

New Videos/DVDs

**Available from the Idaho RADAR Network Center
Video/DVD Lending Library
Revised October 1, 2009**

Addiction

One in four Americans has a primary family member who is struggling with addiction. This documentary strives to break through the myths and explain what addiction really is (a brain disease), what causes it (a variety of genetic and psychosocial factors) and how to get the best available treatment (by seeking out evidence-based medical and behavioral treatments).

Viewer discretion advised.

<http://www.hbo.com/addiction>

Adult 5 hours 2007 DVD-4183 Discs 1 & 2 DVD-4184 Discs 3 & 4

Advertising, Media and Your Health (cc)

Today's teens are often labeled Generation M because of the extent that media saturates their lives. This program examines how different forms of media encourage young consumers to smoke more, drink more, eat more unhealthy foods, and take greater risks with sexual behavior. Using the latest tools in brain imaging, program also demonstrates how violent video games may make people more accepting of violence while increasing feelings of anxiety or vulnerability. This unique presentation reminds today's teens that as they become skilled creators of media—making their own films, music and blogs—they can learn to look critically at media tricks. Real teens deconstruct ads to expose the emotional hooks used to encourage teens to buy unhealthy products. This video and print package will help your students become savvy media consumers.

Grades 7-College 20 min. 2007 DVD-4196

Anatomy of a Puff (cc)

Available December 2009

Using scientific facts and targeted humor, program alerts viewers to the variety of toxic, carcinogenic and addictive substances found in every puff of cigarette smoke. A young host describes how nicotine is by some measures more addictive than cocaine and heroin, and how tar contributes to lung diseases such as emphysema, chronic bronchitis, and lung cancer. Describes the industrial uses of benzene, arsenic, cyanide, formaldehyde, and ammonia, toxic chemicals all found in every puff. Students learn that cigarette smoke contains radioactive polonium-210 and that a pack-and-a-half a day smoker absorbs a level of radiation equivalent to 300 chest x-rays a year! Viewers learn that it is not just smokers who are exposed to these risks. Thousands of nonsmokers die from lung cancer and heart disease each year from exposure to second-hand smoke.

Grades 7-College 20 min. 2009 DVD-

B Careful When U Text: The Dangers of Texting and Sexting (cc)

A nasty rumor spreads through school with lightening speed. A bully's taunt reaches its target instantly. A young teen is caught "sexting"—sending sexually explicit images or words over a cell phone. Today, kids no longer have to wait to get to a desktop computer to see and hear all the latest gossip. It's right in their hands, on their cell phones, mobile email devices and handheld computers, giving them the ability to take and send pictures and videos and instantly access social networking sites like Facebook and Twitter. Using dramatic scenarios as well as first person experiences, explores the positive and negative sides of this new technology. Gives viewers a primer on the Do's and Don'ts of text messaging, including the laws on privacy and child pornography, setting and maintaining personal boundaries, dealing with unforeseen consequences, and underscoring the need to "think before you click".

Grades 5-9 20 min. 2009 DVD-5133

Behind Closed Doors: Trauma Survivors and the Psychiatric System

The award-winning documentary, **Behind Closed Doors**, was produced with funds from a SAMHSA grant. The film tells the story of four women who spent years struggling to overcome childhood abuse only to be traumatized again within the walls of psychiatric hospitals. Their journeys toward healing began when they entered a non-traditional community program that offered safety, compassion, and hope.

Adult 20 min. 2007 DVD-20

Bullies Are a Pain in the Brain (cc)

Every kid runs into a bully sometimes, and our hero Jack is no exception! After being picked on, pushed around, and threatened by Henry the bully, Jack tries self-defense, insults, and even disguises to stop the bullying - but nothing's working. Finally, he comes up with a fail-safe solution - stay home from school forever! But, of course, Trevor and Jack's friend Skye aren't going to let him off so easy. From sketchpad to schoolyard, Trevor teaches Jack ways to handle a bully and the secrets for becoming bully-proof.

- Parent's Choice Award – Silver Award
- CINE Golden Eagle Award
- Communicator Award – Crystal Award of Excellence
- Kids First! Endorsement

Ages 8-13 28 min. 2004 V-5072 or DVD-5072

Burning Out (cc)

In today's world it is very common to get mixed messages on the issue of marijuana. BURNING OUT uncovers the harmful truths about smoking marijuana by dealing with the people who have suffered the pain and tragedy of addiction. It is important to inform high school and college kids that they live in a world where drugs are available, and taking advantage of that proximity, even just once, can have devastating consequences.

High School/Adult 23 min. 2007 DVD-204

Buzz in a Bottle: the Dangers of Caffeine-Spiked Energy Drinks (cc) [IN PRODUCTION]

With the lure of an over-the-counter jolt, kids are consuming more energy drinks than ever before and in many cases mixing them with alcohol. Through vivid interviews with teens and health experts, the video describes the many physical effects that these concoctions have including dizziness, fainting, heart palpitations, caffeine poisoning, headaches, fatigue, diminished concentration, anxiety, insomnia, shaking, nausea, and high blood pressure. Even more alarming is the trend of mixing these beverages with alcohol, thus allowing users to drink more alcohol than they normally would and putting them at a greater risk for alcohol poisoning. This program arms kids with the facts and gives a strong "no-use" message with particular emphasis on the real health risks of too much caffeine and the grave danger of combining alcohol and caffeine-spiked drinks.

Grades 7-College 20 min. 2009 DVD-4013

The Choking Game (cc)

This program exposes "the choking game"...a shockingly foolish and deadly activity among 9-14 year olds that has resulted in the tragic deaths of children across the country. Through interviews with children who have participated in the "game", siblings and parents of children who have died, and experts and physicians, young viewers get the straight and alarming facts about just how dangerous this "game" is. One young teen describes his personal experiences with the "game" and how his twin brother Gabriel died from it in an attempt to get high without drugs. Dr. Thomas Andrew, a medical examiner, describes what actually happens to the brain when the blood flow gets cut off causing brain damage and possible death. A parent describes and details the tragic death of her son in an attempt to prevent others from the same fate. Gives young viewers information explaining the difference between healthy and dangerous risk taking.

2007 Notable Children's Videos

Grades 5-9 19 min. 2006 DVD-5100

Cocaine and Heroin: Still Here, Still Deadly (cc)

"I was 15 the first time I tried it. I was at my girlfriend's house." These words, spoken by a real teen in recovery, set the tone for this powerful video which recounts the stories of two teens that became ensnared in the dangerous and all-too-common worlds of cocaine and heroin abuse. Both teens describe step-by-step how they were sucked into trying the drugs for the first time, how they became addicted, and how incredibly difficult it is to recover from their addictions. Their harrowing testimonies will resonate with viewers and impel them to steer clear of cocaine and heroin. Program includes strategies for recognizing the dangers and avoiding these destructive drugs. A special section detailing the dangers of "starter heroin" is presented with a strong no-use message.

Grades 7-College 21 min. 2007 DVD-41

Drama Queens and Tough Guys: Helping Teens Handle Emotions (cc)

Intense emotions are part of every teen's life. Too often, however, these emotions spill over into "dramas" with groups of kids reacting to and escalating the impact of the drama. The by-product is a ripple of emotional chaos that extends beyond the group members and can negatively affect the atmosphere of the school. Using four "real life" scenarios, the program enables viewers to recognize emotional "drama" and helps them find legitimate ways to handle intense emotions. In one scenario, news of Jenna and Kyle's break-up travels through the school via cell phones, blogs and gossip. Jenna goes ballistic as groups of friends take sides and escalate the problem. Each scenario is used to underscore teaching points and strategies for coping with strong emotions, to understand why drama often overwhelms an emotionally charged situation, and to learn "drama avoidance" skills.

Grades 5-9 18 min. 2006 DVD-5113

Drug Education for Teens Series/Alcohol & Alcoholism, v. 1 (cc)

In *Alcohol & Alcoholism*, viewers learn about the dangers of alcohol abuse and the signs and symptoms of alcohol dependence, while the many factors involved in the disease of alcoholism are highlighted. Whether it is beer, wine or liquor, alcoholic beverages all belong to a class of drugs known as depressants and use can lead to dependence and addiction. Viewers explore the devastating long- and short-term effects of alcoholism through candid interviews with users and family members, and learn about treatment options for those suffering from alcoholism.

Junior High School/High School 23 min. 2003 DVD-4163

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.

Junior High School/High School 23 min. 2003 DVD-4164

Club Drugs, v. 3 (cc)

Ecstasy, GHB and ketamine are among a number of 'designer drugs' that are often taken by teens at clubs, parties and all-night raves. *Club Drugs* gives viewers an opportunity to get an in-depth look at the effects these drugs have on the user, both physically and mentally. First-person accounts powerfully relate the damaging and often lethal consequences of use, while vivid animations illustrate how these drugs can irreversibly alter the chemistry of the brain.

Junior High School/High School 23 min. 2003 V-73

Drug Education for Teens Series/Cocaine & Crack, v. 4 (cc)

Cocaine is a highly addictive and widely abused stimulant. In *Cocaine & Crack*, students delve into the history of cocaine and examine this dangerous drug's impact on the individual and society as a whole. With vivid animations and gritty interviews, students learn harsh facts about the effects of using both the powder and crystal form of cocaine. This program explores the desperate cycle of tolerance, physical dependence and addiction that many abusers face and showcases the physical and psychological damage that occurs as cocaine changes the brain's chemistry.

Junior High School/High School 23 min. 2003 DVD-74

Hallucinogens, v. 5 (cc)

Mind-altering drugs known as hallucinogens are powerful substances that can bring about changes in perception that may last for hours, days or, in the worst cases, forever. *Hallucinogens* takes an in-depth look at the history of drugs such as LSD and points out a frightening link between drug use and mental illness. Interviews with former users and experts allow students to see how dangerous 'tripping' can be, affecting the lives of not only drug users but everyone around them.

Junior High School/High School 23 min. 2003 V-75

Heroin & Other Opiates, v. 6 (cc)

People have grown opium poppies for thousands of years, but not because they're pretty. Powerful drugs called opiates come from these plants. Opiates are among the most potent painkillers known to medicine, but when they are misused the consequences can be illness, addiction and death. In *Heroin & Other Opiates*, students learn how highly effective pain relievers such as morphine and codeine work in the brain and body, while getting an in-depth look at the dangers of one of the most widely used illegal drugs in the world -- heroin. Tolerance, physical dependence and the horrors of addiction are discussed along with the harsh facts about withdrawal and the long-term effects of opiate abuse.

Junior High School/High School 23 min. 2003 V-76

Inhalants, v. 7 (cc)

It's tragic, but true: Sniffing readily-available household products kills. *Inhalants* explains the dangers of breathing in toxic substances with animations and graphics that illustrate what happens to the brain and body when it is exposed to poisons. Because no matter what you call it -- sniffing, huffing, ragging -- inhaling chemical fumes to get high is breathing poison. Students will learn of the extreme danger from the vapors of volatile solvents and will hear the terrifying stories of kids whose lives were lost because they weren't aware of the deadly ramifications of inhalants. A segment illustrates how abusing gases like nitrous oxide is far from a laughing matter.

Junior High School/High School 23 min. 2003 V-77

Marijuana, v. 8 (cc)

It's referred to as weed, hemp, cannabis or pot, but regardless of what you call it, marijuana is arguably the most widely used illegal drug today. But what does smoking pot do to your mind and body? In *Marijuana*, students explore the physical consequences of abuse as well as the controversy surrounding its medicinal uses. Amazing animations give viewers an in-depth look at the short- and long-term impact that marijuana has on the brain. Interviews with users and experts explain the crippling effect that marijuana can have on the motivation, memory and future of even the most casual user.

Junior High School/High School 23 min. 2003 V-78

Drug Education for Teens Series/Methamphetamine & Other Stimulants, v. 9 (cc)

What are stimulants? Where do drugs like methamphetamine come from? And what happens to the body and mind of someone who abuses them? This compelling video answers these questions and more with first-person accounts from young addicts and leading experts. Students get an in-depth look at the effects stimulants have on the body, while examining the deadly consequences of methamphetamine use. Physical dependence and tolerance are discussed along with the harsh facts about withdrawal and the long-term effects of drug use.

Grades 7 & up 26 min. 2003 V-79

Steroids, v. 10 (cc)

Everybody strives to be a winner, and on the playing field, most athletes do this by exercising and eating right. Unfortunately, steroid use by high school athletes trying to take a shortcut and gain an edge is gaining in practice. In *Steroids*, students examine the use of illegal anabolic steroids and steroidal supplements, profiling case studies that provide a comprehensive overview of the detrimental effects these drugs can have. Vivid animations and expert testimony shed light on what is happening to the mind and body of a steroid user, whose quest to look healthier and more fit ends up doing just the opposite.

Junior High School/High School 23 min. 2003 V-80

Teenage Depression & Suicide, v. 11 (cc)

Being a teenager is a huge challenge, and while it's normal for teenagers to feel sad or stressed, there can be times in a teen's life when sadness engulfs them. While "depression" is a normal human emotion, when feelings of depression persist for a lengthy period and interfere with a person's ability to function, it becomes a mental health issue. In *Teenage Depression & Suicide*, students will get the lowdown on the causes, symptoms and treatments available for those suffering from depression, outfitting students with the necessary tools to deal with both friends and themselves.

Junior High School/High School 23 min. 2003 V-81

Tranquilizers & Other Depressants, v. 12 (cc)

Tranquilizers are prescription drugs that belong to a group of substances known as depressants. While they have been used legally throughout history to induce sleep, relieve stress and reduce anxiety, these drugs are easily abused and are no safer than street drugs. *Tranquilizers & Other Depressants* introduces students to the history of drugs like barbiturates, benzodiazepines and other substances known as "date rape drugs." Compelling animations explain the effects they have on the chemistry of the brain and the body. Students will get a clear understanding of the consequences of abuse and dependence through user interviews and expert testimony, as well as learning about the treatment options that are open to those in need.

Junior High School/High School 23 min. 2003 V-82

Drugged Driving: The Road to Disaster

Intoxicated teen drivers are responsible for 18% of motor vehicle deaths each year. Alcohol abuse is a major factor, but teen drivers' abuse of over-the-counter drugs, prescription drugs and marijuana is rising at an alarming rate. Teens are driving impaired and putting their lives and the lives of others at grave risk. In this video, ER doctors and police investigators specially trained to recognize drug-impaired driving present a hard, on-the-scene look at how drugs impact driver alertness, reflexes and perception skills. A prosecutor specializing in DUI cases explains the legal consequences following a drugged driving crash. Finally, a young man relates his tragic story of driving under the influence of drugs and causing the death of a friend. Viewers get a comprehensive view of the devastating effects of drugged driving on teens, their families and their communities.

Grade 9-College 20 min. 2008 DVD-4205

Drugs: Crime and Punishment (cc)

Available December 2009

Powerfully presents the life-altering impact of a drug arrest, trial, conviction and incarceration. The accounts and dramatic reenactments of young people who broke the law and got caught, show the harsh realities of being handcuffed, arrested, booked, fingerprinted and locked in a cell. Program underscores the fact that any drug arrest has life-long consequences for the individual, family and friends. It affects finishing high school, college admissions, job prospects and employment, immigration status, and the rights that attach to citizenship. Program also looks at the legal consequences of using a fake ID; underage possession and use of alcohol; and drunk or impaired driving. The costs of crime are very high—from the legal fees to the toll on lives and the stigma of a criminal record that cannot be erased.

Grades 7-College 20 min. 2009 DVD-

Drunk in Public

"Drunk In Public" is now a feature documentary directed by award winning filmmaker David J. Sperling. This film chronicles the unimaginable last 15 years in the touching, tragic and thought provoking life of Mark David Allen, a man arrested more than 450 times.

This documentary provides a non-judgemental objective long term look at alcoholism...It is somber, educational, sometimes funny and entertaining. Audiences seem to respond to this unique presentation on an issue that affects nearly everyone. Therefore it is ideal for rehabilitation programs, teenagers & their families, law enforcement training, churches, schools and anyone else touched by the trauma of addiction.

Since its first version, "DRUNK IN PUBLIC" has screened in 15 festivals and collected 5 awards. The completed version is now screening at film festivals and just captured the "BEST EDITING" trophy at the 2007 BOULDER INTERNATIONAL FILM FESTIVAL. *Viewer discretion advised.*

High School/Adult 81 min. 2009 DVD-4018

DUI: the Hard Truth (cc)

Hosted by a career EMT, this video reveals the hard truth and horrifying ordeals resulting from driving under the influence of alcohol—a young girl recounts how she was critically burned after her car was hit by a drunken teenager; a young woman tells of having to identify her little sister's body at a morgue after she was killed by an intoxicated teen driver; an ER doctor talks about "breaking the news" to parents whose daughter was killed in a drunk driving crash; and a young man shares the details of his living nightmare when he killed his best friends while he was DUI. Each incident is told "live" in front of an audience of students, parents, teachers and medical professionals who add their expertise. Dramatic video reenactments hammer home the indisputable truth that driving while drunk or impaired results in unforgettable pain, suffering and death. *This program contains graphic images which may disturb some viewers.*

Grades 7-College 20 min. 2007 DVD-4027

Everything You Need to Know About Alcohol in 22 Minutes (cc)

Using vivid case studies involving teens, along with interviews with health experts, shows that teenage drinkers are more likely to experience health problems, school problems and social dysfunction. Using a fast-paced format, shows the effects of alcohol on the liver, immune system, and gastro-intestinal system; and how binge drinking can lead to alcohol poisoning and death. Explains how alcohol impacts brain development during adolescence and permanently damages parts of the brain associated with memory. Details how a mother's drinking during pregnancy can cause Fetal Alcohol Syndrome and its impact on her child's entire life. Includes harrowing first-person accounts of teens' DUI tragedies involving serious injury, passenger deaths and imprisonment. Describes the legal ramifications of underage drinking. Helps viewers determine whether they have a drinking problem, plus where and how to get help.

Grades 7-12 22 min. 2009 DVD-4211

The Eyes of Nye/Addiction: Disease or Behavior? (cc)

Finally someone insightfully tackles today's issues from a scientific perspective. In Bill Nye's new show The Eyes of Nye, Bill shows the science of the disease of addiction with the help of Dr. Drew Pinsky. Bill examines the controversial question of whether addiction is a disease. Segments focus on doctors who seek to better understand addictive behaviors by studying brain chemistry, psychology, and social factors; individuals who live with substance abuse issues; and scientists who are working to identify the genes that may lead to addiction.

High School 25 min. 2005 DVD-4201

Fetal Alcohol Exposure: Changing the Future

How are fetal alcohol spectrum disorders diagnosed? What are the primary and secondary disabilities associated with FASD? And—most important of all—what is the human cost? This program addresses these questions through the firsthand experiences of Ann Streissguth, director of the University of Washington's Fetal Alcohol and Drug Unit; Kathy Mitchell, vice president of NOFAS; Erica Lara, who works at a residential drug and alcohol treatment facility designed especially for women with young children; and Erica Gitis-Miles, a college student who has FASD. The in utero effects of alcohol are considered as well, as are the facial, bodily, neurological, cognitive, and behavioral characteristics of FASD.

Grades 9-up 31 min. 2006 DVD-4186

Four More Days [HOPE TO ORDER]

Hard to believe, but it is just four more days until high school graduation. Tara and her friends are beginning to feel the nostalgia associated with saying their final goodbyes to teachers and friends, excitedly capturing their comments by creating a reality based video yearbook. Their exuberance remains high with just two more days to go when something terrible has happened. A car accident has left two friends dead and another charged with negligent homicide for driving under the influence. As curious bystanders look on, their faces are intermingled with images of medical personnel and the police, as the total impact of this tragedy gradually unfolds. A highly realistic portrayal of the dangers of adolescent behavior is absolutely guaranteed to make teens think twice about drinking and driving.

Grades 7 & Up 18 min. 2007 DVD-

Huffing: the Latest Facts About Inhalant Abuse (cc)

This gripping program shares unforgettable real stories of teens fighting their abuse of inhalants, as well as families who lost a child to inhalant abuse. Compelling interview segments include an Ohio police officer whose son died after a brief experiment with inhalants—which his friends assured him were a "safe way to get high"—and a recovering teen who learned first-hand that huffing inhalants is not only perilous, but can quickly lead to other types of drug abuse. National experts discuss the addictive nature of inhalants and clearly outline the damage these toxic chemicals cause to the brain, heart and lungs. Teacher's Resource Book provides follow-up assignments and reinforces the program's powerful no-use message.

2008 Notable Children's Videos

Grades 5-9 20 min. 2006 DVD-5114

The IMPACT of Your Choice: Underage Drinking and Reckless Driving

The uniqueness of this educational documentary is in the examination of families in the aftermath of a young person making the wrong choice. This film shows the emotions and life changes of people impacted by alcohol-related and reckless driving crashes. This documentary of four separate crashes interviews victims' families, survivors and an offender. It shows what occurs after alcohol related crashes. Revealing the daily emotional trauma felt by the parents, sisters and brothers of the victims, survivors and offenders. The difficulty their families have living with day-to-day remembrances of life before the crash, the choice their loved one made and life after the crash.

High School 23 min. Parents Perspective 5 min. 2007 DVD-4187

In the Mix Series/Voices from Inside: Incarcerated Teens Speak Out

With the 'get tough' legislation spreading across America, more teens are being tried in court as adults, with 77,000 youths incarcerated in adult jails and prisons. This program features teens, as well as former inmates, sentenced to juvenile and adult detention facilities in California, New Jersey, and New York for crimes such as burglary, assault and homicide. They expose the grim truth about life in prison, shattering the unrealistic illusions of others who might view prison as a badge of honor. They also send a strong message to teens to think about the consequences of their actions and gang associations that could have an impact on their lives and families forever.

Teens 30 min. 2006 DVD-

Making the Most of Middle School (cc)

This documentary-style program challenges middle school students to start thinking about their academic futures. It asks the question, "What do I need to do today to build a strong foundation for success in high school?" A bright academic future depends on organization and study skills, setting goals, optimizing resources, recognizing opportunities and avoiding negative behaviors. Six highly successful high school students share their personal stories to model how to make the most of middle school. Encourages viewers to explore extracurricular activities, do volunteer work, assess their values and interests, think about possible future goals, and most importantly, understand that middle school academics need to be the #1 priority for high school preparation. Viewers take home the message that a solid academic schedule, good study habits, and extracurricular activities are all part of making the most of middle school.

Grades 5-9 20 min. 2009 DVD-5131

Marijuana: The Escape to Nowhere (cc)

This video challenges myths about marijuana by clearly stating that marijuana is addictive and use results in physical, emotional, and spiritual consequences. It also explains in simple language the pharmacology of today's more potent marijuana and shares the hope and healing of recovery.

Adult 40 min. 1999?? 2005?? DVD-220

Methamphetamine: Neurochemistry & Recovery

This powerful video examines how methamphetamine changes the brain both chemically and structurally and how these changes interfere with the recovery process. Compelling interviews with a cross section of people in recovery along with comments from treatment professionals present a realistic picture of the challenges inherent in recovery, stress the need for patience, and present a profound sense of hope.

Adult 30 min. 2006 V-261 or DVD-261

The Myths of Marijuana Debunked (cc)

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

Grades 7-College 21 min. 2007 DVD-5115

The Neurochemistry of Relapse and Recovery

The reasons that people give up their compulsive use of psychoactive drugs vary, but they almost always include survival. This film explores the phases of recovery; detoxification, initial and long term abstinence and recovery. The neurochemistry of the brain's memory function is explored using compelling animation, providing viewers with new insights. Memories are closely tied to relapse and interviews with recovering addicts and treatment professionals provide a window into the most daunting obstacle to any stage of treatment - relapse. The film focuses on understanding the origin of the craving and learning ways to effectively control them. Recovery is a life-long pursuit and relapse is an insidious specter waiting in the wings to derail the journey. Interviews with people on that journey allow viewers to learn from the real-life stories that are used as a thread throughout the film. The Neurochemistry of Relapse and Recovery presents the "whys" of relapse and the "hows" of remaining clean along with a clear message of hope for those committed to recovery.

Adult 31 min. 2009 DVD-

Omar & Pete

Omar and Pete are determined to change their lives. Both have been in and out of prison for more than 30 years – never out longer than six months. This intimate and penetrating film follows these two longtime African-American friends after what they hope will be their final release. *Viewer discretion advised.*

<http://www.pbs.org/pov/pov2005/omarandpete>

Adult 71 min. & extras 2005 DVD-4168

Pharm Parties: A Lethal Mix (cc)

One of the newest and most frightening trends in teen drug experimentation are so-called "pharm parties"—where teens gather at someone's home, drop an array of pharmaceuticals (like Vicodin, Oxycontin or Xanax) into a bowl, then consume handfuls of this dangerous "trail mix." This eye-opening program allows viewers to hear from teens who nearly died after participating in pharm parties, as well as medical experts who identify the dangers of taking any medicines not specifically prescribed for you. Narcotics officers with first hand experience of pharm party overdoses give vivid descriptions of documented incidents. Viewers also learn what really happens when a human stomach is pumped as a last resort to avoid drug overdose. Program clearly demonstrates the extreme dangers of this rapidly escalating form of prescription drug abuse.

Grades 7-College 20 min. 2008 DVD-

Positive Discipline Without Shaking, Shouting, or Spanking

The frustrations of raising a child can lead parents to discipline by shouting, shaking, or spanking, behavior that all too often escalates into abuse. InJoy's all-new *Positive Discipline* series shows parents a different way. Using real life scenarios, this video contrasts harmful, reactionary parenting with more effective, positive-parenting techniques that are proven to be healthier for kids. After watching this program, parents will be able to put these new skills into practice and bring harmony into their homes.

Babies (birth to 1), v. 1 25 minutes

Toddlers (ages 1 & 2), v. 2 24 minutes

Preschoolers (ages 3-5), v. 3 27 minutes

Ages 13-Adult 2004 DVD-2009

Rushing, Crashing, Dying: the Meth Epidemic (cc)

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

Grades 7-College 26 min. 2006 V-5097 or DVD-5097

Safe Side: Internet Safety

John Walsh (host of America's Most Wanted) and Julie Clark (founder of The Baby Einstein Company) are back, following up their Emmy-award winning 'Stranger Safety' video with a hilarious new adventure through the virtual world of the Internet with 'Internet Safety.' This new DVD is a kid-friendly field trip through the world of E-mail, downloads, pop-ups and chat rooms that looks at the serious issues that can arise if kids don't rely on their Safe Side Adults. Viewers will join Safe Side Superchick as she finds herself in laugh-out loud situations that spoof shows like Lizzie McGuire and [The Crocodile Hunter](#). Joining her are two goofy new characters, brother Danger Dude and her dad, Cautionary Dale. Also along for the ride is the animated Clicky, a character designed by NetSmartz, a division of The National Center for Missing & Exploited Children. This light approach to the difficult topic of Internet safety talks *to* kids, not at them. Along with giving children an understanding of potential dangers, The Safe Side 'Internet Safety' video helps them understand what to do if dangerous situations should arise on the Internet. Guaranteed to be enjoyed by its viewers, this video is the perfect way for parents to discuss this difficult topic with their kids.

Grades 2-6 26 min. 2007 DVD-5130

Selling Children: How Media Affects Kids

The 31.6 million kids in America today represent the largest generation in U.S. history. These kids – who collectively spend \$200 billion each year on products and are a major target for advertisers and marketers – are recipients of a “marketing campaign that never stops.” Messages about body image, self-worth and sexuality are everywhere in advertising. What is their impact on the health and well being of children and teens – and their parents’ wallets? Experts agree that too often television, music lyrics, movies – and the advertising messages surrounding them – sell discontent, playing upon our children’s youthful vulnerability. They say that media literacy, learning to understand these messages, can actually help kids learn to think for themselves. What can you do to help your children understand the power of the media – and become more critical thinkers? Watch **Selling Children: How Media Affects Kids** with your kids and learn ways to help kids become more aware of the underlying messages: how to decode them, question them and, ultimately, understand them.

Families/Grades 5+ 21 min. 2007 DVD-5126

Steroids: True Stories

Stay strong naturally. Boston Red Sox pitcher Curt Schilling talks about anabolic steroid use. Craig and his parents describe their five-year “nightmare.” Craig’s sister urges others to seek help if someone they care about may be using steroids. Nate, 18, builds his strength naturally. Roberto Olivardia, Ph.D., Harvard Medical School answers FAQ.

High School 20 min. 2006 DVD-

Stop Smoking Now: Reasons Not To Smoke When You’re Pregnant

When you’re pregnant, everything you eat, drink and breathe affects your health and your baby’s health. So when you smoke, your baby does too. Quitting smoking is one of the most important things you can do for your baby. When you stop smoking, you:

- increase the amount of oxygen your baby will get;
- lower the risk that your baby will be born too early; and
- increase your chances of having a health baby

No matter how long you have been smoking, quitting smoking also benefits your health, gives you more energy, and lets you feel good about what you’ve done for yourself and your baby. This video provides support, guidance and information about resources to help you resist the urge to smoke.

High School - Adult 20 min. 2003 V-3080

Straight Talk: The Truth about Alcohol and Sex (cc) [IN PRODUCTION]

Using a unique drama format combined with a documentary style, this video/print package memorably explores the all too common consequences of underage drinking and sexual misconduct. The drama centers around the aftermath of an underage drinking party, recreated through flashbacks of excessive drinking, loosened inhibitions, poor judgment and painful consequences. Stories include a basketball player who date rapes an acquaintance, a girl who binge drinks and loses her virginity to her boyfriend but can’t even remember it the next day, another girl finds herself the subject of “sexting” where risqué images of her were sent via cell phones to students in her school. The program gives viewers an all-too-real glimpse at how alcohol clouds thinking, hinders decision-making skills and creates a dangerous atmosphere for making wise choices.

Grades 9-12 2009 20 min. DVD-

Tales from the Prom: The Good, the Bad, the Ugly

A teen’s prom can be one of the most memorable nights of a lifetime—as well as one of the most regrettable. Prom night often finds teens pressured to engage in underage drinking, illegal drug use, unprotected sex or more. This video turns its lens on a wide range of real teens and their prom experiences—from the most positive moments to events gone horribly wrong. Sends a straightforward message of planning, communicating with parents, setting personal limits, and establishing a “safety net” plan before the prom. Law enforcement and medical emergency workers weigh in on prom night hazards and their consequences. This sharp, honest look at the risks and rewards of prom night helps make students and parents “prom ready” by knowing the facts, the problems and strategies for a safe and fun prom.

Grades 7-12 20 min. 2009 DVD-

Teen Truth: An Inside Look at Drug and Alcohol Abuse (cc)

This compelling video, much of it shot by teens themselves, weaves together footage of real drug addicts in recovery, with teens who have casually experimented with drugs and alcohol. The program incorporates driving music, memorable graphics and raw imagery to contrast the addicts’ life threatening addiction with the dangerous path that casual young drug users are unwittingly pursuing. The addicts’ emotional stories provide sobering proof of how drug and alcohol experimentation can lead to drug dependence and broken futures. The result is an explosive, thought-provoking journey that will inspire viewers to seriously consider the consequences of their decisions. Throughout the video, a repeating graphic challenges students with this question: “What are you willing to lose?”

This film contains scenes depicting illicit drug use and graphic images. Viewer discretion is strongly advised.

Grades 7-College 21 min. 2007 DVD-4198

That's So Rude! 10 Rules of Common Courtesy (cc)

Teens deserve a school climate that is safe, respectful and friendly. This program presents strategies to teach and reinforce civility and common courtesy in and out of school. Scenarios range from classroom behavior to cyberspace etiquette, use of cell phones, interrupting, wise-cracking, public behavior and language, courtesy to teachers, and respect for people and property. Using dramatic vignettes, viewers learn to identify rude behavior and stop it. Viewers also learn strategies for interacting with teachers, parents and all adults to encourage positive, comfortable outcomes. As students become more conscious of the negative impact of rude behavior on both themselves and others, they see that using good manners demonstrates self control and maturity. Give your middle school students a clear understanding of how treating others with kindness and respect is a source of personal power and self-esteem, as well as the right thing to do.

Grades 5-9 18 min. 2006 DVD-5132

Think Before You Click: Playing It Safe Online (cc)

While the Internet is a place of promise and progress, it is also a place of peril for young teens. Chat rooms, e-mail, sites such as MySpace, and instant messaging allow teens to keep in touch with friends, but also offer the potential for youngsters to be abused in ways they have not considered. Using real teens in a peer-to-peer format, this video helps teens navigate problems and learn important rules and strategies to keep them safe while surfing the net. Program explores online bullying and rumor spreading, identity theft, blogging and the real threat of sexual predators. Viewers learn to “think before you click” in order to avoid embarrassing yourself or hurting others, while keeping yourself and others safe. Your students will conclude that while the Internet is a fun, exciting place, it is always important to be smart about what you say and whom you befriend online.

Grades 5-9 24 min. 2008 DVD-5123

This Is Your Brain on Tobacco: A Research Update (cc)

Program takes viewers inside a brain lab to show the latest research about the effects of nicotine on the brain. A neuroscientist explains how smoking affects brain chemistry and how dopamine and the brain's reward pathways reinforce tobacco use. Interviews with teen smokers deliver the message that smoking can lead to dependence and addiction; that cravings for nicotine persist; and that people who try to give up smoking often relapse. The program also describes recent research finding that the teenage brain is still developing and why this may mean that teens are at greater risk for long-lasting addiction. The program also profiles teens who have managed to quit.

Grades 7-College 16 min. 2009 DVD-3089

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. 2004 V-4141 or DVD-4141

Through My Eyes

"Through My Eyes" features Mecklenburg County (North Carolina) teens and their families sharing their own emotional and mental health challenges, and how they are able to draw on their successes to overcome these challenges. The film also aims to stamp out stigma, raise awareness and improve community-wide support for youth who struggle with various challenges. Those challenges could range from anxiety disorders, depression, eating disorders, ADD, ADHD and others.

High School 28 min. 2007 DVD-6004

Time Out on Anger: Learning Self-Control (cc)

Through four dramatic vignettes, students learn the basics of anger management. Easy-to-use tips include stop and think, take deep breaths, count to ten, talk about your feelings and more. Each vignette models ways kids can find alternate solutions to their problems that don't involve violent or impulsive behavior. Viewers learn how important it is to talk about angry feelings instead of holding them inside, and are encouraged to transform their anger into something productive-by using their angry energy to try harder instead of giving up. Program emphasizes concrete communication skills and conveys a clear message: although it's okay to have angry feelings, it's never okay to react with anger by hitting, yelling or breaking things. Students are sure to learn new ways to find healthy, productive solutions to their problems. Teacher's Resource Book includes activities designed to reinforce the concepts and skills demonstrated in the program.

Grades 3-6 16 min. 2006 DVD-5116

Tobacco and Death: Perfect Together (cc)

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

Grades 7-College 20 min. 2007 DVD-3088

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

The Totally Disgusting Tobacco Gross Out Video (cc)

As the title suggests, this video goes for the gross-out factor, presenting students with a graphic look at all things vile and disgusting (and there are many!) about using tobacco products. The story revolves around Josie, a middle school student who is preparing a video on the dangers of tobacco use for a health class assignment, despite the disbelieving attitude from her peers—including her boyfriend, Miguel, a smoker himself. As she develops her video project, she shows her friends clips of hairy tongues, yellow teeth, dripping phlegm, oozing tar, diseased lungs, laryngectomies (neck breathers), wrinkled skin, cancerous tumors and more, until they just can't take it anymore. Not for the fainthearted, this video's imagery will linger long in students' minds and remind them to never consider using tobacco products.

Grades 5-9 18 min. 2007

Transformation Through Partnerships: Systems Change To End Chronic Homelessness

The DVD video series, Transformation Through Partnerships: Systems Change To End Chronic Homelessness presents the real-world stories of two cities as they implement strategic planning to coordinate services and collaborate with other organizations. The films chronicle two community organization's efforts to end chronic homelessness. It follows the organizations as they craft internal and external partnerships to leverage resources to effectively meet the multiple needs of persons who are homeless and have mental illnesses and substance abuse disorders. Included in the DVD package are guides for using the videos as planning tools in the community.

The DVD contains three videos:

Overview, which provides a summary of the key concepts for strategic partnering as they are illustrated in the videos.

Ending Chronic Homelessness: DESC's Strategic Partnerships, featuring the Downtown Emergency Services Center in Seattle, Washington.

Transformation, Recovery and Revitalization: Project Home's Community Partnerships, featuring Project HOME in Philadelphia, Pennsylvania.

Adult 71 min. 2007

Uppers and Downers: the Facts About Stimulants and Depressants (cc)

Hard-hitting docudrama presents the facts and provides expert commentary on how abuse of stimulants and depressants harms the brain and the body. After introducing a real teen who thought "harmless" stimulants would help him pull an all-nighter, an expert talks about the biological impact of using stimulants including caffeine, ADHD prescription medicines Ritalin and Adderall, nicotine, amphetamines, cocaine, crack, and Ecstasy (MDMA). Discusses depressants, including alcohol, barbiturates and sleeping pills, tranquilizers, Rohypnol and GHB. Stresses the highly addictive nature of these drugs as the body's tolerance increases, thus requiring larger and larger doses to get the same effects. The cycle of uppers and downers is examined, as is the escalation from "lower level" drugs like caffeine, to more perilous drugs.

Grades 7-12 17 min. 2007 DVD-4199

You Can Quit! How to Stop Smoking During Pregnancy (cc)

Most women want to stop smoking during pregnancy but don't know how. Drawing from research-based, positive approaches, this interactive program not only reminds pregnant moms why they should stop smoking, it actually gives them a way to quit. In fact, in just 15 minutes your clients will have their quit plans in hand!

WITH *YOU CAN QUIT* YOU WILL:

- Use peer modeling to motivate clients
- Help clients create a personal cessation plan
- Encourage clients to stay smoke-free for life

You Can Quit is a one-stop, all-inclusive package. Viewers will quit right along with Elena, a 22-year-old pregnant woman. After she shares each part of her quit plan, viewers are given the opportunity to work on their own plans using the follow-along handouts included in the Facilitator's Guide.

Ages 13-Adult 50 min. 2005 DVD-3091