

Tobacco Prevention Videos/DVDs

Available from the Idaho RADAR Network Center
Video/DVD Lending Library
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Ad-Libbing It

Ad-Libbing It is an irreverent look at how advertisers try to hook young people on cigarettes and alcohol. Advertisements by tobacco and alcohol companies, often aimed to promote use of their products by special target groups have been effective... with devastating results. This humorous program exposes these advertising practices and shows viewers how they are being manipulated to smoke cigarettes and drink alcoholic beverages. Audiences of all ages are encouraged to be critical of advertisements and to take responsibility for their own health.

Grades 6-12 17 min. 1991 V-3000

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-

Blowing Away Big Tobacco's Big Lies: Media Literacy for Tobacco Prevention

Blowing Away Big Tobacco's Big Lies is a data CD (not a CD-ROM) containing over 250 media examples (pictures and movie clips) with printable discussion guides for teachers, parents and workshop leaders.

Contents:

HISTORY: A century of cigarette advertising in the United States, with many classic cigarette ads.

MSA: How the Master Settlement Agreement affects tobacco advertising and media activities.

TODAY: Tobacco advertising and marketing practices since the MSA

MOVIES: How Hollywood hooks kids on tobacco.

INTERNET: Selling smokes -- and "the tobacco lifestyle" -- online.

PREVENTION: Big Tobacco's "youth prevention" programs, and more effective alternatives.

GLOBAL: Tobacco companies look overseas for new victims.

RESOURCES: Where to go for more information.

Junior High School – High School - Adult min. 2004 CD-3075

California Dreams “Harley and the Marlboro Man” Episode 43

Jake's Uncle Frank (the one who taught Jake everything about being cool) comes to town and teaches Jake to smoke. Jake's friends try to pressure him into quitting using “tough love”, but he keeps smoking. Jake comes to realize that he can't stop and asks his friends for help, but it isn't easy to quit. It takes finding out that his Uncle Frank has lung cancer to finally make him stop smoking.

Junior High School – High School - Adult 30 min. 1994 V-3001

CDCynergy for Tobacco Prevention and Control Edition

This is an interactive tool to help health professionals plan and implement health communication programs. The CD contains a wealth of resources, case examples, and friendly advice to help along the way.

Adult min. 2001 CD-3074

Deadly Persuasion: the Advertising of Alcohol & Tobacco

In *Deadly Persuasion: The Advertising of Alcohol & Tobacco*, Jean Kilbourne exposes the manipulative marketing strategies and tactics used by the tobacco and alcohol industries to keep Americans hooked on their dangerous products. Illustrating her analysis with hundreds of current advertising examples from mainstream and trade sources, Kilbourne presents a compelling argument that these cynical industries have a clear and deep understanding of the psychology of addiction— an understanding they exploit to create and feed a life-threatening dependency on their products. *Deadly Persuasion* casts a critical eye on the corporate interests that lie behind the industries whose products kill more than 450,000 Americans each year.

High School/Adult 60 min. 2003 V-4145 or DVD-4145

Deadly in Pink [Available online]

http://www.tobaccofreekids.org/reports/women_new/video.php

Death in the West

This is a story about the highly publicized image of the *Marlboro Man*, who in reality are six real life cowboys, all dying as a result of their smoking habits. Only one of these men was still alive by the time this video was finally produced for the public. It speaks of the denial of tobacco industry executives who refuse to concede the health hazards of smoking.

Junior High School – High School -Adult 32 min. 1983 V-3002

Dirty Business

Featuring the award-winning, anti-smoking, media advertisements created by media specialist, Tony Schwartz, this video alerts viewers to the dangers and consequences of smoking. It attacks the tobacco industry and relays a powerful anti-smoking message.

Grade 9 24 min. 1988 V-3003

Dusty the Dragon and Dr. Margie Hogan Talk About Tobacco

Elementary age children can help Dusty the Dragon make the right choice about smoking and smokeless tobacco, as nationally known pediatrician Dr. Margie Hogan puts tobacco on trial. Animated characters Handsome Heart and Lungs help reveal the truth about Nicky Teen and his gang, The Pack.

Grades K-3 11 min. 1990 V-3004

The Effects of Just One Cigarette

After stopping smoking for a day, a high school smoker undergoes some tests to measure her respiratory and circulatory functions. She is allowed to smoke one cigarette before taking the medical tests again and the results show dramatic changes in pulse rate, blood circulation and breathing abilities.

Grades 6-12 10 min. 1985 V-3005

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

Available December 2009

This riveting and information-packed video provides a summary of everything students need to know about the dangers of using tobacco. Vividly illustrates the health effects of smoking using interviews of smokers ravaged by cancer, heart disease and lung disease. Identifies the toxic chemicals inhaled in every puff of cigarette smoke, including benzene, arsenic, cyanide, pesticides, carbon monoxide, and ammonia. Details the latest research on the effects of nicotine on the brain and discusses the new scientific findings that nicotine is even more addictive than cocaine. Shows how tobacco companies target young smokers to hook them while they're young and keep them hooked. Includes interviews with young smokers who describe how they got addicted to tobacco and why it is so difficult to quit. Presents quitting strategies of teens who have succeeded in kicking the habit.

Grades 7-College 22 min. 2009 DVD-

The Feminine Mistake: The Next Generation

Narrated by Meredith Baxter-Birney, this program brings the issue of women and smoking into the present. It examines the physiological dangers of smoking, and discusses how tobacco companies are targeting women in their advertising.

Junior High School – High School - Adult 32 min. 1989 V-3006

Fresh Air for Little Noses: Smokefree Policies for Preschools

See firsthand the American Lung Association program designed to protect preschoolers from secondhand smoke.

http://www.alabay.org/streaming_video_audio/s_video_air_little_noses_wmv.htm

12 min.

Getting the Message... About Tobacco

This video provides an entertaining view of how our brains process messages sent to us about smoking and tobacco. After presenting various tobacco messages including a billboard, a movie, a TV news report, and a smoking parent, outstanding computer graphics show how the brain works to analyze these messages. As each message progresses through different levels of the brain, students begin to understand that there's more to these messages than they once thought. This video is designed to help viewers challenge every message they receive regarding the issues that can affect their lives.

Junior High School – High School 15 min. 1997 V-3007

Glory Day...Gory Days: The Bill Tuttle Story

The poignant story of former Major Leaguer Bill Tuttle, his wife Gloria, and their struggle with oral cancer caused by Bill's use of spit tobacco throughout his career.

Junior High School – High School 8.5 min. 1996 V-3008

The Health Consequences of Smoking on the Human Body *Online*

A presentation illustrating how smoking damages nearly every organ in the body.

http://www.cdc.gov/tobacco/data_statistics/sgr/sgr_2004/sgranimation/html/index.html

Hearts and Arteries in Trouble (Revised)

Paramedics rush a man into an ambulance, accompanied by his distraught wife. Though a fairly young man, he has suffered a heart attack due to diseased arteries. Live-action scenes bracket detailed animation of the cardiovascular system, the structure and function of arteries, high blood pressure and atherosclerosis. Angina, blood clots, heart attacks and strokes are illustrated and explained, with a strong focus on the causes of vessel diseases and how young people in particular can lead healthier lives to prevent cardiovascular disease.

Grades 5-7 10 min. 1994 V-3009

I Am Joe's Lung

Air, though invisible, is very real. Air makes life possible and breathing is life's most basic vital sign. *I Am Joe's Lung* guides us on a magic journey through one of the most dynamic, complicated, and fascinating organs that sustains human life...our lungs.

- Follow the life-giving path of oxygen as it flows from breath to blood
- Trace the history of scientific discovery that reveals the purpose of the lung
- Colorful animation illustrates the shape and function of the entire human respiratory system

I Am Joe's Lung also investigates the effects that smoking, drugs, disease, and our polluted environment exert on the respiratory system.

Junior High School – High School 20 min. 1990 V-3010

I Can't Breathe. A Smoker's Story.

Pam Laffin, a 31-year-old mother of two young girls died from emphysema. In the program, Pam tells why she started smoking and what it was like to learn she had emphysema, a smoking-related disease for which there is no cure. Despite her debilitating illness, Pam was committed to sharing her story so others might learn from her. The 20-minute video, coupled with a Moderator's Guide, is designed to help lead classroom discussions with students about the consequences of cigarette smoking. The program has been created specifically for young people aged 11 to 14 years. The product is a joint effort between Massachusetts Department of Public Health and CDC's Office on Smoking and Health.

<http://link.brightcove.com/services/player/bcpid276938868?bclid=276897415&bctid=276897410>

Ages 11-14 20 min. 2001 DVD-3024

Idaho Tobacco Prevention and Control Program Counter Marketing

In this lesson the students learn how the tobacco industry targets specific populations to entice them to start smoking or to continue smoking. This lesson will teach the students to become more media literate which creates awareness so they will learn to dissect messages sent out by the tobacco industry.

Youth 12 to 14 years old min. 2005 DVD-3085

Is Your Baby Smoking? Clear the Air You Share

This film discusses the importance of not smoking or quitting smoking during pregnancy. Advice is given to protect your baby and yourself from secondhand smoke. The health risks are shown of what happens to the baby while in the womb during the act of smoking.

Junior High School – High School - Adult 12 min. 1999 V-3012

Keeping Your Kids Tobacco, Alcohol and Drug Free

In this segment of *My Kids*, parents gain expert advice on how to keep their children free from substance abuse. Host Mark Hamill (*Star Wars*) guides viewers through a 30-minute video that describes resources for parents, gives tips from health care professionals, offers testimonials from teenagers and adults, and features recording artist/musician and parent Richard Marx, who shares his concern about his children's future. The program is rich in practical information about communicating and being involved with children.
High School - Adult 30 min. 1998 V-3013

Kickin' Butts: How to Put Out Your Last Cigarette

Have you ever wanted to quit smoking, but weren't sure exactly how? Follow Diane as she puts out her last cigarette and begins her journey to be nicotine-free. In this 24-minute program you'll find out exactly what to expect when you quit smoking and get tips that will help ease the transition to becoming a non-smoker. You'll find out tips, such as what are the 4 D's and what the rule of HALT is all about. You will hear from experts like Christine Mason of Addictions Recovery, who will tell you exactly what sort of withdrawal symptoms you can expect to have once you quit smoking. There is also information about how to keep away from potential triggers and where to get help and support. This program is also helpful to teach kids what to expect when a family member quits smoking. It helps them to see what an emotional roller coaster everyone goes through when a loved one stops smoking.
Grades 9 - Adult 24 min. 2000 V-3014

Leader of the Pack (cc)

This entertaining, animated video helps young viewers recognize the dangers of tobacco use through the power of storytelling and compelling cartoon characters. Students will instantly connect with likable young Henry as he meets up with Smokey, an animated cigarette who wants Henry to join a secret club known as "The Pack." Smokey lures Henry into a special amusement park with spooky rides like The Tar Pits, The Amazing Aging Machine and an exhibit called The Girl Who Couldn't Stop Smoking. Before long, Henry realizes he has been fooled—Smokey's club isn't cool, it's a prison! The video concludes with Henry's dramatic escape from the clutches of Smokey and "the Pack." Along the way, Henry has learned many of the hazards of cigarette smoking—the physical damage to the body, the persuasive power of advertising and the dangerous grip of addiction. An extensive Teacher's Resource Book with fun activity sheets and cartoon-based puzzles accompanies the video. With Henry as the Leader of the Pack, students are sure to have fun as they learn about the perils of tobacco. Workbook included.
Grades 2-6 16 min. 2003 DVD-3016

Let's Talk About Drugs

Margaret is happy to go birthday shopping with her grandmother, but unhappy about Grandma's smoking. Having learned in school that it's okay to ask a grown-up not to smoke if it's done politely, she talks to Grandma about how she feels. Grandma sees her point and gives Margaret a fun-filled, smoke-free day. Margaret had fun, but her feet got sore. She asks her father for pills to feel better. He explains that there are no pills for sore feet; he also reminds Margaret that she should take medicine only from him, her mother, or a doctor. From a cousin, Margaret learns the virtues of caffeine-free over regular soda; why alcohol is only for adults; and why trying on adult behaviors is not a smart thing for kids to do.
Grades K-2 16 min. 1996 V-3015

Lifestyle Diseases and How to Avoid Them (cc) [HOPE TO ORDER]

The decisions teenagers make about diet, exercise, **smoking, and alcohol** have an immediate impact on their health. Teens assume they are too young to get cancer, diabetes, chronic lung diseases, or other lifestyle diseases. But, in fact, the choices teens make can damage their health now and in the future. Program profiles overweight teens with high cholesterol, high blood pressure, sleep apnea, and other problems. Shows how teen smokers are at greater risk for cancer and chronic lung disease and often already suffer respiratory problems impacting daily life. Also profiles a teen alcoholic to understand the impact of alcoholism on a teen's physical and emotional well-being. Identifies healthy behaviors and urges teens to make smart choices to improve health now and in the future. Emphasizes these keys to health: stop smoking, avoid alcohol, eat a balanced diet, avoid stress and get enough sleep.
Grades 7-College 20 min. 200?

Lighting Up: Gruesome Facts About Cigarette Smoking

Teens talk to teens in this straightforward, compelling video that explores the shattering consequences of smoking in the real world. Addiction, the dangers of secondhand smoke, health issues, dealing with peer pressure, corporate marketing tactics, self-value and advice on successfully quitting are the key aspects that make this a powerful tool in encouraging an adolescent audience to think about the risks involved with tobacco use.
Grades 5-12 20 min. 2004 DVD-3026

Live or Die *Second Edition*

Joe Nichols and Ann Miller are ordinary, hard-working people who have both died at the age of 47. Joe is overweight, stressed, and a lover of high-fat, high-cholesterol foods; Ann is a workaholic smoker. Together, they dramatically and powerfully illustrate that how we live has a great deal to do with how – and when – we die. To a large degree, our life choices dictate our life spans.

Junior High School – High School - Adult 32 min. 1993 V-3018

Lorne’s Big Decision

Young students have created their own videos to alert other young adults about the hazards of cigarettes and to counter the pressure of those that would encourage them to try it. Lorne is trying to decide if he should try smoking. Some of his friends have told him it’s cool. So in an effort to make a good decision, Lorne learns about the physiology of his lungs and how nicotine and smoke can affect his health. While Lorne is learning to make this important decision, others are trying to convince him to go ahead and try it anyway. So Lorne has to learn how to combat the pressure from his peers in an assertive and effective manner. He learns how to be direct and confident without being mean or causing anger. Like Lorne, we all have a big decision to make regarding smoking and its possible harmful effects. We need to learn to say “no” when encouraged to try cigarettes by others. And lastly, we need to understand that it’s okay to be curious about smoking but it’s most important to get the facts and know the effects.

Elementary – Junior High School 14 min. 1997 V-3019

Lung Cancer [Online only]

http://www.msnbc.com/news/wld/graphics/LUNGcancer_dw.swf

Media Sharp: Analyzing Tobacco and Alcohol Messages

Today’s young people are bombarded with persuasive messages about tobacco and alcohol – messages that make smoking look normal, and drinking look cool. So learning to understand and analyze messages in the media is more important than ever. *Media Sharp* is a new tool to help your kids evaluate those messages and make healthy, life-saving choices.

Junior High School – High School - Adult 7 min. 1998 V-3021

NJ College Students Are NOT FOR SALE

REBEL (Reaching Everyone By Exposing Lies) U is an anti-tobacco industry organization.

High School – Adult 9 min. 2001 V-3082

No Butts About It [HOPE TO ORDER]

Well-known political satirist, Will Durst, talks about the chemicals in cigarettes, tobacco industry tactics, and the culture of smoking on construction sites. Smokers talk about smoking, reasons for quitting, and the danger to family members. Comes with a "Questions and Talking Points" guide for follow-up discussion.

8 min. 2003 DVD-

No Ifs, Ands or Butts: Smoking Kills (cc)

Hairy tongue, head and neck cancers, lung cancer, tar, phlegm, bad breath, yellow teeth, wrinkled skin, people with laryngectomies and many other sights and sounds are presented in this definitive look at the ravages of tobacco. Teen viewers discover that they are prime targets of tobacco advertisers who need new young customers to replace the older ones who have died from the many tobacco-related diseases. Video introduces viewers to young victims such as 20 year-old Brandon Carmichael who lost half of his leg due to a tobacco related disease and his inability to quit smoking. Program also alerts teens to the newest tobacco dangers of herbal cigarettes and bidis that attract teens with special packaging that makes this product look appealing. After viewing this video, students will come away with a lasting impression that tobacco use only leads to death and disease.

Additional Video Clips

- The Cilia
- The Power of Addiction
- Bob Herbst’s Loss of Smell
- Brandon’s Story

Grades 7-College 24 min. 2002 V-3073 or DVD-3073

No-Puff Pals vs Big Tobacco, Inc.

Meet Max, Lance and Sasha, the No-Puff Pals! This trio of superheroes uses their “No-Puff Power” to keep kids safe from the dangers of tobacco. In *No-Puff Pals vs. Big Tobacco, Inc.*, the threesome battles with tobacco company executives. The boss has hatched an evil plot to lure Cleanfield’s children with advertisements that make tobacco look glamorous and cool. But the No-Puff Pals come to the rescue, using their super powers to show kids the ugly truth about smoking and chewing tobacco. Kids also learn that everyone has “No-Puff Power” – all you have to do is say “No!” to tobacco.

Pre-K – 3rd grade 12 min. 2004 V-3017

120,000 Lives a Year

Nine-minute video highlights one of the most urgent health challenges of the 21st Century, from the history of paid product placement to the May, 2004, U.S. Senate hearing, scientific research confirming the problem, growing youth activism, and the reasonable, effective four-step Smoke Free Movies solution endorsed by leading health groups.

1. Rate new smoking movies "R"
2. Certify no pay-offs
3. Require strong anti-smoking ads
4. Stop identifying tobacco brands

Grades 7-Adult 9 min. 2005 DVD-3086

120,000 Lives a Year/The Whole World is Watching/Taking the Message to Hollywood: International Day of Action 2005 (ON ORDER)

Nine-minute video highlights one of the most urgent health challenges of the 21st Century, from the history of paid product placement to the May, 2004, U.S. Senate hearing, scientific research confirming the problem, growing youth activism, and the reasonable, effective four-step Smoke Free Movies solution endorsed by leading health groups.

Cameras take to the streets around the globe to capture the largest generation in world history talking about U.S. movies — and smoking. It's raw and real.

Two rolling billboards hit the streets at the 2005 Oscars®. L.A. County public health director Jonathan Fielding, MD, tells it straight. Are the studios listening?

Our Smoking Video

Page and Ryan, seniors who are teamed in an advanced video production class, have been caught smoking on school property. Instead of suspension, they are assigned to produce a "comprehensive" video about tobacco and smoking for the student body. Highly resistant at first, Page's rigid position gradually softens during the production process. In an emotional and climactic interview with her mother, an addicted smoker, Page finally reaches the point where she decides to quit, and help her mom do the same.

Junior High School – High School - Adult 20 min. 1998 V-3023

Pack of Lies: The Advertising of Tobacco

Pack of Lies reveals, with powerful insider information, the deception of tobacco industry claims that they do not seek to addict children to nicotine. It provides important analytical background from which to view the current debate.

High School/Adult 35 min. 1992 DVD-5119

Poisoning Your Children: The Perils of Secondhand Smoke

A straightforward and dramatic presentation of the medical facts of secondhand smoke that graphically illustrates the damage that secondhand smoke causes in children. It traces the flow of smoke through the mouth, nose, throat and lungs, and points out the potential ailments associated with each.

Junior High School – High School -Adult 12 min. 1994 V-3068

Quit to Live: Fighting Lung Cancer (cc)

ABC News' *World News Tonight* has partnered with the Centers for Disease Control and Prevention, the National Cancer Institute, and the North American Quitline Consortium to provide viewers with a comprehensive look at the leading cause of preventable death in America: lung cancer. This compilation of *WNT* segments reports on issues ranging from tobacco-related public health policy, to the latest medical advances in lung cancer treatment and prevention, to the efforts of smokers trying to kick the habit during National Lung Cancer Awareness Month. The 16 segments are The Power of Tobacco, What's in a Cigarette, Smokeless Tobacco, Marketing to Kids, Teen Smoking, Women at Risk, Lung Cancer, Detecting Lung Cancer, Addiction, The Quitting Drug, Smoking Bans, Settlement Spending, and Smokers' Video Diary, Parts 1 through 4.

Adult 56 min. 2005 DVD-3022

Red Ribbon Celebration, #1; Pot: Head & Neck Cancer, #2; Smoking Quiz, #3

Warning: Please preview segment #2. It may not be appropriate for students k-4.

Junior High School – High School - Adult 21 min. 1995 V-3072

The Ridiculous History of Tobacco

Part one: 1492

Part two: 1875

Part three: 1949

Part four: The Present

Elementary – Junior High School 16 min. 1990 V-3070

Say Goodbye Camel Joe

This MTV style video uses lively visuals and music along with teen comments to reveal some of the deceptive advertising techniques used by the tobacco industry to target children.

Junior High School – High School 9 min. 1992 V-3028

Scene Smoking: Cigarettes, Cinema & the Myth of Cool

From fashion styles to music trends, young people often emulate celebrity behavior that they see on-screen, including the use of tobacco. Recent studies have found that films depicting tobacco use are increasing and are reinforcing misleading perceptions that smoking is a widespread, socially desirable, and normal behavior. Moreover, these films do not convey the long-term consequences of tobacco use. In *Scene Smoking*, professionals from the entertainment and health fields discuss real-life choices they've made and what they think about the depiction of tobacco on-screen. This balanced documentary brings together some of Hollywood's most powerful voices, including Ted Danson, Christy Turlington, Sean Penn, and Rob Reiner – in a frank discussion of artists' rights, social responsibility, and the First Amendment. This hour-long video can be used with high school and college students in a number of different subject areas, including film studies, directing, screen writing, acting, communications, journalism, public relations, political science, law, public health, and health education.

High School - Adult 59 min. 2003 V-3030

Search for a Safe Cigarette

Where there's smoke, there's controversy. Every year 420,000 Americans die from the effects of cigarette smoke. But the tobacco industry's efforts to confront its toxic products and create less deadly cigarettes have resulted in turmoil, failure, as well as an Academy Award-nominated film (*The Insider*). In *Search for a Safe Cigarette*, NOVA gains unprecedented access to tobacco research and manufacturing facilities and asks the question: Can science help create a safer cigarette? Journey inside a lit cigarette and see how superheated tobacco creates over 45 known carcinogens. Trace the little-known history of "reduced risk" cigarettes, and discover why safer cigarettes developed in the 1960s were discontinued. See how tobacco-specific nitrosamines damage human DNA. Explore America's love affair with cigarettes, including tobacco's role in US history, shrewd cigarette marketing, and the impact of the Surgeon General's warning. Then look into the future of "safer" tobacco products, like Accord, a new smoking system that features an external battery-powered tobacco lighter.

High School - Adult 60 min. 2003 V-3031

Secondhand Smoke: A Matter of Life and Breath (cc)

This powerful video takes a hard look at secondhand smoke—also called passive smoke—and its continued impact upon non-smokers. Today, secondhand smoke is the third leading cause of preventable death in the United States, causing the deaths of 53,000 Americans each year. The video helps viewers learn more about this dangerous health concern. Viewers are offered information about two different kinds of secondhand smoke: mainstream smoke, which has been inhaled and filtered by the smoker's lungs, and sidestream smoke, which rises directly from the tip of a burning cigarette. Sidestream smoke is 20 times more toxic than mainstream smoke. Students learn that secondhand smoke can cause serious diseases such as asthma, bronchitis, emphysema, heart disease, pneumonia and cancer. The video includes helpful advice from teen advocates who encourage viewers to avoid situations where they will be exposed to these carcinogenic toxins, and urge them not to smoke or support tobacco companies. Class activities in the Teacher's Resource Book allow students to expand their knowledge about the dangers of tobacco.

Grades 7-College 11 min. 2002 V-3079

Secondhand Smoke: Triumphs and Tragedies

Secondhand Smoke: Triumphs and Tragedies is a 10-minute video that puts a human face on the issue by telling the stories of six individuals whose health was affected by secondhand smoke and/or who led local efforts to make workplaces and public places smoke free. The video also tells the stories of three communities that successfully implemented smoke-free policies. The video won the Gold Aurora and Silver Telly awards.

High School - Adult 10 min. 2006 DVD-3025

Secrets Through the Smoke

Directed by Jeremy London (cast member of the TV series, "Party of Five"), this video chronicles the tobacco industry's manipulation of truth from the perspective of a former senior ranking tobacco executive, Dr. Jeffrey Wigand. Dr. Wigand was the subject of the 1999 Academy Award-nominated film, "The Insider." *Secrets Through the Smoke* is 55 minutes in length but is divided into three separate parts to facilitate viewing and discussion. Although it is intended primarily for use with middle and high school students, *Secrets* can also be used with community leaders and policy makers and as a training video for non-profit health organizations. Because the video incorporates TV public service announcements showing some graphic health effects of smoking, we recommend that adults preview the video before showing it to children.

Junior High School – High School - Adult 55 min. 2001 V-3033

Smoke Alarm: the Unfiltered Truth about Cigarettes

Targeted to kids, this video takes dead aim at the tobacco industry's efforts to attract children, the teenage smoking epidemic, and the hazards of using tobacco products. The fast-paced special combine's live-action segments, animated shorts and comments from actual teens to underscore its critical smoking-prevention message.

Junior High School – High School - Adult 30 min. 1997 V-3034

Smoke and Mirrors: A History of Denial

When the tobacco merchants set to work in the early years of the Century, they did not know of their product's dangers. But by the 1940s, the scientific case against the cigarette was mounting, and first became widely known to the public in the 1950s, a time when over half of the American population smoked and cigarettes had become part and parcel of daily life. The tobacco companies made a conscious and intentional choice when they learned of the health dangers of cigarettes – to deny the charges and use an arsenal of tactics to divert the public's attention away from issues of health and continue to make smoking seem glamorous and sophisticated. *Smoke and Mirrors: A History of Denial* tells the story of the birth and rise of the cigarette during its "age of innocence". The film goes on to explore how the industry dealt with the realization that their successful product was also poisonous. The seeds of the tobacco industry's denial were planted in the 1940s, and continued to grow and evolve throughout the century. Today, the industry carries along with it fifty years of documented denial which is finally coming back to haunt them.

High School - Adult 75 min. 1999 V-3035

“Smoke-free Home Pledge: Planning Guide for Pledge Events” CD-ROM (Bilingual)

Designed for outreach organizations, this Planning Guide for Pledge Events CD-ROM is an easy-to-use, bilingual (English and Spanish) tool for getting pledges at health fairs, sporting events or other activities. You can customize the tools using your own graphics and logo. The Guide includes a pledge certificate, a pledge signature sheet, two table-top signs and a tracking form.

<http://www.epa.gov/smokefree/publications.html>

Smoke Screeners

Smoke Screeners, which features a video and moderator's guide, is designed for young people in middle school or early high school. It can be used in the classroom or any other youth group setting. The video, hosted by teens and featuring movie clips and interviews with entertainment insiders, shows how movies and television programs convey messages and images about smoking and other tobacco use. The moderator's guide contains additional facts, activities, and reproducible materials to help educators, youth peer leaders, and others expand on the video presentation and stimulate group discussions. The objective is to improve young people's critical thinking abilities and help them better understand the depiction of tobacco use in the movies.

Junior High School – High School 14 min. 1999 V-3071

Smokesless Not Harmless [Available online]

<http://link.brightcove.com/services/player/bcpid276938868?bclid=276897415&bctid=276897410>

4 min. 55 sec.

Smokeless Tobacco: A Wad of Trouble

This program states the unpleasant facts concerning the social and medical ramifications of using smokeless tobacco, and presents proven techniques for breaking the addiction. Expert commentary by doctors and dentists describes the mechanics of nicotine absorption, while graphic images illustrate cancerous lesions and the results of surgery to remove them. In addition, interviews with teenage users and the sister of a man who died of oral cancer provide candid, firsthand information on how users get hooked – and the possible outcome of long-term dipping or chewing.

Junior High School – High School 30 min. 1999 V-3036

Smokeless Tobacco: Your Habit or Your Life

Using interviews with smokeless tobacco users who developed cancer and a dentist who has seen up close the damage smokeless tobacco can cause, this video debunks the myths and exposes snuff and chewing tobacco as the addictive, dangerous drugs they are.

Junior High School 16 min. 1999 V-3037

SmokeScreen

For nearly a decade Dave Goerlitz's image helped to sell cigarettes as the former *Winston Man*. Dave came to realize that he was selling a lie and that although tobacco companies have denied that their advertising targets kids for many years, this is only a small part of the deception. He delivers a powerful message when he reveals from his own experience the following points: kids are the targets, cigarette ads are deliberate deceptions, tobacco won't make you a success, it will only make you sick, and that kids are our best hope to win the "Tobacco Wars" once and for all.

Junior High School – High School - Adult 20 min. 1993 V-3038

Smokin' Sam

Smokin' Sam, the All American star of a new roller hockey league sponsored by Trophy cigarettes, has a secret – he smokes. Two clever eleven-year-old sleuths find out, and with a little help from the school nurse, a doctor and a friendly ad man, they show Sam the health risks involved in smoking and encourage him to quit.

Elementary – Junior High School 23 min. 1994 V-3039

Smoking: Getting Ready to Quit (cc)

In this video, smokers learn how to create their personal plan for quitting. The program examines why people smoke, why they may want to quit, how they can identify their personal triggers to smoke, and introduces nicotine replacement, as well as non-nicotine replacement therapies, to aid in quitting. It encourages people to make a diary of their smoking behavior and to set a quit date.

Potential relapse situations are also covered.

High School/Adult 15 min. 2007 DVD-3092

Smoking: the Truth Unfiltered

Co-hosted by supermodel Tyra Banks and teen reporters, this high-energy half hour *In the Mix* special tackles smoking prevention. We'll help dispel common misconceptions among teens, with a hard look at the addiction aspects and physical effects of tobacco. Then – meet the faces of addiction, including teens that are kicking the habit, a young girl suffering from emphysema, and a former Lucky Strike cigarette model diagnosed with lung cancer. Plus, interview with Bill Novelli, President of the Campaign for Tobacco-Free Kids, and teen activists working to raise awareness of how cigarette companies target and manipulate teen consumers. The goal? To convince young people that smoking is dangerous to their health in the immediate present and near future – not just 30 or 40 years down the line.

Junior High School – High School - Adult 30 min. 1998 V-3048

Smoking: Truth or Dare?

Six thousand American teenagers light a cigarette for the first time every day. Today, the number of teen smokers in the United States is the highest it's been in two decades. A total of four and a half million teens smoke or chew tobacco. Despite increased education in the classroom about the very real dangers of tobacco use, many teens still are not getting the message. They may be aware that smoking or chewing tobacco has dire consequences, but they do not believe or care that they, too, will become part of the statistics: every year, smoking kills more people than AIDS, drug abuse, car accidents and murder – combined. *Smoking: Truth or Dare?* is a powerful program that graphically demonstrates to teens that use tobacco exactly what this deadly habit is doing to them. The damage smoking or chewing tobacco does to their bodies is not just something intangible that they might have to face forty or more years down the road. These young people are suffering the deadly effects of their tobacco use right now, and the consequences will only get worse.

Junior High School – High School 52 min. 1998 V-3049 (Library version) 34 min. V-3050 or DVD-3050 (cc) (School version)

Soccer... Kickin' Butts

Soccer stars from the women's and men's national teams relate how their involvement with soccer has helped them resist the pressure to smoke. Viewers will also meet teen soccer players who volunteer as anti-tobacco advocates, spreading the message about the dangers of smoking. Experts explain how cigarettes, as well as second-hand smoke, affect athletic performance and debunk popular myths about addiction. Finally, we take a look at two organizations that are bringing soccer to the inner city as a healthy alternative to smoking.

Junior High School – High School 30 min. 2000 V-3051

Something Stinks in Hollywood!

Menu-driven DVD includes fifty smoking scenes from recent movies organized by theme; printable discussion guide; background information about smoking in movies and its impact; and ideas students can use to end smoking in youth-rated movies. Designed for the classroom, movie samples and graphic charts are provocative for any audience exploring the power of tobacco imagery.

Grades 6-12 2005 DVD-ROM-3069

Spit This! The Hazards of Smokeless Tobacco (cc)

Available December 2009

Give your students the facts to counter the recent 30% rise in male adolescent smokeless tobacco use. Program combines an engaging narrative storyline with hard-core facts about all kinds of smokeless tobacco products—spit, snuff, chew as well as newer nicotine-delivery products designed to appeal to those who are uncomfortable with spitting out tobacco juice. Follow a group of high school students as they work on a school video project to persuade their peers to steer clear of all forms of smokeless tobacco. Video offers nitty-gritty facts about the hazards of chewing tobacco and the immensely addictive properties of nicotine. Pays special attention to the up-and-coming generation of “spitless” tobacco products (such as snus and pouches) now promoted by tobacco companies eager to rev up sales. Powerfully persuasive message goes even further via student activities in Teacher's Resource Book.

Grades 7-College 20 min. 2009 DVD-

Spit Tobacco Kills: the Extreme Danger of Chewing and Dipping Tobacco

Calling chewing and dipping “smokeless” makes this deadly substance sound as if it is safer than smoking. This documentary-style program shows viewers that the nasty habit of dipping or chewing tobacco actually kills young people. Major League baseball players and a rodeo cowgirl are among the speakers who tell kids that spit tobacco has no place in sports. Along with powerful testimonials from athletes, *Spit Tobacco Kills* follows the case of 27-year-old Rick Bender, a former user of smokeless tobacco whose cancer of the neck has left his face permanently disfigured. The video also focuses on discussions with kids who are addicted to spit tobacco. Hard-hitting and honest, this program aims to convince viewers that tobacco is deadly, no matter how you use it. A teacher’s Resource Book of student activities reinforces the concepts of the video.

Grades 7-College 28 min. 1996 V-3052

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. Hosted by Rob Reiner.

High School - Adult 20 min. 2003 V-3080 or DVD-3080

The Story of a Spit Tobacco User Featuring Rick Bender

Former chewing tobacco user and professional baseball player Rick Bender speaks to students in this gripping video about what caused him to begin “dipping,” his addiction to “chew,” his development of oral cancer, and the eventual loss of part of his jaw, tongue and facial tissue as a result of the cancer. Rick also exposes false myths about the “safety” of smokeless tobacco and the glamorization of smokeless tobacco by athletes.

Junior High School – High School 19 min. 1999 V-3053

“Take Back Your Life!” with Dave Goerlitz

Created as a follow-up to Dave’s first video *Smokescreen*, this video reaches out to today’s nicotine addicted youth and the people who care about helping them understand the urgent need to become “tobacco-free”. As a former “Winston-Man” in the eighties and a 3 1/2 pack-a-day smoker, Dave shares his unique experiences with tobacco companies, their messages and their motives. He also talks about his experiences as a teenager and the timeless pressures that led him to tobacco. This video features segments from Dave’s live high school assembly program, interactive dialogue with teens that smoke and thought-provoking insights and narratives from Dave.

Junior High School – High School - Adult 45 min. 1999 V-3055

TARGETED! How Tobacco & Alcohol Companies Try to Get You Hooked (cc)

The tobacco and alcohol industries are famous for their attempts to target teenagers, most of whom are too young to legally purchase their addictive products. By targeting young audiences, these industries hope to recruit a new generation of faithful customers, despite the potential harm that their products may cause. This video explores the phenomenon of targeting young consumers, and will surely be an eye-opener for students who may prefer to think that they’re not being manipulated by ads and media images. Whether they’re selling cigarettes or alco-pops, these industries are intent on convincing vulnerable teen consumers to risk their health and future by experimenting with these addictive and potentially deadly products. Targeted! unveils some of the most common “tricks of the trade” that tobacco and alcohol companies use to market their products. Follow-up activities in the Teacher’s Resource Book will lead students into a further exploration of the tricky realm of alcohol and tobacco marketing strategies.

Grades 7-College 24 min. 2004 V-3084 or DVD-3084

The Teen Files Flipped/Tobacco (cc)

Following the award-winning, uncompromising Teen Files series comes another in-your-face series geared to teens: The Teen Files Flipped. In this program, The Teen Files Flipped: Tobacco we explore the themes of addiction and the dangers of tobacco through the lives of two ambitious teenagers. Kyle, a self-proclaimed “nicotine freak” dependent on smokeless tobacco, hopes to become a professional baseball player, while Ashlee, a chronic cigarette smoker, hopes to make it as an actress in Hollywood. Each of them is unconcerned about their virulent habit, declaring themselves to be “invincible”. For 24 hours, reality is controlled and belief is suspended as these two teenagers find their worlds upended and “flipped”. Believing they’ve won an opportunity to live out their fantasies, they instead discover the destructive realities of tobacco as they watch their lives go up in smoke. This reality-based program brings a new twist to teaching students about the dangers of tobacco. An Arnold Shapiro/Allison Grodner Production.

Grades 8-12 21 min. 2002 DVD-3087

Teens Taking Action! A Guide to Conducting Tobacco Compliance Checks/Introduction

This short video is intended to be shown to merchants, enforcement officials, parents, and concerned citizens to explain what tobacco compliance checks entail. It can also be used to recruit teens to participate as inspectors. This was developed as a resource for State and local agencies that are responsible for monitoring tobacco sales to minors, as mandated by the Synar Regulation
High School - Adult 5 min. 1997 V-3077

Teens Taking Action! A Guide to Conducting Tobacco Compliance Checks/Consummated Version

This video and its companion guide are intended to be used to train teen inspectors on how to conduct tobacco sale compliance checks. These materials were developed as resources for State and local agencies that are responsible for monitoring sales to minors, as mandated by the Synar Regulation. In addition, Federal agencies, local tobacco enforcement officials, and researchers may find these materials useful in preparing staff for tobacco outlet inspections.
High School - Adult 22 min. 1997 V-3078

Thangata [HOPE TO ORDER]

Compelling video depicts the exploitation of poverty-stricken tobacco farmers in a third-world African country while U.S. and other transnational tobacco companies profit from cheap labor and inadequate health and safety standards.
Teens/Young Adults 15 min. 2002 DVD-

They're Rich, You're Dead

Includes a medically illustrated RAP song, powerful testimonies by youths and adults on the social pressures to start smoking and on their tobacco addiction, medically illustrated histories of patients with mouth, throat and lung cancer, emphysema, chronic bronchitis, coronary heart disease and complications of pregnancy with explanations of how smoking caused their diseases, cosmetic consequences of smoking and consequences of smoking in teenagers.
Junior High School 41 min. 2001 V-5040

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 20 min. 2009 DVD-3089

Think It Over: Kids Tell the Truth About Tobacco

Think It Over is a powerful new smoking prevention video made by students for students. Produced by Doug Dirkson, this compelling video uses vignettes of actual kids involved in a school tobacco prevention project. The kids learn about tobacco from health experts, from other teens who smoke, and from the testimony of survivors of tobacco-related diseases, such as emphysema and larynx cancer. The program also humorously dramatizes kids educating their peers about the contents of cigarettes and the risks of tobacco use, and portrays a well-rounded effort by the school and community to reduce the use of tobacco among teens.
Junior High School – High School 30 min. 2001 V-3056

The Time Challengers: Assignment Smoking

Soar through time with a multicultural cast of characters – The Time Challengers – to teach children and young teenagers the dangers of cigarette smoking and the power of individual choice with this fully animated adventure. Three teens with very different personalities are given the special power to challenge time. Their assignment: to encourage Lee, their track star friend, to reconsider his decision to smoke cigarettes. During their individual journeys, The Time Challengers teach viewers about tobacco's ingredients and how smoke travels through the body. Viewers also learn how cigarette smoking affects specific body parts, and discover the immediate and long-term consequences of cigarette smoking, including its link to emphysema. Most importantly, young viewers learn everyone possesses the special power to say "No."
Junior High School 14 min. 1991 V-3057

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-3088 Spanish DVD-8023

Tobacco: Filtering Out the Truth

A three-part audio series tackling the Health Risks, Marketing & Social Norms, and Prevention & Treatment associated with tobacco use – particularly in young adults.

1. Denial: One Pack At a Time
2. Lies, Deceit and Addiction
3. Quitters Do Win!

High School - Adult 86 min. 2004 CD-3081

Tobacco Horror Picture Show

This hit video combines humor with horror in a memorable format to drive home the message that nicotine hooks you, while tar in tobacco kills you. Featured is Debi Austin, a throat cancer victim who smokes through the hole in her neck where her larynx used to be. In the video, dramatic presentations by “vampires” and other horror genre characters are balanced with interviews from recovering teen smokers and dippers who offer sage advice to fellow students: “Don’t start!”

Grades 5-9 28 min. 1998 V-3059

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

The Tobacco Social Norms Project

“Social Norms” is a theory and evidence-based approach to addressing health issues that has gained increasing attention. Social norms interventions have been successful in reducing alcohol and tobacco use in college and high school populations. Funded through a grant from the New Jersey Department of Health and Senior Services, Division of Addiction Services, with funds received as part of the Master Settlement Agreement.

Adult 14 min. 2002 V-3083

Tobacco: The Gift of Choice

This video combines modern day music and rap with traditional lessons passed down from tribal elders to send a message of respect for the proper use of tobacco to American Indian youth.

Junior High School – High School - Adult 16 min. 1991 V-3058

Tobacco X-Files

Using graphic imagery, interviews with cancer patients and current and former teen tobacco users, this program combines hard facts with an X-Files take-off to present the truth about smoking and spit tobacco. Teen tobacco users will sit up and take notice of the damage they are doing to their bodies, and the future that awaits them if they don’t quit – now. The program emphasizes to viewers that the best way to quit using tobacco is to not start in the first place. By the end of the program, no smoker young or old will be able to argue that using tobacco is not deadly.

Junior High School – High School - Adult 28 min. 1999 V-3060

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 DVD-3090

Tribal Tobacco Policies: Protecting Our Communities

This video for American Indians introduces ETS (Environmental Tobacco Smoke) as a health hazard that requires immediate attention. Presents interviews with members of various tribes in California and covers examples of no smoking policies that can be used by the American Indian community.

Junior High School – High School - Adult 14 min. 1997 V-3061

Trinkets and Trash: Artifacts of the Tobacco Epidemic

<http://www.trinketsandtrash.org>

The online surveillance system and archive of tobacco products and tobacco industry marketing materials.

The Truth About Tobacco

Pete, a contemporary young narrator, gives viewers straight talk about the problem of tobacco, including the history of tobacco and its hold on our society. He discusses the addictive power of nicotine, examines the short and long-term effects of tobacco, and covers the harmful effects smokeless tobacco has on the body. Several teenagers give typical pressure lines, and Pete dispels them with the real facts. He reminds those who already smoke that quitting is much easier when you're young, and that the best way to beat cigarettes is to never start.

Junior High School – High School 17 min. 1993 V-3062

We Pray With Tobacco

Told entirely from a Native American perspective, this documentary focuses on the cultural and ritual uses of tobacco in the Native American world. For thousands of years many of the original peoples of the Americas have cherished tobacco as the most sacred of all gifts given by the Creator. It is holy... it sanctifies life and keeps everything in balance. Mainstream society suffers from nicotine addiction. What happened? It's all about the nature of one's relationship to the world and to life itself, as this program explores.

High School - Adult 60 min. 1998 V-3064

What About Tobacco?

Presents age-appropriate, straightforward facts about the harmful effects of tobacco to deliver a powerful anti-smoking message. With the help of peer hosts, colorful graphics and animation, this video shows students how their hearts and lungs work, and how tobacco use impairs the normal functioning of these vital organs.

Grades 3-5 15 min. 1999 V-3063

What You Should Know About Oral Cancer

Detection, prevention and treatment of oral cancer are explored in this comprehensive education video. As a supplement to routine oral cancer examinations by a healthcare professional, proper procedures for self-examination are provided through a step-by-step demonstration. Highlights include a message from Cal Ripkin Jr., a professional baseball player, about the hazards for smokeless tobacco in relation to oral cancer.

High School - Adult 9 min. 1994 V-3065

What's Wrong With Tobacco?

As more adults kick the smoking habit, today's teens have become the target of a \$44 billion tobacco advertising campaign. Interviews with teen smoker's point out many common fallacies associated with tobacco. The speakers attest to the overwhelming power of peer pressure, Hollywood models, the lure of promotional giveaways, and nicotine addiction.

Grades 7-College 29 min. 1994 V-3066

Women and Tobacco: Seven Deadly Myths

Smoking takes a deadly toll on women and the people they love. Lung cancer already claims the lives of many more women each year than breast cancer, and deaths from lung cancer are on the rise. Women between the ages of 18 and 34 are prime targets for the tobacco industry, which spends billions of dollars every year on advertising that makes smoking cigarettes look fun, sexy, and inviting. This video explores the myths about smoking and empowers women to become or stay smoke-free. CDC would like to thank its media partner, consumer health site ThriveOnline. The content on ThriveOnline emphasizes the importance of a tobacco-free lifestyle to millions of women through Oxygen's cable TV and online network.

Women Ages 18-34 17 min. 2000 V-3067

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

YouTube – Singing LARYNGECTOMY Cowboy – online only

<http://www.youtube.com/watch?v=xRHvZazd4IM>