

Alcohol and Drinking

Addiction and the Human Brain

013170 DV

JS 28 min CA 2006 Human Relations Media

Discusses the latest medical findings about the effect of drugs on the brain. Identifies drug addiction as a disease of the brain and explains why teenagers have the highest risk of addiction. Employs animated graphics and brain scan pictures to illustrate the complex structure and function of the brain and how drugs alter brain chemistry. Describes the damage caused to a developing brain of teenagers through use of cocaine, heroin, nicotine, alcohol, and methamphetamines resulting in compulsive behavior and addiction. Includes conversations with teenage addicts about the impact on their lives. (616.86)

Drug and Substance Abuse; Alcohol and Drinking; Health education; Adolescent psychology; Teenagers–Drug use–Physiological effect; Brain chemistry–Research; Brain–Effect of drugs on; Counseling in secondary education; Recovering addicts–Interviews; Counseling in middle school education; Substance abuse–Pathophysiology; Human Relations Media DVDs; Drug abuse–Prevention; Brain–Magnetic resonance imaging

Addiction: Why Can't They Just Stop?

012750 DV

JSA 380 min CA 2007 Amazon.com

Critically acclaimed documentary aimed at helping to understand addiction as a treatable brain disease. The documentary addresses different aspects of the disease in order to shed light on the most current, promising developments in the field. Through personal stories from addicts and the loved ones who struggle to help them find treatment, common misconceptions are replaced by insight into addiction's complexity. Currently, addiction affects over 22 million Americans, yet under 10 percent of those individuals receive treatment.

Teenagers–Drug abuse–Physiological aspects; Drug and Substance Abuse; Drug addiction; Alcohol and Drinking; Youth–Alcohol use; Brain–Effect of drugs on; Youth–Drug use; Drug abuse–Health aspects

Alcohol and Alcoholism

013234 DV

JS 23 min CA 2004 Library Video Company

Drug education for teens Series - Explains dangers of alcohol abuse, the signs and symptoms of alcohol dependence, and complex factors involved in the disease of alcoholism. Explores the devastating long- and

short-term effect of alcoholism through candid interviews with users and family members. Also presents treatment options for alcohol addiction. (362.29/2)

Family life education; Drug and Substance Abuse; Counseling in middle school education; Alcohol and Drinking; Spanish language materials–Bilingual; Alcoholism–Physiological effect; Alcoholism–Case studies; Counseling in secondary education; Teenagers–Alcohol use; Health education

* Alcohol and Your Body: Assessing the Damage

013944 DV

JSA 26 min 1996 Human Relations Media

This program moves between interviews with medical authorities like Dr. Edgar Nace of Dallas, Texas and the tale of Michelle, a young woman whose alcohol abuse eventually lands her in the hospital with acute hemorrhagic gastritis. The various risks to the body are discussed in detail as well as the emotional turmoil that alcohol can produce.

Alcoholism–Drama; Alcohol–Physiological aspects; Alcohol–Toxicology; Risk-taking (Psychology) in adolescence; Alcoholism; Decision making in adolescence; Counseling in middle school education; Alcohol–Physiological effect; Adolescence; Alcoholism–Physiological effect; Youth–Alcohol use; Human Relations Media DVDs; Counseling in secondary education; Teenagers–Alcohol use–Personal narratives; Counseling in high school education; Teenagers–Alcohol use–Interviews; Teenagers–Alcohol use–Prevention; Alcohol–Social aspects; Teenagers–Alcohol use; Alcohol and Drinking; Alcohol–Physiological effects

* Alcohol Exposed

013945 DV

JS 18 min CA 1999 Human Relations Media

Exposed Series - Exposes the short-term and long-term harmful effects alcohol causes on the body as well as the intoxicating effects on the mind. Using interviews and narration by peers, exposes ways that alcohol use interferes with health, education and personal lives. Also presents the ravages of alcoholism and the struggles of families living with alcoholics. Binge drinking is singled out as a very dangerous and potentially lethal activity that young people must avoid at all costs. (362.29)

Teenagers–Alcohol use; Substance abuse–Prevention; Counseling in secondary education; Human Relations Media DVDs; Alcoholism–Personal narratives; Teenagers–Conduct of life; Alcohol and Drinking; Peer pressure; Drug and Substance Abuse; Drinking of alcoholic beverages; Family life education; Counseling in middle school education; Health education

Alcohol : Teenage Drinking

013233 DV

JS 23 min CA 2004 Library Video Company

Drug education for teens Series - Presents how alcohol affects the brain and body, with animations explaining how drinking impairs motor skills and judgment. The impact on physiology as well as psychology are demonstrated. Encourages viewers to ask tough questions about the risks and benefits of drinking, highlighting some tragic personal stories with teen interviews and explanations from experts. Also warns of the dangers of binge drinking and examines mass media advertising that makes drinking look "cool". (362.29 s)

Counseling in middle school education; Alcohol and Drinking; Family life education; Spanish language materials–Bilingual; Alcoholism–Physiological effect; Alcoholism–Case studies; Teenagers–Alcohol use; Counseling in secondary education; Drug and Substance Abuse; Health education

All About Health & Hygiene

013241 DV

PI 23 min CA 2006 Library Video Company

Human Body for Children Series - Explains the importance of hygiene to staying healthy. Highlights the importance of daily routines such as washing hands, brushing teeth, covering mouth to cough or sneeze, using antiseptic on cuts, and visiting the doctor for check-ups as preventive medical care. Emphasizes that eating a balanced diet, drinking water, exercising, and getting adequate sleep guarantee a healthy body. (613.4)

Spanish language materials–Bilingual; Eating Disorders and Body Image; Human anatomy; Alcohol and Drinking; Microorganisms; Antibiotics; Science–Study and teaching; Bacteria; Health education; Communicable diseases; Life sciences; Immune system; Human biology; Children–Health and hygiene; Vaccines

Alcohol and Drinking

*Are You Addicted?

013983 DV

JSA 29 min 1996 Human Relations Media

This program explores addiction through a number of case studies: a compulsive gambler who started at age nine, a young girl who started dieting compulsively at 12, and a young alcoholic who started drinking at age 8. It discusses warning signs that may signal possible addiction. An addiction expert describes how addicts need to work on their emotional and spiritual development and how important it is to find support with family and friends.

Drug abuse—Treatment; Guidance & Health—Alcohol Awareness; Guidance & Health—Body Image; Food Pyramid and Healthy Eating; Mental Health Month (May); Guidance & Health—Nutrition/Diet; Counseling in middle school education; Guidance & Health—Abuse Prevention; Alcohol and Drinking; Counseling in high school education; Drug abuse—Drama; Drug addiction; Health education; Drug and Substance Abuse; Health; Drug abuse—Prevention; Human Relations Media DVDs; Guidance & Health—Behavior Management; Counseling in secondary education; Drug abuse; Guidance & Health—Substance Abuse Prevention; Drug abuse—Interviews; Drug addiction—Treatment

Body Story

A scientific look at the inner-workings of the human body.

Puberty and Sexual Education;
Alcohol and Drinking

Body Story (2): The Beast Within & Crash

012895 DV

JS 100 min 2003 Amazon.com

1) The Beast Within: Unravels the mysteries of the two most important organs in the human body, the heart and the brain. First, take a look at how frail the human heart is as an emergency team frantically works to save a heart-attack victim. Then, viewers meet a man whose brain cannot correctly transmit signals because he has consumed too much alcohol. 2) Crash: A husband and wife are critically injured in a car crash he is unconscious and suffers from epileptic fits; she has a punctured lung and is left with a blood clot. See how the force of impact damages the delicate internal structures of their bodies and how doctors work to repair their injuries.

Human physiology; Health; Body, Human; Human biology; Alcohol—Physiological aspects; Physiology; Alcohol and Drinking

*Bombed!

013942 DV

JS 28 min CA 1996 Human Relations Media

Takes a hard look at the physical and legal consequences of teenage alcohol abuse. Follows a typical spring-break crowd in Florida where the effects of binge drinking are exposed. Also documents the emergency room treatment of a teenager with alcohol poisoning. Stresses the physiological effects of alcohol and how illegal drinking by minors can lead to serious consequences. (362.29/0)

Alcoholism—Prevention; Alcohol—Physiological effect; Alcohol—Toxicology; Teenagers—Conduct of life; Substance abuse—Prevention; Counseling in secondary education; Counseling in middle school education; Drug and Substance Abuse; Drug abuse—Prevention; Health education; Human Relations Media DVDs; Alcohol and Drinking; Teenagers—Alcohol use—Law and legislation; Family life education

Brain Scans: Alcohol & the Teenage Brain

011679 DV

JS 23 min 2002 Human Relations Media

The video delivers a strong caution to teens considering any use of alcohol. Alcohol causes sluggish mental ability and a decrease in the ability to learn new information, form memories, and perform cognitive functions, especially in teenagers. Studies show that even small amounts of alcohol cause a significant impairment, due to a drug known as ethanol, which slows down brain activity, reflexes and other physical skills. The short term risks are: alcohol poisoning, hangover, changes in vision, balance and coordination; long term risks: lowers the body's immune system, increases the risk of cancer, can weaken or damage the heart, muscles and bones. Alcohol affects the brain, liver, stomach, muscles, heart, pancreas, the nervous system and the reproductive system. As the research is described in the program, real teenagers share their views about alcohol, providing opportunities for learning and discussion. Teacher's guide with activity sheets included. The program was utilized for training by Mothers Against Drunk Driving (MADD).

Mental Health Month (May); Human Relations Media DVDs; Drug and Substance Abuse; Guidance; Health & Safety; Adolescence; Alcohol and Drinking

Conflict Resolution for Educators

For descriptions see individual titles: Students and Self-Destructive Behavior [013836]

*Danger Zone : Steering Clear of Drugs

013984 DV

IJS 62 min 2005 Human Relations Media

Danger zone : Steering clear of drugs Series - Three-part series presents information about the dangers of using drugs, alcohol and solvents and teaches assertive refusal skills for saying no to substance abuse. Combines animated graphics, real life scenarios and clear explanations to reveal the physiological and psychological effects of aerosol sniffing, medication abuse, and the use of alcohol, tobacco and marijuana. Emphasizes the addictive nature of these substances and discusses their short and long-term health consequences. Also focuses on how to say no to peer pressure involving substance abuse, providing children with the life skills to stay drug free and achieve their goals. (362.29)

Youth—Tobacco use; Youth—Drug use; Marijuana—Physiological aspects; Alcoholism—Prevention; Alcohol and Drinking; Peer pressure in children; Health education; Youth—Alcohol use; Counseling in elementary education; Alcohol—Physiological aspects; Drugs—Physiological aspects; Self-esteem in children; Drug abuse—Prevention; Goal (Psychology); Solvent abuse—Prevention; Substance abuse—Prevention; Human Relations Media DVDs; Tobacco—Physiological aspects; Children—Decision making; Assertiveness (Psychology); Solvent abuse—Physiological aspects; Child psychology; Self medication; Aerosol sniffing; Tobacco chewing; Tobacco habit; Smoking—Prevention; Smoking and Tobacco; Youth—Marijuana use; Cigarette smoking; Youth—Solvent abuse; Smokeless tobacco; Drug and Substance Abuse; Nicotine—Physiological aspects

Danger zone : Steering clear of drugs

For descriptions see individual titles: Danger Zone : Steering Clear of Drugs [013984]

The Darkside of Dating

011487 DV

JS 19 min 2004 Library Video Company

Real Life Teens Series - Dating is a major part of high school social life. It should be a positive and enriching experience that will prepare teens for real life. This program covers the potential negative aspects of dating in a positive way. In "Avoiding Gossip" and "Coping with Pressure," the harm caused from gossip, jealousy and spreading rumors, pressures about dating and the importance of standing

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up for oneself in high school are discussed. The segment "Why 'No' Means 'No'" shows how to make one's decision clear, and "Drugs, Alcohol and Dating" explains the danger and risks of drugs and alcohol including date rape drugs on a date. The issue of teen intimacy and sex and how to make right choices for one's own morality and make dating a positive and safe experience is examined in "The Risks of Sex". The series features real-life teenagers talking about these issues from their perspectives and in their own words. It is crafted by experts to solve problems in today's high school and cuts through many barriers without being "preachy." See also www.reallifeteens.org

Alcohol and Drinking; Dating and Relationships; Guidance; Psychology; Drug and Substance Abuse; Adolescence; Sex Education

Deadly Persuasion: The Advertising of Alcohol & Tobacco

011619 DV

JS 55 min 2003 Media Education Foundation

The program casts a critical eye on the corporate interests of industries whose products kill more than 450,000 Americans each year and educates students how to fight back against the corporate world of alcohol and tobacco advertising. Illustrating her analysis with contemporary advertising examples Jean Kilbourne exposes manipulative marketing strategies and presents a compelling argument that they are used by the alcohol and tobacco industries driven by a clear and deep understanding of the psychology of anxiety and addiction.

This program is along the lines of Jean Kilbourne's other programs. Part 1: THE ADVERTISING OF TOBACCO; part 2: THE ADVERTISING OF ALCOHOL. Set of two DVDs: one full version, one 30-min. condensed version for use in abbreviated class periods and teacher workshops.

Guidance; Drug and Substance Abuse; Media literacy; Mental Health Month (May); Television; Advertising; Alcohol and Drinking; Drug abuse; Smoking and Tobacco

*** Dealing with Teen Dating Abuse : Matters of Choice**

013954 DV

JS 18 min CA 2004 Human Relations Media

Presents a real-life dramatization to portray the dangers of teenage dating violence. Depicts how a teenage romance turns into an abusive dating relationship. Scenarios portray the cycle of violence common to dating abuse, depicting the physical and psychological offenses experienced by victims of dating violence. (362.88)

Family life education; Dating violence–Prevention; Violence–Prevention; Teenagers–Abuse of; Conduct of life; Counseling in middle school education; Counseling in secondary school education; Dating violence–United States; Victims of dating violence; Psychological abuse; Teenage girls–United States–Crimes against; Alcohol and Drinking; Human Relations Media DVDs; Health education; Dating and Relationships

Degrassi Junior High

For descriptions see individual titles:

Degrassi Junior High: Season 2, Disc 1 [012397]

Degrassi Junior High: Season 2, Disc 2 [012398]

Degrassi Junior High: Season 2, Disc 3 [012399]

Degrassi Junior High: Season 2, Disc 1

012397 DV

JS 100 min CA 1989 Amazon.com *Degrassi Junior High Series* - In

Program 1, Shane begins to understand the responsibilities of parenthood while participating in an experiment to care for an egg as if it were an infant. In Program 2, just as Lucy's parents seem busier than ever, the new substitute teacher makes Lucy his class pet. In Program 3, Joey plans to find out for himself if a new student is as fast as everyone says she is, and Arthur and Yick have questions about wet dreams. In Program 4, Shane's parents are upset and embarrassed that their son is the father of Spike's baby, but they invite Spike and her parents over so that everyone can meet and talk. (305.235)

Masturbation–Drama; Child rearing–Drama; Young adults–Sexual behavior–Drama; Moral education; Parenting–Drama; Counseling in middle school education; Teacher-student relationships–Drama; Family life education; Dating and Relationships; Counseling in secondary education; Parenting; Alcohol and Drinking; High schools–Drama; Adolescence

Degrassi Junior High: Season 2, Disc 2

012398 DV

JS 100 min CA 1989 Amazon.com *Degrassi Junior High Series* - In

Program 5, Caitlin has difficulty accepting that she has epilepsy, and Michelle is overcome with shyness when she is required to make a speech. In Program 6, Joey has to face the consequences when he crosses the class bully. In Program 7, Rick and Caitlin try to help Kathleen when they discover that her mother is an alcoholic. In Program 8, Erica decides that she is spontaneous,

romantic, and mature in comparison to her twin Heather who is sensible and boring. To prove it, Erica kisses a boy at the school dance, making Heather jealous. (305.235)

Speech anxiety–Drama; Counseling in secondary education; Drug and Substance Abuse; Interpersonal relations–Drama; Timidity–Drama; Alcoholism–Drama; Bullying–Drama; Jealousy–Drama; Alcohol and Drinking; Counseling in middle school education; Alcoholics–Drama; Bullying; Sibling rivalry–Drama; Moral education; Mental Health Month (May); Bashfulness–Drama; Substance abuse–Drama; High schools–Drama; Adolescence; Epilepsy–Drama; Social skills–Drama; Bullies–Drama; Family life education

Degrassi Junior High: Season 2, Disc 3

012399 DV

JS 125 min CA 1989 Amazon.com

Degrassi Junior High Series - In Program 9, Stephanie's depression deepens as her father continues to fight for custody and her mother plans to remarry. In Program 10, Caitlin, supporting Spike's right to stay in school even though she is pregnant, distributes an article without consulting Spike. In Program 11, Spike gets thrown out of school because her pregnancy is considered a bad example. Disaster strikes when Joey and Wheels talk Snake into letting them spend the night while his parents are away. In Program 12, Lucy wants Wheels and L.C. to forget about what Mr. Colby did to her—until he returns to substitute in 7th grade. In Program 13, The Degrassi kids face final exams, and while Wheels worries that he might not pass, Joey discovers that he may have to repeat the year. (305.235)

Reliability–Drama; Depression, Mental–Drama; Confidential communications–Drama; Alcohol and Drinking; Teacher-student relationships–Drama; Depression in adolescence–Drama; Mental Health Month (May); Interpersonal relationships–Drama; Test anxiety–Drama; Counseling in secondary education; Counseling in middle school education; Children of divorced parents–Drama; Middle schools–Examinations–Drama; Adolescence; High schools–Drama; Abused teenagers–Drama; Custody of children–Drama; Family life education; Students–Abuse of–Drama; Dating and Relationships

*** Don't Drain Your Brain : How Alcohol Damages the Brain**

013941 DV

IJS 15 min CA 2003 Human Relations Media

Discusses how early alcohol use can cause serious brain damage and

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significantly impair brain functions. Reviews the structure of the brain and explains why it is vital to healthy functioning. Shows a healthy brain, then demonstrates the damage that occurs when alcohol is consumed. Explains the disruption of the neuron's messages caused by alcohol consumption. Talks with a neuropsychologist who studies the effects of alcohol on the adolescent brains of rats. (616.86)

Drug and Substance Abuse; Alcoholism—Prevention; Youth—Alcohol use; Life skills; Alcohol and Drinking; Human Relations Media DVDs; Conduct of life; Alcohol—Physiological aspects; Counseling in elementary education; Health education; Brain—Anatomy; Drug abuse—Prevention; Brain—Effect of drugs on—Research

Drug education for teens

For descriptions see individual titles:
Alcohol and Alcoholism [013234]
Alcohol : Teenage Drinking [013233]

* Drugs, Alcohol and Pregnancy : What You Should Know

013914 DV
JS 25 min 1992 Human Relations Media
Breaks the silence surrounding the issue of prenatal substance abuse. A female obstetrician gives straightforward explanations regarding how drugs and alcohol cross the placenta and enter the bloodstream of the fetus and impair its development. (362.29)

Health education; Teenage pregnancy—Health aspects; Alcohol—Physiological effects; Counseling in secondary education; Counseling in middle school education; Drug and Substance Abuse; Human Relations Media DVDs; Substance abuse in pregnancy—Prevention; Fetus—Effect of drugs on; Fetus—Abnormalities; Alcohol and Drinking; Pregnant women—Drug use; Prenatal substance abuse; Family life education

Drugs and Disease

013203 DV
PI 23 min CA 2005 Library Video Company
Health for children Series - Explains the ubiquitous existence of bacterial germs and viruses along with common ailments. Describes the need for medicines to overcome the viruses and ailments and the importance of adequate storing and safety of medicines. It distinguishes between medical drugs and harmful street drugs and alcohol which have adverse effects. (616.01 D)

Drug abuse—Prevention; Diseases; Alcohol and Drinking; Viruses; Health education; Bacteria; Drug and Substance Abuse; Medicines, Specific; Counseling in elementary education; Spanish language materials—Bilingual

Everything you need to know about substance abuse in 22 minutes

013169 DV
JS 22 min 2003 Human Relations Media
Examines and identifies the dangerous effects of drug and alcohol abuse. Presents hard evidence about the bad effects of tobacco, marijuana, ecstasy, methamphetamine, steroids, and inhalants, underscoring the addictive nature of these drugs. Also describes the dire impact of drugs and alcohol on adolescent brains, how marijuana causes neck and lung cancer, and adverse effect of anabolic steroids. Similarly, underlines the effect of huffing, as well as aerosol sniffing which can cause sudden death. (362.29/0)

Marijuana—Physiological effect; Amphetamines—Physiological effect; Solvent abuse; Methamphetamine—Physiological effect; Brain—Effects of drugs on; Aerosol sniffing—Physiological effect; Substance abuse—Prevention; Synthetic drugs; Tobacco habit; Smoking and Tobacco; Alcoholism—Physiological effect; Ecstasy—Physiological effect; Hallucinogenic drugs; Health education; Family life education; Drug and Substance Abuse; Alcohol and Drinking; Counseling in secondary education; Counseling in middle school education; Stimulants—Physiological effect; Human Relations Media DVDs; Steroids—Physiological effect; Peer pressure in adolescence; Smoking—Physiological effect; Narcotics—Physiological effect

Exposed

For descriptions see individual titles:
Alcohol Exposed [013945]

Freaks and Geeks (1): 1) Pilot Episode; 2) Beers and Weirs; 3) Tricks and Treats

011690 DV
JS 180 min 1999 Amazon.com
Freaks and Geeks: The Complete Series - Emmy award-winning television series by NBC about the trials and tribulations of teenagers dealing with life in a Michigan high school in the 1980s, based on real-life characters. Original episodes with behind-the-scenes footage and commentary tracks of participants of the show. 1) PILOT EPISODE: Lindsay quits the academic decathlon team (a.k.a. the "mathletes") and begins hanging around with a new crowd. Her depression grows after her attempt to stop the teasing of a

special education student goes terribly wrong. She turns to the guidance counselor for advice, but he only cares about getting her back in the academic decathlon. Lindsay's brother Sam ponders asking cheerleader Cindy to the homecoming dance, while trying to cope with persistent teasing at the hands of a savage bully. 2) BEERS AND WEIRS: Lindsay hesitantly agrees having a "kegger" while her parents are away in the hopes of impressing Daniel, who has broken up with Kim. Sam and Neal become worried about alcohol abuse and switch the keg to non-alcoholic beer. Despite the lack of alcohol, the party quickly gets out of hand. Lindsay catches a reunited Daniel and Kim making out in her bedroom. When she turns to Nick for comfort, he tries to feel her up. Neal comes up with a way to break up the party before it turns into a riot. While watching his beloved Dallas show in Sam's bedroom, Bill samples the keg with the real beer and gets a little carried away. 3) TRICKS AND TREATS: Misbehavior at Halloween about candy, costumes and giving out candy to trick-or-treaters gets several teens from the group in trouble.

Human Relations; Guidance; Bullying; Alcohol and Drinking; Adolescence; Health & Safety; Mental Health Month (May)

Freaks and Geeks: The Complete Series

For descriptions see individual titles:
Freaks and Geeks (1): 1) Pilot Episode; 2) Beers and Weirs; 3) Tricks and Treats [011690]

* Gateway Drugs Action Pack

014013 DV
I 80 min CA 1995 Human Relations Media
Informs students of the extreme dangers of tobacco, alcohol, marijuana and inhalants. (372.3)

Drugs and youth; Children—Tobacco use; Health education; Drug abuse; Alcohol and Drinking; Counseling in elementary education; Smoking; Marijuana abuse; Drug abuse—Prevention; Children—Conduct of life; Children—Alcohol use; Substance abuse—Prevention; Substance abuse; Drug and Substance Abuse; Human Relations Media DVDs; Solvent abuse; Smoking and Tobacco

* Gateway Drugs and Beyond

DUI : The Hard Truth

013194 DV
S 30 min CA 2007 Human Relations Media
Explores the deadly consequences of driving under the influence of alcohol or drugs. Real narratives illustrate the impact of drugs and alcohol on driving. A career EMT narrates the tragedies of a car crash survivor

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scarred by burns, a teenager who killed his two friends after driving while intoxicated, and a woman who lost her sister on account of a car crash by a drunk driver. Includes sobering statistical evidence to prove that driving while influenced by drugs and alcohol is extremely dangerous. (363.12)

Drinking and traffic accidents; Human Relations Media DVDs; Drunk driving—Prevention; Drug and Substance Abuse; Alcohol and Drinking; Alcohol—Physiological effect; Counseling in secondary education; Drugged driving—Prevention; Teenagers—Conduct of life

Too Much : The Extreme Dangers of Binge Drinking

013174 DV

JSA 26 min CA 2006 Human Relations Media

Investigates the impact of underage drinking and its social impact. Researchers demonstrate the impact of alcohol in the body and mind, using 3-D images of the brain, to show the shutting down of the autonomic nervous system and resulting in death. Includes incidents of sexual assault of a teenage girl during spring break after a binge-drinking bout and an interview with parents of a student who dies from alcohol poisoning during a friend's party. Offers social-conscious, constructive activities, such as building housing for needy families, as an alternative to drinking. (362.292/)

Peer pressure; Teenagers—Conduct of life; Alcohol—Physiological effect; Health education; Drug and Substance Abuse; Drinking of alcoholic beverages; Substance abuse—Prevention; Binge drinking; Human Relations Media DVDs; Alcohol and Drinking; Teenagers—Alcohol use

* Getting Stupid : How Drugs Damage Your Brain

013985 DV

IJ 21 min 2003 Human Relations Media

Presents the latest scientific information on how alcohol, marijuana, inhalants and other drugs cause serious and potentially permanent damage to the human brain. Includes interviews with scientists who use actual brain scans of drug users to explain how drugs affect brain chemistry. Reveals the areas of the brain that are impacted, such as the hippocampus, blood vessels and nerve cells, describing the long and short-term effects of drug use. Also focuses on the negative consequences of teenage drinking and the physiological effects of alcohol on the developing brain. (362.29)

Family life education; Brain chemistry; Drug and Substance Abuse; Alcohol—Physiological aspects; Teenagers—Alcohol use—Prevention; Human Relations Media DVDs; Counseling in secondary education; Brain—Research; Counseling in middle school education; Brain—Magnetic resonance imaging; Alcohol and Drinking; Marijuana—Physiological aspects; Substance abuse—Prevention; Ecstasy—Physiological aspects; Drug abuse—Prevention; Narcotics—Law and legislation; Counseling in elementary education; Health education; Drug abuse—Physiological aspects; Teenagers—Drug use—Prevention

* GHB : The Facts

013992 DV

JS 23 min CA 2003 Human Relations Media

Alerts viewers to the very grave dangers of GHB (gamma hydroxybutyrate). Shows that GHB, which is created in illegal and 'dirty' labs, is a powerful depressant that is often used as a date rape drug. Odorless, tasteless and colorless, it can be slipped into drinks without detection. Includes interviews with a recovered user, a father whose son committed suicide while using GHB and a mother who lost her daughter when a friend slipped GHB into her soda. Gives insight into the damage that this life-threatening drug causes to the body, as well as the symptoms of GHB overdose and the importance of swift medical attention. (616.86)

Sedatives; Rape—Prevention; Counseling in secondary education; Gamma-hydroxybutyrate; Drug abuse—Prevention; Date rape—Prevention; Gamma-hydroxybutyrate—Health aspects; Health education; Human Relations Media DVDs; Drug and Substance Abuse; Teenagers—Drug use—Prevention; Counseling in middle school education; Alcohol and Drinking

Health for children

For descriptions see individual titles:
Drugs and Disease [013203]

Human Body for Children

For descriptions see individual titles:
All About Health & Hygiene [013241]

* Human Sexuality and Responsibility

* Thinking About Abstinence

014191 DV

JS 21 min CA 2008 Human Relations Media

Eye-opening video features diverse voices of real teens who proudly choose abstinence in their lives. Abstinence is defined as not participating in sexual intercourse of any kind, including oral sex. Lauren, a

15 year-old from New Rochelle, NY describes how her goals would be compromised by having sex. Joshua 17, an African American writer and editor for a student magazine called Sex, Etc. opts for abstinence until marriage because of personal dreams and career goals. Sara, an art major from Miami, enjoys hanging out with all her friends but doesn't think she is yet ready for a sexual relationship. Ian, a senior in San Diego enjoys dating, but chooses to steer clear of sexual activities for now. Caitlin, a senior at Cornell University, started a program called Time Out which coaches kids to explore their values when thinking about sex and relationships. Specific topics like sex in the media, why boundaries matter, confusing love and sex, risks and consequences of sex before you're ready, the importance of choosing friends, resisting drugs and alcohol, and setting life goals are thoroughly explored. (306.7)

Drug and Substance Abuse; Mass media and teenagers; Dating and Relationships; Human Relations Media DVDs; Teenagers—Sexual behavior; Abstinence; Teenagers—Conduct of life; Interpersonal relations; Alcohol and Drinking; Counseling in middle school education; Peer pressure; Counseling in secondary education

* Understanding Fetal Alcohol Syndrome

014193 DV

JS 13 min CA 2009 Human Relations Media

Viewers meet Jodee, a teenager who is afflicted with Fetal Alcohol Syndrome (FAS) because her mother drank alcohol during her pregnancy. The narrator explains that FAS represents a spectrum of physical and emotional disorders that occur because of alcohol poisoning before birth. Jodee tells her story, supported by powerful graphics revealing how the developing fetus is damaged by alcohol. The signs and symptoms of FAS are described, including low birth weight, facial abnormalities, reduced coordination, poor social skills, learning difficulties and behavioral problems. The program delivers a strong no alcohol use message to pregnant women (618.3/26)

Family life education; Drug and Substance Abuse; Parenting; Prenatal care; Alcohol and Drinking; Human Relations Media DVDs; Fetal alcohol syndrome—Personal narratives; Fetal alcohol syndrome; Fetus—Effects of drugs on

In Our Own Words: Teens and AIDS

009268 VH, DV

IJSA 20 min CA 1995 Family Health Productions

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This powerful and compelling program profiles five young people infected with HIV as teens through unprotected sexual intercourse. They address denial, living with HIV, alcohol and its potential link to risky behavior, postponing sex, condom use and the importance of making healthy decisions. Included is an Educator's Discussion Guide to facilitate pre and post screening discussion.

Adolescence; Guidance; Health & Safety; Alcohol and Drinking

*The Keg Party

013946 DV
S 25 min 2001 Human Relations Media
Explores the risks of teenage alcohol use through a powerful drama about a keg party. David reluctantly takes his younger sister to a keg party at a friend's house. At the party, the beer seems to help everyone let loose and have a good time, but things quickly spiral out of control. Before the evening is out, David's sister finds herself in a dangerous sexual situation and a serious car accident and another student dies needlessly of alcohol poisoning. (362.29)

Family life education; Human Relations Media DVDs; Alcohol and Drinking; Alcohol-Physiological effect; Health; Drinking and traffic accidents; Teenagers-Alcohol use-Prevention; Drunk driving; Substance abuse-Prevention; Drug and Substance Abuse

Media Literacy Toolbox

013103 DV
IJS 2008 New Mexico Media Literacy Proj
A complete introduction to media literacy concepts, skills and applications. The interactive DVD-ROM containing over 100 selected media examples - television commercials, magazine ads, excerpts from TV and radio shows, newspaper and magazine articles and other media messages. The activity and discussion guides teach basic media literacy concepts and skills, like the "language of persuasion" and how to deconstruct a media message. They examine media messages about body image, alcohol, tobacco, race, class, aging, and other topics, and illustrate new marketing techniques, like stealth marketing and viral marketing. The program looks "beyond the frame" and investigates our media system and the power of Big Media, independent media, media justice and media activism. It teaches how to "deconstruct" media messages, understand our changing media system and current media issues, access ideas and resources for making media and discover ways to improve our media environment.

Smoking and Tobacco; Marketing; Alcohol and Drinking; Advertising and youth; Food Pyramid and Healthy Eating; Advertising-Psychological aspects; Advertising; Media literacy

*Nutrition Myths and Facts

013917 DV
JS 23 min CA 2009 Human Relations Media
Debunks the top ten nutrition myths and offers solid facts about a nutritious diet. By using a mix of real person interviews, humorous fake commercials, and interviews with registered dietitians in a food lab, teaches how to read and understand food labels, why there is no magic potion for losing weight, tasty alternatives to junk food, and how teens can eat healthier and be happier with their own bodies. Teens learn that skipping meals is a sure fire way to gain unwanted pounds, and how even a moderate amount of exercise can make a huge difference in their overall health and well being. (612.3)

Teenagers-Conduct of life; Dietary supplements; Human Relations Media DVDs; Weight control; Food-Labeling; Health; Eating Disorders and Body Image; Nutrition; Alcohol and Drinking

*Party Smart : Avoiding Party Meltdown

013949 DV
JS 23 min 2005 Human Relations Media
Presents actual stories about teenage parties that spiraled out-of-control. Features interviews with teenagers, parents, prom promoters and law enforcement personnel who speak to the lethal combination of unsupervised parties, alcohol, drugs, and weapons. Describes the serious injury, property damage, arrests, and lawsuits that have resulted from unsupervised parties. The second half of the program teaches SMART strategies to help teens plan safe celebrations and make responsible choices. (362.29)

Alcohol and Drinking; Alcohol-Law and legislation; Human Relations Media DVDs; Drug abuse-Prevention; Teenagers-Conduct of life; Counseling in secondary education; Counseling in middle school education; Parties-Social aspects; Adolescent psychology; Teenagers-Alcohol use-Personal narratives; Proms; Drug and Substance Abuse; Life skills; Conduct of life; Alcohol abuse

Rape: Get the Facts

011504 DV
JS 23 min 2004 Human Relations Media
Law enforcement professionals, medical personnel and psychologists take viewers on a step-by-step investigation of where, how and why rape occurs with the goal of informing

viewers of the risks and providing strategies to avoid rape. Among the compelling facts: an act of rape or sexual assault occurs in our nation nearly once every two minutes: more than half of all rape victims are under the age of 18; most sexual assaults are NOT committed by strangers, but by someone the victim knows. The film explains that date rape is just as much a crime as other sexual assaults. Information is provided about the links between drugs, alcohol, and rape. Specific, practical guidelines for how to protect against rape and date rape are presented. Students will meet a woman whose unbelievable act of bravery put one rapist behind bars for good. And, a former NFL Quarterback now teaches young men a whole new set of attitudes about themselves and about their behavior towards women.

Adolescence; Alcohol and Drinking; Guidance; Human Relations Media DVDs; Sex Education; Drug and Substance Abuse

Rape : Get the Facts

013177 DV
JSA 23 min CA 2005 Human Relations Media
Examines the legal, medical, and psychological ramifications of rape. Experts explain what constitutes rape and that most assault cases are committed by acquaintances. Introduces facts about date rape drugs like Rohypnol and GHB, and explains that acquaintance rape is considered a crime. Offers practical guidelines for protection against rape and dating violence. Walks through a rape investigation to identify how and why rape occurs. Also presents current statistics that document evidence that rape victims who prosecute their attackers win in court. (362.8)

Violent crimes; Health education; Interpersonal relations; Family life education; Dating and Relationships; Acquaintance rape; Rape-Prevention; Human Relations Media DVDs; Alcohol and Drinking; Drug and Substance Abuse; Teenagers-Sexual behavior; Sex role; Counseling in middle school education; Rape victims-Personal narratives; Dating violence-Prevention; Rape-Investigation; Sex (Psychology); Dating (Social customs); Counseling in secondary education

Real Life Teens

For descriptions see individual titles:
The Darkside of Dating [011487]

Spin the Bottle: Sex, Lies & Alcohol

011039 VH, DV
JS 45 min 2004 Media Education Foundation
This program examines the role that pop culture plays in glamorizing excessive drinking and high-risk behaviors. Media critics Jean

Alcohol and Drinking

Kilbourne and Jackson Katz contrast these distorted representations with the dangerous ways alcohol consumption affects the lives of young men and women. They decode the power seductive media images have in shaping gender identity, which is linked to the use of alcohol, particularly on America's college campuses, where drinking impacts student health and academic performance. Students talk about their own experiences and reflections and reveal alcohol's alluring image. In conclusion concrete strategies for countering alcohol propaganda are offered and young people are challenged to make conscious decisions about their own lives. The DVD includes extra interviews and 10 minutes of collected commercials.

Guidance; Health & Safety; Alcohol and Drinking; Sexual Orientation and Gender Issues; Advertising; Media literacy

* Students and Self-Destructive Behavior

013836 DV

A 49 min CA 2003 Library Video Company

Conflict Resolution for Educators Series - Due to stress or trauma in their everyday lives, students may begin to abuse drugs or develop eating disorders to cope. This video outlines for school staff members strategies and steps to take when dealing with troubled students. When the warning signs are missed, a drinking problem can get out of control or a problem with bulimia can end up with a child in the emergency room. These vignettes provide a basis for discussing and facing these serious issues. (158.1)

Mental Health Month (May); Bullying; Professional education; Drug and Substance Abuse; Alcohol and Drinking; Self-esteem; Food Pyramid and Healthy Eating; Conflict management—Study and teaching; Teachers—Training of

* Substance Abuse

* Underage Drinking : Know the Facts, Know the Risks

013951 DV

JS 27 min CA 2004 Human Relations Media

Examines the physiological effects of alcohol and relates the number of deaths caused by alcohol abuse and drunk driving. Describes how alcohol can permanently damage the adolescent brain and documents the risky trend of teenage binge drinking which leads to alcohol poisoning. Also discusses the legal aspects of underage drinking and drinking and driving, and explores how alcohol can be a gateway drug to other illegal substances. (362.292)

Counseling in secondary education; Alcohol—Law and legislation; Drug and Substance Abuse; Decision making; Alcohol—Toxicology; Substance abuse—Prevention; Health education; Teenagers—Alcohol use; Counseling in middle school education; Family life education; Life skills; Alcohol—Physiological effect; Alcoholism—Prevention; Drunk driving—Interviews; Alcohol and Drinking; Drinking and traffic accidents; Human Relations Media DVDs

What is Alcoholism?

013175 DV

JSA 22 min CA 2004 Human Relations Media

The definition of alcoholism is explored in addition the severe effects of heavy drinking on health. Four teenage youth demonstrate the problems of alcohol abuse. The program makes clear the problems of alcohol addiction and identifies signs and symptoms. Alcoholism effects the body, brain, and central nervous system of the individual. It also has a social impact, borne by both family and society. Also discussed are ways to find help and overcome alcohol addiction. (616.86)

Drug and Substance Abuse; Alcohol and Drinking; Health education; Family life education; Brain—Effect of drugs on; Human Relations Media DVDs; Teenagers—Alcohol use—Personal narratives; Alcoholics—Rehabilitation; Alcoholism—Treatment; Counseling in middle school education; Alcoholism—Prevention; Alcohol—Physiological effect; Alcoholics—Family relationships; Alcohol—Law and legislation; Counseling in secondary education; Drinking and traffic accidents

Surviving High School

009024 VH, DV

JSA 59 min 1999 AIMS Multimedia

Teen Files, The Series - This program addresses stress management, self esteem, social skills, resisting peer pressure, behavioral choices and consequences, conflict resolution, safety and injury prevention, eating disorders, alcohol and drug education, suicide prevention, youth-at-risk, and family life issues. Eleven teens struggling to fit in exemplify these problems. Their challenges are to find solutions to the bullying, harassment, and exclusion that have been tearing their school apart. The program motivates teens to face modern-day pressures and make positive changes on how they perceive themselves and treat others. Also recommended for teachers and parents.

Health & Safety; Drug and Substance Abuse; Drug abuse; Guidance; Adolescence; Mental Health Month (May); Food Pyramid and Healthy Eating; Alcohol and Drinking; Bullying

Targeted! : how tobacco and alcohol companies try to get you hooked

013040 DV

JS 24 min CA 2004 Human Relations Media

Explores how the alcohol and tobacco industries target youth with their marketing tactics. Looks at a variety of advertisements and media images designed to entice teenagers into drinking and smoking. Describes commonly used advertising tactics such as alco-pops and flavored cigarettes to lure youth into alcohol and tobacco. Underlines the severe health risks associated with smoking and drinking in adolescence. (362.29)

Family life education; Advertising—Alcoholic beverages; Counseling in secondary education; Alcohol—Physiological effect; Drug and Substance Abuse; Teenagers—Tobacco use; Counseling in middle school education; Tobacco—Physiological effect; Persuasion (Psychology); Propaganda; Smoking—Prevention; Alcoholism—Prevention; Advertising and youth; Teenagers—Alcohol use; Health education; Alcohol and Drinking; Target marketing; Human Relations Media DVDs; Advertising—Cigarettes; Advertising—Psychological aspects; Smoking and Tobacco; Substance abuse—Prevention

* Teen Challenges and Choices

* Alcohol and Sex : Prescription for Poor Decision-Making

013967 DV

JS 22 min 1999 Human Relations

Explores the relationships between alcohol use and sexual activity among teenagers. Interviews with teens relate how their first sexual experiences were associated with alcohol consumption. Also emphasizes how rapes and unwanted pregnancies are the result of poor decisions made under the influence of alcohol and binge drinking. Explains the physiological aspects of alcohol, describing how it impairs thinking and hinders decision-making skills. (616.86)

Alcohol and Drinking

Brain—Effect of drugs on; Counseling in middle school education; Teenagers—Sexual behavior—Interviews; Drug and Substance Abuse; Alcohol—Physiological aspects; Drug abuse—Prevention; Substance abuse—Prevention; Counseling in secondary education; Dating and Relationships; Human Relations Media DVDs; Life skills; Alcohol and Drinking; Family life education; Health education; Teenagers—Alcohol use—Interviews; Alcoholism—Prevention

Manic-depressive illness; Teenagers—Conduct of life; Depression in adolescence; Counseling in secondary education; Alcohol and Drinking; Depression, Mental; Drug and Substance Abuse; Mental Health Month (May); Human Relations Media DVDs; Depression in adolescence—Personal narratives

Brain—Effect of drugs on; Substance abuse; Recovering addicts—Interviews; Physical Education; Counseling in middle school education; Human Relations Media DVDs; Alcoholism; Counseling in secondary education; Risk-taking (Psychology); Drunk driving; Steroids; Medication abuse; Marijuana—Physiological effect; Guidance; Health education; Drug and Substance Abuse; Teenagers—Drug use; Drug abuse; Stress in adolescence; Adolescent psychology; Teenagers—Alcohol use; Alcohol and Drinking

Teen Files, The

For descriptions see individual titles:
Surviving High School [009024]

* Binge Drinking : The Facts

013947 DV

JS 22 min 1998 Human Relations Media

Examines the current trend of binge drinking among high school and college students. Describes how consuming excessive amounts of alcohol at one time can lead to alcohol poisoning. Talks with young people about this type of alcohol abuse and its life-threatening consequences. Features interviews with physicians and emergency medical personnel and demonstrates the correct life-saving procedures to follow if someone is suffering from alcohol poisoning. (362.29/2)

Alcohol—Toxicology; Substance abuse—Prevention; Human Relations Media DVDs; Alcohol and Drinking; Teenagers—Alcohol use—Personal narratives; Health education; Alcohol—Physiological aspects; Counseling in secondary education; Counseling in middle school education; Drinking of alcoholic beverages—Social aspects; Alcoholism—Prevention; Drug and Substance Abuse; Family life education

* Teen Depression : Signs, Symptoms and Getting Help

014145 DV

JS 19 min CA 2009 Human Relations Media

Emphasizes the message that depression is a medical illness, not a sign of weakness or a flaw in character. Real teens from diverse backgrounds talk about their struggles with depression and their strategies for recovery. Students learn the warning signs of depression; that resorting to alcohol and drugs only makes depression worse; that seeking help is an act of strength, not weakness. Experts describes different kinds of depression and explain that depression can result from a variety of genetic, biological, and social causes. They stresses the difference between normal feelings of sadness and clinical depression and explain how to recognize the signs of depression in themselves, their friends or classmates, and what they can do to seek help. (616.85)

* This is Your Brain on Alcohol

013940 DV

J 17 min CA 2005 Human Relations Media

Charismatic high school students present to middle school students groundbreaking information about the effects of alcohol on developing brains. New studies show that the complex brain builds its basic capacities and potential for the future during the adolescent years. Alcohol use during this time has a major impact because it disrupts the growing brains plasticity (encoding and programming progress), which in turn impairs its response to stimuli essential to learning and memory. New evidence shows that the brain continues to develop until the age of 24, three years past the legal drinking age. The message to middle school students in this peer education program is clear: alcohol use is not healthy or cool, most kids do not use alcohol, and those who drink risk irreversible damage to their developing brains. (616.86)

Alcohol—Physiological effect; Alcohol and Drinking; Drinking of alcoholic beverages; Human Relations Media DVDs; Brain—Anatomy; Teenagers—Alcohol use; Counseling in middle school education; Family life education; Teenagers—Conduct of life; Health education

The Top Ten Myths About Alcohol and Drugs

012708 DV

IJS 21 min CA 2007 Human Relations Media

Addresses myths about drugs and alcohol abuse such as "Everybody's doing it," "I can stop anytime I want," "Beer isn't as bad as hard liquor," and "Steroids don't damage the body." Viewers also learn that recovery from addiction is very difficult. Closes with the advice that "sorting out what is myth and what is real requires being skeptical about the rumors and being diligent about searching out the truth." (362.29)

True Stories

Alcohol : True Stories

012432 DV

IJS 20 min 2002 Blake Works, Inc. Actor Matt Damon presents true stories about the impact of alcohol on the live of four teenagers. The program explores why young people drink and offers compelling reasons not to use alcohol. Discusses drinking and driving, alcohol addiction, and the physiological effects of alcohol, including impaired judgment. Teachers find the stories diverse and the training tools in the DVD and the printed guide useful. They like to use clips for peer leadership training. (362.29)

Health education; Health & Safety; Alcohol and Drinking; Drunk driving; Drug and Substance Abuse; Alcoholism—Prevention; Substance abuse—Prevention; Counseling in middle school education; Drug abuse—Prevention; Counseling in secondary education; Alcohol—Physiological aspects; Guidance; Family life education; Alcohol—Social aspects; Teenagers—Alcohol use—Personal narratives

Drugs: True Stories

012433 DV

IJS 30 min 2007 Blake Works, Inc. Story about a teenager's abuse of alcohol, marijuana and the addiction to prescription pills. Spiraling addiction, denial and recovery are discussed. Q & A at Center for Substance Abuse Treatment and Harvard's Division on Addiction. Teachers find the training tools on the DVD and the printed guide very useful. They like to show clips i.e. for peer leadership training.

Health & Safety; Drug and Substance Abuse; Drug abuse; Alcohol and Drinking; Drug abuse—Prevention

Alcohol and Drinking

⌘ **Underage drinking : a video guide for parents and professionals**

013913 DV

A 34 min 2004 Human Relations Media

Expert interviews provide parents and educators with straightforward information about underage drinking. Reveals the latest research on adolescent brain damage due to alcohol and documents the increased risk of accidents and drunk driving fatalities. Informs parents of their legal liabilities if teenagers are drinking in their homes or at unsupervised parties. Emphasizes the important role of parents in preventing teenage alcohol use and the need for honest communication between parent and child. (372.82)

Health; Teachers—Training of; Substance abuse—Prevention; Alcohol and Drinking; Alcohol—Physiological effect; Alcohol—Law and legislation—United States; Professional education; Parent and teenager; Teenagers—Alcohol use; Drug and Substance Abuse; Alcohol—Toxicology; Human Relations Media DVDs; Drunk driving; Family life education; Drunkenness (Criminal law); Alcoholism—Prevention

⌘ **Without warning : the dangers of alcohol poisoning and binge drinking**

013943 DV

JS 16 min 1996 Human Relations Media

Emphasizes the dangers of underage drinking and why drinking alcohol in excess can have life-threatening consequences. Presents the facts about alcohol poisoning that can result from binge drinking. Features the personal stories of families who have lost a teenager to an alcohol overdose. Identifies the symptoms of alcohol poisoning and what to do if someone needs help. (616.86)

Family life education; Drug and Substance Abuse; Human Relations Media DVDs; Substance abuse—Prevention; Alcohol—Toxicology; Counseling in secondary education; Alcohol and Drinking; Drug abuse—Prevention; Health education; Teenagers—Alcohol use; Alcohol—Physiological aspects; Alcoholism—Prevention; Counseling in middle school education