

Smoking and Tobacco

* **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 Dangers of Smoking

013224 DV
I 23 min CA 1999 Library Video Company

Smokin' : somebody Stop Me! Series - Provides factual evidence of the high number of kids who start smoking each day, chemicals in cigarette smoke, and deaths caused by smoking. Reveals the impact tobacco has on society and individuals. Discusses long-term and short term effects of smoking on health, from shortness of breath, yellow teeth,

heart diseases, and lung cancer. (613.85 D)

Tobacco habit; Smoking; Peer pressure; Health education; Spanish language materials–Bilingual; Advertising and youth; Smoking and Tobacco; Teenagers–Tobacco use

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

* **Drugged Driving : The Road to Disaster**

013986 DV
SA 25 min CA 2009 Human Relations Media

Emergency room doctors and police investigators trained to recognize drug-impaired drivers present a hard, on-the-scene look at how drugs impact driver alertness, reflexes and perception skills. A prosecutor specializing in DUI cases explains the legal consequences following a drugged driving crash. Finally, a mother recreates the tragic story of how her daughter died in a drugged driving crash caused by smoking marijuana. Provides a comprehensive view of the devastating effects of drugged driving on teens, their families and their communities. (362.29/2)

Smoking and Tobacco; Drugged driving; Human Relations Media DVDs; Family life education; Counseling in secondary education; Drug and Substance Abuse; Drugged driving–Personal narratives; Marijuana abuse–Personal narratives; Parenting

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:
Smoking Exposed [013939]
Spit Tobacco Exposed [014205]

* **The Five Essential Habits of Healthy Teens**

013922 DV
JS 17 min CA 2009 Human Relations Media

Viewers follow Dr. Mohr, a Registered Dietitian and Board Certified Specialist in Sports Dietetics, as he explores the five essential habits that promote health: eating a nutritious diet, starting each day with breakfast, exercising daily, getting enough sleep and staying drug-free. Dr. Mohr follows real teens as they demonstrate each of the five strategies. Teens learn that eating a nutritious diet can be fast and easy; that exercise can come from dancing, bike riding or just about any activity. Next, viewers visit a sleep lab to learn the consequences of poor sleep habits. Finally, Dr. Mohr moderates a teen forum focused on how substance abuse and smoking impact health. Filled with helpful hints, easy recipes and lots of encouragement, the program motivates students to set the

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foundation for life-long good health. (613)

Nutrition; Smoking and Tobacco; Counseling in secondary education; Teenagers—Conduct of life; Counseling in middle school education; Eating Disorders and Body Image; Human Relations Media DVDs; Drug and Substance Abuse; Exercise; Substance abuse—Prevention; Health

Freaks and Geeks (3): 7) Carded and Discarded; 8) Girlfriends and Boyfriends; 9) We've Got Spirit

012075 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. 7) CARDED AND DISCARDED: Sam, Neal and Bill befriend a new student but are afraid to lose her to cheerleaders; the others get fake IDs to see a hot local band at a bar only to discover a terrifying secret about the headlining act. 8) GIRLFRIENDS AND BOYFRIENDS: Lindsay agrees to come to Nick's house while his parents are away. She is ambivalent about "going all the way" and gets lectured by her parents about sex; it turns out that Nick does not want to rush things; Sam gets advice from a friend how to get closer to Cindy. 9) WE'VE GOT SPIRIT: Lindsay is tired of Nick smoking pot and trying to break up with him, things get complicated when her friends and her mother get involved; Sam wants to impress Cindy by trying out for school mascot but is disheartened when he finds out that she started dating a star player.

Guidance; Drug and Substance Abuse; Smoking and Tobacco; Drug abuse; Adolescence; Human Relations; Dating and Relationships; Sex Education

Freaks and Geeks (5): 13) Chokin' and Tokin'; 14) Dead Dogs and Gym Teachers; 15) Noshing and Moshing

012077 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. 13) CHOKIN' AND TOKIN': Alan thinks Bill lies about his peanut allergy and slips some peanuts into

his sandwich; Bill is hospitalized in serious condition; Alan visits and apologizes; Lindsay is worried about Nick's addiction to marijuana, he says she has no right to judge him, not having tried it herself; Lindsay tries smoking a joint and gets completely wasted, Millie helps her recover; 14) DEAD DOGS AND GYM TEACHERS: Kim accidentally hits Millie's dog with her car and kills him; she feels bad and befriends Millie without telling her the truth; when she does, Millie storms off; Lindsay consoles Millie and skips a rock concert she had been dying to go to; Nick and Ken get into a fight about Lindsay; Bill has trouble with his mother dating his gym coach. 14) NOSHING AND MOSHING: Neal wrestles with the dilemma about his father's affair, his grades slip and he gets in trouble with his teachers; he finally confides in his mother who tells him that she already knew about it; Lindsay is punished for coming to the aid of a classmate; Kim's boyfriend Daniel is under pressure at home, where he needs to help with his disabled father; Kim finds him unreliable and breaks up with him; Daniel turns to punk music and goes to a punk club where he gets physically abused in a mosh pit, he then seeks comfort in Kim's arms.

Adolescence; Health & Safety; Drug and Substance Abuse; Guidance; Drug abuse; Smoking and Tobacco; Human Relations; Dating and Relationships

Freaks and Geeks: The Complete Series

For descriptions see individual titles:

Freaks and Geeks (3): 7) Carded and Discarded; 8) Girlfriends and Boyfriends; 9) We've Got Spirit [012075]

Freaks and Geeks (5): 13) Chokin' and Tokin'; 14) Dead Dogs and Gym Teachers; 15) Noshing and Moshing [012077]

*** 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**

Tobacco and Death : Perfect Together

013039 DV

JS 28 min CA 2006 Human Relations Media

Introduces teens to the damage to the body from use of tobacco. It presents interviews with smokers and their families battling with smoking-related diseases. Leading anti-tobacco experts weigh in the evidence through the latest statistics on morbidity and mortality rates, including the rising numbers of deaths of young adults caused by tobacco use. (613.85)

Smoking; Teenagers—Tobacco use; Smoking and Tobacco; Peer pressure; Drug and Substance Abuse; Tobacco—Physiological aspects; Health education; Tobacco habit; Teenagers—Conduct of life; Human Relations Media DVDs

*** Kicking Nicotine : A How-To for Students**

013936 DV

29 min CA 1996 Human Relations Media

Aimed at helping students recognize that they have options about their use of tobacco. (613.85)

Smoking and Tobacco; Human Relations Media DVDs; Nicotine—Physiological effect; Cigarette habit—Treatment; Tobacco—Physiological effect; Smoking cessation; Tobacco habit.—Treatment

*** The Leader of the Pack**

013937 DV

IJS 16 min CA 2003 Human Relations Media

Teaches children to recognize the dangers of tobacco use. Young Henry, new to the neighborhood and lonely, 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", an exhibit called "Stinky, the World's Grossest Kid" and the ride "The Boy Who Couldn't Stop Smoking". Before long, Henry realizes that Smokey's park isn't cool, it's a prison, and he needs to escape. (362.29)

Health education; Cigarettes—Physiological aspects; Counseling in elementary education; Drug and Substance Abuse; Nicotine addiction; Substance abuse—Prevention; Tobacco—Physiological effect; Tobacco—Advertising—Psychological aspects; Smoking—Prevention; Human Relations Media DVDs; Tobacco habit; Smoking and Tobacco

Smoking and Tobacco

* **Marijuana : A Video Guide for Parents and Professionals**

013911 DV

A 27 min 2004 Human Relations Media

Presents the latest medical research involving the toxicology of marijuana. Introduces the findings of Dr. Michael Roth and Dr. Zuo-Feng Zhang of the UCLA School of Public Health who describe the link between marijuana use and cancer of the lungs, neck, tongue and jaws. Features an interview with Dr. Paul J. Donald, a head and neck cancer surgeon, who presents in graphic detail the devastating physiological results of these cancers. Also discusses the therapeutic use of marijuana, the addictive qualities of the drug, and how smoking marijuana impairs brain function and causes depression. (362.29)

Teenagers-Drug use; Health; Drug abuse-Prevention; Lungs-Cancer; Marijuana-Psychological aspects; Cancer cells-Growth; Teachers-Training of; Substance abuse-Prevention; Drug and Substance Abuse; Marijuana abuse-Prevention; Marijuana-Therapeutic use-United States; Family life education; Marijuana-Toxicology-Case studies; Marijuana-Law and legislation-United States; Smoking and Tobacco; Marijuana-Physiological aspects; Neck-Cancer; Professional education; Jaws-Cancer; Human Relations Media DVDs; Tongue-Cancer; Mental Health Month (May); Parent and teenager

* **The Marijuana Papers : Research Update**

014010 DV

JS 23 min CA 2005 Human Relations Media

Presents the latest medical research on how marijuana impacts brain chemistry and function. Leading experts identify the physical and psychological aspects of smoking marijuana. The program focuses specifically on the localization of brain function related to learning skills, memory, and concentration, using magnetic resonance imaging to compare a normal teenage brain to a brain affected by marijuana use. (362.2/93)

Brain-Effect of drugs on; Marijuana-Psychological aspects; Marijuana-Physiological aspects; Substance abuse-Prevention; Marijuana abuse-Prevention; Health education; Human Relations Media DVDs; Brain-Magnetic resonance imaging; Counseling in secondary education; Family life education; Brain chemistry-Research; Teenagers-Drug use-Prevention; Marijuana-Toxicology-Research; Counseling in middle school education; Smoking and Tobacco; Drug and Substance Abuse; Drug abuse-Prevention

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 Healty Eating; Advertising-Psychological aspects; Advertising; Media literacy

Nova

For descriptions see individual titles:
Search For a Safe Cigarette [010765]

Quitting Smoking

013238 DV

JS 23 min CA 1999 Library Video Company

Smokin' : somebody Stop Me! Series - Carries a serious message about breaking the addiction to nicotine, in an enjoyable musical score that appeals to the young. Teen and Nico debate the pros and cons of smoking and discuss techniques of breaking the addiction. Combines scientific facts and common-sense approach to the harsh realities of teen smoking. Discusses proven ways to increase

the chances of successfully kicking the habit. (613.85)

Tobacco habit; Smoking and Tobacco; Substance abuse-Prevention; Teenagers-Tobacco use; Drug and Substance Abuse; Health education; Smoking

* **Say No to Tobacco**

* **How I Quit Smoking and Saved My Life**

014215 DV

JS 29 min CA 2002 Human Relations Media

Presents a dramatization of a teenager's battle with cigarette smoking. Provides insight into nicotine addiction and how difficult it is to break the tobacco habit and stop smoking. Emphasizes the physiological and psychological aspects of smoking, describing how easily teenagers fall prey to tobacco use. Encourages tobacco users to quit smoking by way of a nationwide smoking cessation program proven effective in helping teenagers break their tobacco addiction. (362.29)

Cigarette smokers-Treatment; Smoking and Tobacco; Teenagers-Tobacco use; Tobacco-Physiological aspects; Smoking cessation programs; Health education; Nicotine-Physiological aspects; Smoking-Prevention; Tobacco habit.-Treatment; Teenagers-Interviews; Counseling in secondary education; Family life education; Human Relations Media DVDs; Tobacco habit; Counseling in middle school education

* **Secondhand Smoke : A Matter of Life & Breath**

014217 DV

JS 11 min CA 2002 Human Relations Media

Looks at secondhand smoke, also called passive smoke, and its continued impact upon non-smokers. Helps viewers learn more about this dangerous health concern that can cause serious diseases. Offers 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. Lists all the harmful substances in secondhand smoke and the types of respiratory ailments that can occur. Includes helpful advice from teen advocates who encourage viewers to avoid situations where they will be exposed to these carcinogenic toxins and to promote smoking prevention. (616.86)

Smoking and Tobacco

Passive smoking; Smoking–Prevention; Passive smoking–Health aspects; Cigarettes; Drug and Substance Abuse; Tobacco smoke pollution–Health aspects; Human Relations Media DVDs; Teenagers–Tobacco use–Prevention; Smoking and Tobacco; Health education

* Why? : The Psychological Triggers of Tobacco

013934 DV

JS 27 min 1998 Human Relations Media

Offers insight into why teens begin to smoke and continue to smoke throughout adulthood. Family, peer pressure, and the adolescent's search for identity are seen as outstanding factors in teenagers developing a lifelong addiction to tobacco. Also illustrates how the advertising industry targets teenage clients who are susceptible to ad campaigns linking smoking with rebellion and freedom. (613.85)

Human Relations Media DVDs; Motivation Research (Marketing); Tobacco–Physiological effects; Social studies; Family life education; Media literacy; Peer pressure; Smoking–Physiological effects; Smoking–Psychological aspects; Tobacco habit–Psychological aspects; Self-esteem; Smoking and Tobacco; Advertising–Tobacco industry; Advertising–Psychological aspects

Saying No

011352 DV

PI 25 min 2000 Live Wire Video
You Can Choose! Series - When her best friend pressures her to smoke cigarettes, Missie Mouse has to choose whether to say "no" to a friend or do something she knows is wrong. This series on social and emotional learning combines comedy, drama, music, peer-education, and role-modeling for developing self-esteem, preventing risky behaviors such as drug abuse, and empowering young people to make good choices. With youth counselor and comedian Michael Pritchard.

Human Relations; Guidance; Drug and Substance Abuse; Smoking and Tobacco

Search For a Safe Cigarette

010765 DV

JS 60 min CA 2001 WGBH
Nova Series - NOVA production about the tobacco industry and the toxicity of the cigarettes they manufacture. The program demonstrates that superheated tobacco creates 45 known carcinogens and tobacco-specific nitrosamines that damage human DNA. Tobacco's role in U. S. history, shrewd cigarette marketing, the effects of nicotine, and the impact of the Surgeon General's warning are discussed. The tobacco industry is exploring "safer" tobacco products and

working on a smoking system with reduced-risk cigarettes.

Industry-History; Health & Safety; Smoking and Tobacco

Smokin' : somebody Stop Me!

For descriptions see individual titles:
The Dangers of Smoking [013224]
Quitting Smoking [013238]
Teen Smoking [013237]
Why Kids Smoke [013225]

* Smoking Exposed

013939 DV

JS 18 min 1999 Human Relations Media

Exposed Series - In an effort to get teens to stop smoking before they start, presents straightforward facts about virtually every harmful effect that smoking can cause. Through hard-hitting interviews and information-packed narration, looks at how smoking causes heart disease and cancers of the lungs, throat and mouth. Also shows how it can lead to serious physical debilitation, damage to one's appearance and ability to perform tasks, and result in an addiction that is extremely difficult to break. Proves that billions of dollars are spent on advertising cigarettes to teens. Also exposes the new danger to teens of herbal cigarettes and bidis. (362.29)

Teenagers–Tobacco use; Human Relations Media DVDs; Drug and Substance Abuse; Counseling in secondary education; Family life education; Substance abuse–Prevention; Counseling in middle school education; Health education; Smoking–Prevention; Teenagers–Conduct of life; Smoking and Tobacco

* Spit Tobacco Exposed

014205 DV

JS 18 min CA 1999 Human Relations Media

Exposed Series - Presents a strong and memorable message that the use of smokeless or spit tobacco can kill and kill quickly. Using interviews with users, former users and cancer patients, reveals that chewing tobacco is a disgusting habit that often causes serious health problems, and puts young people at great risk to early disease and death. Stark footage shows some of the devastating damage that spit tobacco or snuff does to teeth, gums and mouth. (362.29)

Human Relations Media DVDs; Health education; Smoking and Tobacco; Peer pressure; Smokeless tobacco; Drug and Substance Abuse; Teenagers–Drug use; Teenagers–Conduct of life; Substance abuse–Prevention; Counseling in secondary education; Family life education; Counseling in middle school education

* Substance Abuse

* No Ifs, ands or Butts : Smoking Kills

013935 DV

JS 24 min CA 2002 Human Relations Media

Explores the detrimental physiological effects of tobacco use, revealing the numerous health risks associated with tobacco addiction. Illustrates how smoking impacts the throat and lungs, comparing healthy organs to those of a cigarette smoker. Shares the personal stories of a man diagnosed with throat cancer and a teenager's life-threatening disease both caused by smoking. Reveals how teenagers are prime targets of tobacco advertisers and encourages young people to avoid using tobacco products. (613.85)

Advertising–Tobacco–Social aspects; Peer pressure; Cigarette smokers–Diseases; Lung–Diseases, Obstructive; Health education; Advertising–Tobacco–Psychological aspects; Counseling in middle school education; Drug and Substance Abuse; Emphysema, Pulmonary; Cigarettes–Additives; Smoking and Tobacco; Teenagers–Tobacco use–Interviews; Human Relations Media DVDs; Counseling in secondary education; Tobacco–Physiological aspects; Vocal cords–Cancer; Tobacco habit; Smoking–Prevention; Lungs–Cancer

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)

Smoking and Tobacco

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 Smoking

013237 DV

JS 23 min CA 1999 Library Video Company

Smokin' : somebody Stop Me! Series - This episode provides the hard facts about what smoking can do to the human body and the physical effects of a cigarette habit that begins in the teenage years. Focuses on the health dangers of smoking and why teenagers are so easily lured into smoking. Discusses the effects of peer pressure, tobacco industry advertising, and teenage rebellion. Combines scientific facts and common-sense approach. While reviewing dangers of smoking, it introduces teens to the idea that one can quit through persistence. In powerful documentary segments, teens talk about their own experiences and the results of smoking. Leading experts present factual information. (613.85 T)

Mass media and public opinion; Teenagers—Tobacco use; Mass media and youth; Health; Counseling in middle school education; Advertising and youth; Tobacco habit—Physiological effect; Smoking and Tobacco; Peer pressure; Family life education; Sociology; Social studies; Smoking; Advertising—Cigarettes; Counseling in secondary education; Psychology

*Think Twice : Marijuana and Cancer

014012 DV

JS 18 min 2002 Human Relations Media

Examines the latest research that links marijuana smoking with head and neck cancers in addition to the already known risk of developing lung cancer. Tells the story of a young man whose chronic marijuana abuse caused cancer of his tongue, neck and jaw. Also reveals the recent research of Dr. Paul Donald who has been studying head and neck cancers in young people. Includes photographs of young marijuana smokers who have developed similar cancers and chest

x-rays of marijuana users with lung cancer. (616.86)

Jaws—Cancer; Tongue—Cancer; Teenagers—Drug use—Prevention; Health education; Substance abuse—Prevention; Marijuana abuse—Prevention; Drug abuse—Prevention; Drug and Substance Abuse; Human Relations Media DVDs; Smoking and Tobacco; Neck—Cancer; Lungs—Cancer; Marijuana—Physiological aspects—Research; Marijuana in popular culture; Head—Cancer

*This Is Your Brain on Tobacco : A Research Update

013938 DV

J 16 min CA 2009 Human Relations Media

Visits a brain lab to present the latest research on the effects of nicotine on the brain. Identifies some basic facts about the dangers of tobacco use and why teens are at an especially great risk for becoming hooked on tobacco. Also visits a research lab at Duke University where scientists are investigating why quitting smoking is so difficult. Only two of the six teen smokers interviewed have been able to quit. (616.86)

Smoking and Tobacco; Human Relations Media DVDs; Brain—Research; Teenagers—Tobacco use; Health education; Smoking cessation; Counseling in middle school education; Smoking—Physiological effect; Teenagers—Conduct of life; Counseling in secondary education

The Totally Disgusting Tobacco Gross Out Video

013041 DV

IJ 19 min CA 2008 Human Relations Media

A group of teenagers search for the worst effects of tobacco, both smoked and smoke-less, in their health class. Their findings through conversations and pictures provide a graphic illustration of the adverse effects of tobacco on one's appearance and health. The program underlines damage caused to lungs, heart, and brain in order to prevent young people from ever taking the first puff. (613.8/5)

Children—Tobacco use—United States; Smoking; Smokeless tobacco; Advertising—Cigarettes—United States; Counseling in middle school education; Tobacco chewing; Counseling in elementary education; Health education; Tobacco habit; Human Relations Media DVDs; Smoking and Tobacco; Teenagers—Conduct of life

Why Kids Smoke

013225 DV

JS 23 min CA 1999 Library Video Company

Smokin' : somebody Stop Me! Series - Examines the reasons children are drawn to experimenting with cigarettes in the first place and why so many find that they are unable to stop once they have started. (613.85 W)

Teenagers—Tobacco use; Social influence; Peer pressure; Tobacco habit; Smoking; Health education; Advertising and youth; Smoking and Tobacco

You Can Choose!

For descriptions see individual titles: Saying No [011352]