

# Spanish Videos/DVDs

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## **Alcohol: the Medical Consequences, pt. 1**

According to Dr. Keppler, alcohol is the most accessible and commonly used and abused drug by people of all ages. In terms of being harmful to your health, it is also the substance that people think of least. But the reality, as shown in this series, is that alcohol is far from harmless. Computer graphics and brain scans illustrate precisely what alcohol is capable of inside the human body. **Part One** focuses on alcohol's effects on the pharynx, throat, stomach, pancreas, and liver. Dr. Keppler explains that alcohol's unique tendency to remain in the body considerably longer than other drugs bathes these organs in toxic material for extended periods. A bonus Q&A segment follows.

Adult 30 min. 2004 V-8013

## **Alcohol: the Medical Consequences, pt. 2**

**Part Two** discusses alcohol's target organ: the brain. Viewers learn how alcohol affects the chemistry, biology, and structure of the brain. Additional topics include effects on skeletal, heart, and hormonal systems. A bonus Q&A segment follows.

Adult 31 min. 2004 V-8014

## **The Cat Who Drank and Used Too Much**

*The Cat Who Drank and Used Too Much* is a delightful tale that deals with addiction in a positive, non-threatening way. It started innocently enough for Pat, the cat. Pat would have a drink or two with meals but then one day Pat began sneaking drinks. Pat had become obsessed with drinking. After a short time even drinking was not enough, so Pat began experimenting with other substances. Finally, Pat, the cat couldn't take it anymore. Pat needed help and the help was there. Narrated by Julie Harris.

All Ages 12 min. 1986 V-8001

## **La Cocaína y la fisiología humana [Cocaine: Human Physiology]**

A Physician clearly describes the chemical's damaging effects on the human body, using actual medical pictures.

Adult 20 min. 1987 V-8002

## **The Dog Who Dared**

Meet Ralph (a street-smart border collie) and his young friends, some of who are thinking about experimenting with drugs and alcohol. Fortunately, Ralph is the dog who dared to keep kids off drugs and alcohol. Much more than a 'just say no' message, this prevention video is fun and upbeat and helps kids to realize the dangers of drugs and alcohol, while giving them some positive alternatives. *The Dog Who Dared* will reach out to children from all socioeconomic backgrounds. It also addresses issues like self-esteem and peer-pressure and promotes abstinence.

Elementary 25 min. 1992 V-8006

## **No Vacies Tu Cerebro: Como el Alcohol Dana el Cerebro [Don't Drain Your Brain: How Alcohol Damages the Brain]**

This powerful video uses lively animation and compelling images of the human brain to deliver the latest scientific findings about young people and alcohol. Viewers will learn that early alcohol use causes serious damage to the brain and significantly reduces many important brain functions that are necessary for young people to be successful in life. Young teen presenters review important brain structures and explain how vital they are to normal, healthy functioning—including thinking, moving, speaking, hearing and smelling. Viewers get a chance to see what actually happens inside the brain when alcohol is consumed, and witness how normal brain functioning is short-circuited by alcohol. Viewers will learn that the human brain continues to grow and develop until we are in our early twenties. For students who watch the video and participate in the Teacher's Resource Book full of informative follow-up activities, the message will be clear: drinking alcohol can damage your brain and cause great harm to your future.

Grades 3-6 15 min. 2003 V-8015

### **Drug Education for Teens Series**

This informative series empowers teenagers to make responsible decisions by providing them with honest and realistic information and accessible scientific foundation to base them upon. Students get an in-depth look at the most prominent drugs and teen health issues of the day, as well as an understanding of the history of the drugs that currently populate the nation's landscape. Cutting-edge graphics and animations illustrate the immediate physiological effects of abuse and a sharp mix of expert interviews and first-person testimonies of teens shed light on the long-term psychological effects, as well as the social and legal consequences of drug use.

#### **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 *English & Spanish Subtitles*

#### **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. 2004 DVD-4164 *English & Spanish Subtitles*

#### **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.

Grades 7 & up 23 min. 2003 V-73 or DVD-73 *English & Spanish Subtitles*

#### **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 *English & Spanish Subtitles*

#### **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.

Grades 7 & up 23 min. 2003 V-75 or DVD-75 *English & Spanish Subtitles*

#### **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.

Grades 7 & Up 23 min. 2003 V-76 or DVD-76 *English & Spanish Subtitles*

#### **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.

Grades 7 & up 23 min. 2003 V-77 or DVD-77 *English & Spanish Subtitles*

**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.

Grades 7 & up 23 min. 2003 V-78 or DVD-78 *English & Spanish Subtitles*

**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 23 min. 2003 V-79 or DVD-79 *English & Spanish Subtitles*

**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.

Grades 7 & up 23 min. 2003 V-80 or DVD-80 *English & Spanish Subtitles*

**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.

Grades 7 & up 23 min. 2003 V-81 or DVD-81 *English & Spanish Subtitles*

**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.

Grades 7 & up 23 min. 2003 V-82 or DVD-82 *English & Spanish Subtitles*

**Dying High: Teens in the ER (cc)**

This hard hitting, reality based video gives viewers a chance to see what goes on inside the nation's emergency rooms as doctors treat teens for some of the most common types of injuries among young people: drug overdoses, alcohol poisoning, car wreck traumas and more. *Dying High* offers a glimpse into the nightmarish reality of what can happen when young people take risks with their health, their safety and even their lives. New federal data indicates a 20% increase in drug-related ER visits for teens under the age of 17. Yet drug-related emergencies are only part of the bigger picture. This video presents a series of episodes, which allow viewers to see common life-and-death ER moments. The goal of this high-powered video is to remind teens that risk-taking behaviors can often lead to serious injury and death. Activities in the Teacher's Resource Book allow students to continue their exploration of this subject.

Grades 7-College 26 min. 2003 V-8016

**Guidelines for Helping the Alcoholic**

Father Joseph Martin's wit and wisdom make this a classic video for helping the alcoholic, family members, and those working in the recovery field.

Adult 48 min. 1976 V-8003

**Isn't It Great That Treatment Works PSAs**

Peek-A-Boo (Drugs)

Hide & Seek (Alcohol)

"Birthday Party" (Drugs)

Birthday Party (Spanish, Drugs)

30 seconds V-8004

**It's Only Beer**

Examines how alcohol can affect behavior, judgment, and performance. Mimes act out what beer can do to an individual and demonstrate a series of effective refusal tactics. Colorful computer graphics and candid street interviews provide additional interest.

Junior High School/High School 14 min. 1991 V-8005

**"Life in the Community for All" or "Vida en la Comunidad Para Todos"**

This Spanish/English BILINGUAL DVD, which can be viewed on a television or computer, is a resource that can help Hispanic families address the challenges they might face in adapting to a new country or culture. The DVD is organized into topical chapters addressing acculturation, drugs, alcohol, tobacco and prevention, among others. Dramatizations of real-life scenarios add to the instruction and experts lend commentary throughout the film.

DVD-8020 pt. 1 DVD-8021 pt. 2

**Mariguana y la fisiologia humana [Marijuana: Human Physiology]**

This video dispels the belief that marijuana is harmless. A physician discusses the physical and psychological effects the drug has on the body. After seeing this program, not even the most skeptical can deny that there are high risks involved in using this drug.

Adult 21 min. 1985 V-8007

**Medical Aspects of Alcohol, pt. 1**

Dr. Max Schneider presents a complete and detailed description of the effects of alcohol on human physiology. Alcohol is a drug, a toxic one, and these programs explain the various medical consequences brought on by alcohol use. The effects of alcohol on the liver, heart, pancreas, kidney and other organs of the body are examined.

Adult 27 min. 1974 V-8008

**Medical Aspects of Alcohol, pt. 2**

The effects of alcohol upon the brain and nerve tissue are explored

Adult 24 min. 1974 V-8009

**Medios y remedios: La alfabetizacion de los medios de comunicacion para la salud**

*Medios y remedios* is a new Spanish-language media literacy CD-ROM addressing six key issues affecting the health of young people today. Designed to be used in classrooms, family discussions and other group settings, the CD-ROM helps teens become more critical consumers of media, so they can make more informed choices about their health. *Medios y remedios* examines media messages about tobacco, alcohol and other drugs, nutrition, physical activity, relationships and sexuality, and violence. It features 66 Spanish-language media examples from magazines, television shows and movies. Questions & answers accompany each media example, highlighting the explicit and implied messages, the persuasion techniques used, and how the media example might influence a young person's health decisions. The CD-ROM is compatible with Windows and Macintosh operating systems.

High School/Adult min. 2002 CD-ROM -8022

**Methamphetamine: A Prevention Trilogy**

This DVD contains the Crime and Violence Prevention Center's three award-winning videos about methamphetamine.

"Meth...The Great Deceiver" provides insight for teens on how meth can damage young lives, featuring first-hand accounts from young people themselves. *English & Spanish* "Where Meth Goes, Violence and Destruction Follow" examines the havoc caused when meth use and clandestine meth labs gain a foothold in our communities. *English & Spanish* "Hidden Dangers: Meth Labs" offers tips on recognizing potential meth labs and what to do when a meth lab is suspected.

High School/Adult 17min./18 min./18 min. 1998 DVD-471

**Natural High 3**

Within the cosmic collection of feedback gathered from Natural High 2, students and teachers across the country requested music as the theme for the next Natural High DVD. So the Foundation decided to do just that! Natural High 3 celebrates singing, song writing, musical instruments and performance as a natural high. It features several of Billboard's top artists - Mya, P.O.D. and Switchfoot, as well as Darrin Henson, choreographer to Prince, Britney Spears and Michael Jackson. Natural High 3 is loaded with heartfelt quotes, inspiring behind the scene stories, and real applicable messages. New on Natural High 3 are Spanish subtitles and an updated Going Deeper discussion guide with corresponding video clips.

*Spanish subtitle*

Junior High School/High School 26 min. 2007 DVD-

**Carro Nuevo, El [The New Car]**

The story of a young Chicano arrested for drunk driving and how it affected his work and family life.

High School/Adult 21 min. 1976 V-8000

**Preparing for Parenthood (cc)**

Lili Estefan explains the importance of prenatal care and shows expectant parents how to give their baby the best chance for a healthy start to life.

High School/Adult 32 min. 2002 V- 8018 or DVD-8018

**Second Half: The Thomas Henderson Story**

Thomas "Hollywood" Henderson was the National Football League's first cocaine casualty. It cost him his career and, for a few years, his freedom. More importantly, Thomas has been clean and sober since 1983 and he has a message for young and old: "Life can be better. It can be different. You don't have to live this way anymore".

Adult 30 min. 1990 V-8010

**Self-Esteem: Building Strength (In the Mix Series)**

Three key strengths -- physical, mental, and emotional -- are important to a healthy self-esteem. In this episode, *In the Mix* follows teens as they participate in a special strength-building program of challenging activities and workshops. On hand are experts to answer questions, and celebrity role models such as athletes Tiffeny Millbrett and Lisa Leslie, who give personal advice on setting goals, coping with mistakes, negative thinking, bullying, choosing friends, dealing with emotions, problem solving and other big issues. Guys and girls also speak out about the pressure to fit in and other stresses.

Grades 7-12 30 min. 2002 DVD-5087 *Spanish subtitles*

**Skills for Healthy Living: Weighing the Risks (cc)**

Presents teenagers recounting their experiences with the pressures to try drugs and alcohol, sparking discussion on different ways to say no.

Grades 10-12 30 min. 2006 V-4172 or DVD-4172 *Spanish subtitles*

**Soft Is the Heart of a Child**

This award-winning drama explores a classic alcoholic family situation -- a father who drinks too much, a mother plagued by frustration, guilt, and denial, and three children whose suffering takes different forms. Brian, age 11, is the oldest child. He takes on the roles of protector and surrogate parent to his young brother Terry and little sister Lisa. Terry, who bears the brunt of his father's misdirected anger, reacts to the home situation by becoming a troublemaker at school. Lisa, the most affected of all, begins to withdraw from her unhappy reality into a fantasy world. Help arrives through an understanding and perceptive school counselor.

Grades K-8 30 min. 1978 V-8017

**Spin the Bottle: Sex, Lies & Alcohol**

*Spin the Bottle* offers an indispensable critique of the role that contemporary popular culture plays in glamorizing excessive drinking and high-risk behaviors. Award-winning media critics Jackson Katz and Jean Kilbourne contrast these distorted representations with the often disturbing and dangerous ways that alcohol consumption affects the lives of real young men and women. Illustrating their analysis with numerous examples, Katz and Kilbourne decode the power and influence these seductive media images have in shaping gender identity, which is linked to the use of alcohol. Nowhere is this link more cause for concern than on America's college campuses.

*English & Spanish subtitles*

Adult 45 min. 2004 DVD-4127

**Stages of Family Recovery**

For families, the pain of living with a loved one's addiction can lead to shame, secrecy, and isolation. *Stages of Family Recovery* is an encouraging, empowering video that lets families know they're not alone- and that recovery is possible. Teens, parents, and grandparents share stories of despair and hope, helplessness and optimism. Clinical insights from Stephanie Brown, Ph.D., help families progress through stages of recovery.

*English & Spanish subtitles*

Adult 36 min. 2005 DVD-515

**Surviving High School (cc)**

*Surviving High School* is a searing exploration of the stress that high school kids experience as they try to fit in and be accepted by their peers – no matter what the cost. This video unfolds like a real-life version of *The Breakfast Club* as eleven teens struggling to “fit in” exemplify the ever-growing problems of isolation, extreme dieting, steroid use, depression, and suicidal thoughts. An additional inspiration is an appearance by Keena Turner, a former San Francisco 49er, who talks to teens about how he became a Super Bowl champion without the use of steroids; Magali Amadei, a former model, recounts her painful battle with an eating disorder. Viewers are given an in-depth look at these teens’ lives and are allowed to observe as they reveal their true selves to each other. The program dares these teens to define what it means to “survive” on their own campus by finding a solution to the bullying, harassment, and exclusion that have been tearing their school apart. Like the previous Teen Files specials, this program will raise awareness about these vital issues and motivate teenagers to face the truth about modern-day pressures. By urging teens across the country to make positive changes in how they perceive themselves and how they treat others, *Surviving High School* is a compelling and invaluable resource for kids and parents alike.

Junior High School/High School 90 minutes 2001 V-8011

**To Be a Father**

Hosted by Antonio Banderas, this video features information on what fathers can do to help promote and participate in their young children's healthy development.

High School/Adult 29 min. 2003 V-8019 or DVD-8019

**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 7-12 20 min. 2007 DVD-8023

**Tobacco 101: Smoking Is A Family Matter**

This new DVD will prove to be an educational tool that will help inform the Latino community about the health consequences of using tobacco and the benefits of quitting. Great for individuals and organizations serving our community!

Junior High School/High School/Adult 8 min./8 min. 2004 DVD-3076 Spanish/English

**Twee, Fiddle & Huff**

This video is an animated allegory that offers understanding and hope to young children living with parents affected by alcoholism and other addictions. Many grownup Woolums take a Genie from a bottle when they want to have fun, but most are careful to whirl around with Genie for only a little while. But in the homes of Twee, Fiddle and Huff their parents become so dizzy that they forget how to put the Genie away. By sharing their feelings, Twee, Fiddle and Huff gain courage from each other and decide to seek help from a teacher.

They learn healthy ways to cope with their family problems.

Elementary 17 min. 1990 V-8012