts of alcohol in a short period of time (hint: it doesn't like it). Duane takes (and fails) a police sobriety test, while Tamah gets behind the wheel to discover how much her driving ability is impaired. Later, Tamah finds out what happens at a DWI checkpoint, and what the law has in store for people convicted of drinking and driving. We also hear from young people who paid an even higher price than jail time – they're permanently disabled from drunk driving accidents.

Junior High School/High School 30 min. 1996 V-4014

Alcoholic Blackouts and the Brain (cc)

If you drink alcohol or know someone who does there is a side effect that can actually cause part of your brain to “switch-off” causing a form of amnesia. When this happens it is called an alcoholic blackout. Binge drinkers are especially susceptible to this condition, and with little research being done on the subject careful attention needs to go to those who have already experienced some level of amnesia. Viewers will learn that drinkers with alcoholic blackouts are a danger to themselves as well as others. In this ABC Production host Cynthia McFadden follows Kevin Price, a young adult in New Jersey who was attending a party and consumed ten beers in less than two hours. Kevin is now serving an eight to twenty one year prison sentence for driving the wrong way on an interstate, crashing into a van and killing five people. Amazingly, he has no memory of the event. Interviews with doctors define these blackouts as the ability to function – albeit making bad judgments – but not remember any of the activities during this time. Young people are more likely to have a blackout than adults according to neurologists. This is especially troubling since 40 percent of college age students last year were categorized as binge drinkers.

High School/Adult 14 min. 2000 V-4015

Binge Drinking Blowout: the Extreme Dangers of Alcohol Abuse

For many teens and young adults, fun with their peers means drinking alcohol, often to excess. Binge drinking – consuming large quantities of alcohol in a very short time – is considered a drinking “game”. Consequences of this “game” include drunkenness and serious hangovers. Greater inherent dangers are alcohol poisoning and death. This program supports Health and Life Skills units on behavioral choices and personal health. Students’ understanding of the relationship between unsafe behaviors and their physical well-being and, in particular, the risks of binge drinking, are explored through real-world statements from teens and young adults who share their opinions and experiences regarding drinking, and discuss why high school and college-age kids binge drink. Students will gain insight into the risk factors of binge drinking, and the role that peer pressure plays in this unsafe behavior. Topics covered include how intoxication leads to additional poor choices, dangers of mixing alcohol and other drugs, drinking and driving, and the physiological effects of alcohol poisoning. Actual cases of binge drinking injuries and fatalities reinforce students’ understanding of this health-related issue.

High School 29 min. 1998 V-4020 (Edited Version) V-4021 (Unedited Version)

Binge Drinking: The Facts (cc)

A Harvard survey indicates as many as eight percent of college fraternity students binge-drink each weekend. Alcohol poisoning causes more than 4,000 deaths each year. And when people binge, it increases the likelihood they will engage in risky sex – resulting in STDs, pregnancy, or rape – or be involved in a car crash, drowning, or fall. This video gives detailed lifesaving procedures to save someone suffering from alcohol poisoning.

Grades 7-College 26 min. 1998 V-4022

Death by Alcohol: The Sam Spady Story

Sam Spady had a wonderful life. She had loving parents and adoring friends. She was a homecoming queen and class president. She had looks, brains, youth and promise. She had everything to live for. But all that came to a sudden and horrific end in the summer of 2004 when Sam shared too many shots of vanilla flavored vodka, passed out and died alone inside a cluttered fraternity house. Her death was an unintended tragedy. Binge drinking kills more than 1,400 college students each year. The epidemic is growing at high schools, colleges and universities across the nation. We hope kids, parents, families and friends will watch Sam’s story, learn her lesson and know when to say no.

<http://www.samspadyfoundation.org>

High School/Adult 31 min. 2006 DVD-4166

Drug Education for Teens Series/Alcohol: Teenage Drinking, v. 2 (cc)

Advertising portrays alcohol consumption as fun, relaxing, romantic, exciting and adventurous. Yet, alcohol is the most abused drug in the world, and one that is often abused by teens with tragic consequences. In *Alcohol: Teenage Drinking*, students will get the facts on how alcohol affects the brain and body, with vivid animations explaining how drinking impairs motor skills and judgment. This compelling video encourages viewers to ask hard questions about the risks and benefits of drinking, highlighting some tragic personal stories with teen interviews and explanations from experts. This program approaches the topic with straight talk about the dangers of binge drinking and the choices teens are faced with every day.

<http://www.libraryvideo.com/guides/f7002.pdf?mcsid=PX7K4MAJQ06K9J4E31X3S2WP7FQU6BLE>

Teens 23 min. 2003 DVD-4164

Haze [Available to preview online]

HAZE is a feature documentary, created with the intent of placing a focus on the issues of binge drinking, alcohol-laden hazing rituals, and rapid-fire drinking games. Simply stated, the film's goal is to save lives and prevent harm. Harm that would never have happened if a few crucial steps had been followed by friends, by fraternity brothers and sisters, family members or peers. HAZE won't end irresponsible drinking but it will be the first chapter in an educational process for parents and young adults--teaching us what to do and what to look out for in order to "save a life." Individuals can stream both versions of HAZE on-line for FREE! The college version is 81 minutes long. The high school version is 36 minutes, with graphic content and language edited appropriately.

<http://www.gordie.org>

<http://www.snagfilms.com/films/title/haze/>

Let It Not Be In Vain

His family and friends tell this true story of a teenager's suicide resulting from alcohol abuse. *Let It Not Be In Vain* is packed with lifesaving information about topics teenagers need to know about: alcohol abuse, binge drinking and suicide. Viewers learn how to recognize the symptoms of acute alcohol intoxication and what to do when a friend exhibits these symptoms. They also learn the warning signs for suicide and how to respond to a friend who may be feeling depressed, angry, hopeless and/or helpless. The video begins with a class lecture given by the teenager's mother. Interviews with friends and family help recreate his last hours.

Junior High School/High School 30 min. 1999 V-4078

No Safe Amount: Women, Alcohol and Fetal Alcohol Syndrome (cc)

Interweaving interviews with real teens who have experimented with alcohol, animated sequences demonstrating how a growing fetus is affected by alcohol use inside the womb, plus an up-close and personal look at a young woman growing up afflicted with Fetal Alcohol Syndrome (FAS), this program clearly demonstrates the unique risks that alcohol poses to women. One girl tells about being raped after a night of drinking. Another, about almost dying after binge drinking and being in a coma for three days. Program follows the girls as they learn the impact of alcohol use on women's bodies—how women metabolize alcohol differently than men; why size and gender matter when it comes to drinking; the biology of alcohol addiction and the link to permanent brain damage; and the indelible horror of FAS.

Grades 7-College 18 min. 2007 DVD-4197

On the Rocks: the Epidemic of Teen Drinking

Research statistics tell a sobering story: 75 percent of 12th graders have tried alcohol; 30 percent say they've been drunk in the *past month*; and nearly 150,000 teens wind up in the emergency room each year with alcohol-related injuries. Experts say too often parents send kids mixed messages, saying "hey, it's part of growing up," or it's "just alcohol." But teen drinking is illegal and it's a parent's responsibility to protect kids from its dangers. When teens drink, they drink to get drunk – and that's what makes it so dangerous. **On The Rocks: The Epidemic of Teen Drinking** tells real-life stories ... two girls who convinced their dads to help them host an 18th birthday party for a friend that turned into a drunken brawl, complete with police ... of alcohol-induced comas ... and other teen drinking escapades that led to accidents, crime and life-changing mistakes. Too often when there's alcohol, parents are present. Learn what you can do to stop the drinking trend. Watch **On The Rocks** with your family and start an important discussion, armed with facts, details of real-life situations, and expert opinion about teen drinking and its effects. No one wants their kids to spend their childhood drunk – and it's time to stop the trend.

Grades 5+ 22 min. 2007 DVD-4206

The Road to Recovery Presents Binge Drinking and Youth: What Everyone Needs to Know

Results from the 2003 National Survey on Drug Use and Health show that 25 percent of Americans aged 17 had reported binge drinking (i.e., five or more drinks on the same occasion). By age 21, the percentage of binge drinkers had increased to 48 percent. College is clearly a catalyst for alcohol use; in fact, young adults aged 18 to 22 who don't attend college drink less than those who do attend. Many binge drinkers in college begin experimenting with alcohol in high school. Students may not want to think about it, but young people can become alcohol dependent and many will die from excessive alcohol consumption. This program will reveal the subcultures and behaviors that support binge drinking while highlighting prevention, early interventions, and treatment options. Aired 4/6/05.

Adult 60 min. 2005 V-4139

This Place

A 15-minute film that dramatically captures today's youth drinking culture. This film shows the alcohol-saturated environment kids are exposed to and the impact of underage drinking. **THIS PLACE** offers a glimpse into communities that are taking action to reduce alcohol problems. You can watch this video online at <http://www.faceproject.org/thisplace/index.html>

Parents 15 min. 2005 V-4141 or DVD-4141

Too Much: The Extreme Danger of Binge Drinking (cc)

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

Grades 7-College 20 min. 2006 V-4174 or DVD-4174

Underage Drinking: Know the Facts, Know the Risks (cc)

This no-nonsense program lays out the straight facts about underage drinking. Alcohol abuse is responsible for 100,000 deaths in the U.S. each year — deaths resulting from drunk driving, alcohol poisoning, fetal alcohol syndrome, cirrhosis and even from alcohol-related cancers (esophageal, liver, colon). The program clearly spells out the dangers and the risks of underage drinking while also providing new information on how the adolescent brain can be permanently damaged by alcohol. *Underage Drinking* also explores the risky trend of binge drinking, which results in thousands of teens being treated in the emergency room each year for alcohol poisoning. There is also a segment on the legal and social dangers of throwing unsupervised parties in which alcohol is served to minors. The video makes it clear that teens should adopt a no-use policy towards this dangerous and addictive drug. Teacher's Resource Book provides compelling lessons and activities on alcohol-related topics such as binge drinking, addiction, alcohol overdose and more.

Grades 7-College 27 min. 2004 V-4136 or DVD-4136

Without Warning: The Dangers of Alcohol Poisoning and Binge Drinking (cc)

Three stories told by surviving family members reveal the devastating and lethal effects of alcohol overdosing in young people. Deaths from alcohol poisoning of youths under 21 are conservatively estimated at 4,000 annually, and can be prevented when students are armed with the proper information. *Without Warning* offers a powerful video and Teacher's Resource Book which will inform students of the critical signs to look for in alcohol poisoning, and will help deliver the message that binge drinking can have fatal results.

Junior High School/High School 17 min. 1998 V-4122