



## **Media Resource List**

### **DRUG AND ALCOHOL EDUCATION**

#### **Addiction and the Human Brain**

**DVD - Grades 7 - College; 28 minutes**

**Description:**

Drug addiction is a disease of the brain, and teens are at highest risk for acquiring this disease. That is the startling conclusion recently arrived at by brain experts, based on the latest research findings. This program illustrates the amazingly complicated structure and function of the brain using colorful and compelling visuals and computer animations. It explains the changes to the brain caused by prolonged use of drugs such as cocaine, heroin, nicotine, alcohol and methamphetamine, and shows why voluntary drug use eventually becomes involuntary and compulsive. Studies indicate that drugs affect the developing brain more than the brain of someone more mature, thus putting teens at a higher risk of addiction. Interviews with recovering teen addicts, an addiction counselor, and brain experts and researchers give the program realism and intensity, and provide sobering thoughts to viewers.

#### **Are You Addicted?**

**DVD - Grades 7 - College; 29 minutes**

**Description:**

The program, hosted by two medical experts on substance abuse and addictive adolescent behavior, gives us the current definition of addiction and walks students step-by-step through the signs and symptoms that can lead individuals toward destructive addictive behavior. Three young people currently dealing with addictions are observed. We find out how they became addicted and how they are struggling to overcome it. The end of the video emphasizes recovery.

#### **Bath Salts: The Deadly Facts**

**DVD - Grades 7 - College; 19 minutes**

**Description:**

Bath salts are the newest drug scourge to hit the US. They are currently available online, in gas stations and convenience stores across the nation. In the first few months of 2011, poison control centers nationwide reported a record-breaking increase in ER visits related to bath salts. This timely program gives viewers the hardcore truth about this highly addictive substance which causes intense paranoia, psychosis and suicidal thoughts. A drug abuse expert who treats young people in the grips of bath salt addiction speaks bluntly about this methamphetamine-like drug. The gut-wrenching story of Jarrod Moody, a young man who took his own life after a binge on bath salts caused him to spiral out of control, makes a powerful case against experimenting with bath salts.

#### **Broken Lines: A Story of Addiction**

**DVD - Grades 7 - College; 32 minutes**

**Description:**

*Broken Lines* is a true story of hope, transcendence, and ultimately victory over drug addiction. We are all familiar with tragic stories of those who have succumbed to drug overdose and abuse, but we are not so familiar with those who have survived and triumphed. *Broken Lines* shares the unique insights of a bright young man who survived a near fatal accident and overcame numerous obstacles including ADHD, impulse control disorder, and chronic anxiety. It is the story of promise and the impossible made possible.



## **Do I Have a Problem? Recognizing Drug and Alcohol Addiction**

**DVD - Grades 7 - College; 24 minutes**

### **Description:**

This unique program asks viewers a series of questions to help them focus on whether or not they have a problem with alcohol and other drugs. Questions include: *Does your use of drugs or alcohol cause problems at school or at home? Have you found that you need increased amounts of alcohol or other drugs in order to get intoxicated or high? Do you feel like you would like to cut down or control your drinking or use of other drugs but can't?* After each question, viewers hear the personal reflections of young recovering addicts and comments from a leading addiction expert. At the end of the program, students are asked to assess their responses. Program also offers specific advice about how to get help.

## **High on Painkillers: Addiction and Overdose**

**DVD - Grades 7 - College; 21 minutes**

### **Description:**

The truth about the abuse of prescribed painkillers is startling. Abused painkillers such as Oxycodone, Vicodin and methadone are responsible for more deaths than cocaine and heroin combined. According to the Centers for Disease Control, prescription painkillers have surpassed car crashes as the leading cause of accidental deaths in the United States. Students learn the dynamics of painkiller addiction and abuse through the personal stories of teens who have been hooked on legal pain killers. These teens describe the downward spiral of addiction that can eventually lead to death by overdose. Former users, physicians and drug education experts communicate the hard facts to viewers including how difficult it is for users to cope with withdrawal symptoms such as depression, anxiety, shakiness and lack of energy.

## **High on Spice: The Dangers of Synthetic Marijuana**

**DVD - Grades 7 - College; 14 minutes**

### **Description:**

In this hard-hitting program, viewers learn the dangers of a newly banned drug called Spice or K2. Until December 2010, Spice was legally sold around the country as incense ("not for human consumption") in convenience stores, head shops and on the Internet. Hundreds of ER visits and calls to poison control centers nationwide prompted the DEA to categorize Spice as a Schedule I substance. Although now illegal, Spice continues to be abused by teens who assume the herbal mixture—which is sprayed with various synthetic cannabinoids—is a substitute for marijuana. Viewers hear from young adults who were hooked on Spice with scary and sometimes life-threatening results including terrifying anxiety attacks, hallucinations, escalated blood pressure and addiction. The program also interviews drug counselors and law enforcement personnel who emphasize the dangers of experimenting with any substance that contains unknown quantities of experimental chemicals. Program clearly and memorably lays out the truth about this unpredictable drug and its potential to cause great harm.

## **Marijuana: Just the Facts Please**

**DVD - Grades 7 - College; 18 minutes**

### **Description:**

There is still a great deal of confusion surrounding Marijuana and its effects on the mind and body. This straightforward program does not preach or distort, but simply supplies students with the latest science-based information. Does marijuana use cause cancer? Is Marijuana addictive? Does Marijuana lower IQ? Is Marijuana a gateway drug? Is Marijuana valuable as a medicine? These and other questions are explored by scientists and physicians and contrasted with generally held opinions by the public, teenagers and college students.



### **Opioids: Addiction, Overdose and Death**

**DVD - Grades 7 - College; 18 minutes**

#### **Description:**

This program, designed for middle and high school students, clearly describes the dangers of prescription-based opioids abuse. Opioid abuse is epidemic with thousands of overdoses and many deaths. The NIH reports that among youth aged 12 to 17, 3.0% reported past-month non-medical use of prescription medications. Four young users talk about how they first started on drugs like Oxycodone or Percocet, and then spiraled down into using heroin, morphine, fentanyl and others.

### **Spit This! The Hazards of Smokeless Tobacco**

**DVD - Grades 7 - College; 26 minutes**

#### **Description:**

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.

### **Underage Drinking: Know the Facts, Know the Risks**

**DVD - Grades 7 - College; 26 minutes**

#### **Description:**

This no-nonsense program lays out the straight facts about underage drinking. Alcohol abuse is responsible for 100,000 deaths in the U.S. each year—deaths resulting from drunk driving, alcohol poisoning, fetal alcohol syndrome, cirrhosis and even from alcohol-related cancers (esophageal, liver, colon). The program clearly spells out the dangers and the risks of underage drinking while also providing new information on how the adolescent brain can be permanently damaged by alcohol. Underage Drinking also explores the risky trend of binge drinking, which results in thousands of teens being treated in the emergency room each year for alcohol poisoning. There is also a segment on the legal and social dangers of throwing unsupervised parties in which alcohol is served to minors. The video makes it clear that teens should adopt a no-use policy towards this dangerous and addictive drug. Teacher's Resource Book provides compelling lessons and activities on alcohol-related topics such as binge drinking, addiction, alcohol overdose and more.

### **Vaping: More Dangerous Than You Think**

**DVD - Grades 7 - College; 21 minutes**

#### **Description:**

This video and print curriculum addresses the new craze of vaping drugs (nicotine, alcohol, liquid marijuana and others). Through interviews with teen users and medical professionals, this program clearly demonstrates the serious health risks of vaping, including drug overdose, instant high or drunk, alcohol poisoning, and impaired thinking and decision making. Explains that vaping delivers an unknown dose of drugs or alcohol directly to the brain. Vaping nicotine carries the additional risk of accidental swallowing of liquid nicotine which has put hundreds of teens into ERs. Vaping pens make it easy to disguise marijuana use because there is little or no odor.



## **What's Up With E-Cigarettes?**

**DVD - Grades 7 - College: 19 minutes**

### **Description:**

Teens' use of e-cigarette and other electronic vaping devices has skyrocketed. Kids think e-cigarettes are a "safe" alternative to smoking. This program gives students the facts and urges extreme caution. Viewers learn the truth about nicotine addiction and its impact on health. They will understand that the supposedly "safe" water vapor contains other harmful chemicals as well. E-cigarettes are unregulated by the FDA and the amount of nicotine in each e-cigarette varies, so that the user never knows what's inside. E-cigarettes are not approved by the FDA for smoking cessation. Viewers will also learn that big tobacco companies are using advertising techniques to lure in users and hook them for life.



## **MENTAL HEALTH EDUCATION**

### **Bystander Intervention: Putting a Stop to Bullying**

**DVD - Grades 7 - College; 21 minutes**

**Description:**

This program carefully explains the basics and principles of bystander intervention, a strategy that has proven effective in the reduction of sexual assault. The video begins by dramatizing the infamous Kitty Genovese case where many observers did not step in to prevent an assault in Kew Gardens, Queens, New York. This behavior came to be called the Bystander Effect. Bystander intervention, as explained in the video, is a powerful tool that arms bystanders with techniques to counter the bystander effect by getting witnesses to stop violent acts or sexual assaults by using their brains. Using dramatizations of sexual assault situations viewers are taught three ways to disrupt a sexual assault: intervene directly, create a distraction, or call for help from others nearby. Real teens who have successfully intervened in attempted sexual assaults describe how they followed the principles and foiled an attempted sexual assault.

### **Confronting Sexual Harassment in School: What Every Student Needs to Know**

**DVD - Grades 7 - College; 24 minutes**

**Description:**

More than 80% of teenagers have experienced sexual harassment in school at least once. In this teen-centered video program students learn to recognize sexual harassment and to understand why these behaviors are harmful. They also learn how to stop harassment and where to go for help. Two young hosts and Elisabeth Schroeder, EdD, MSW (a leading teenage sexuality expert) offer concrete suggestions to victims of harassment and detail their rights under Title IX. For harassers, they emphasize that harassment can get them into trouble with their school and even the law.

Video reenactments focus on the victims of harassment and illustrate how harassment can take many forms, including physical touching and groping, verbal jokes and rumors, gay bashing, and hurtful text and online messages. Real students vividly describe the emotional consequences of being harassed and counteract the perception among many students that harassment is just a joke and no big thing.

### **Hallmarks of Good Mental Health**

**DVD - Grades 7 - College; 16 minutes**

**Description:**

This program helps viewers recognize the six key qualities that define good mental health in adolescence—having satisfying relationships, being happy with one's academic achievements, maintaining clear and achievable goals, being capable of delaying immediate gratification, making good choices and resisting unhealthy peer pressure. Having a strong sense of self-esteem is especially highlighted: if you do not feel good about yourself, you are more likely to limit yourself and make bad choices. Each of the hallmarks is clearly demonstrated by real teens in a variety of settings, including at school, at home and at play. The peer-to-peer approach focuses students' attention on the key qualities that they should acquire as they make their way through adolescence.

### **High Anxiety: Causes, Symptoms, Help**

**DVD - Grades 7 - College; 19 minutes**

**Description:**

In this video, a diverse group of teens who are dealing with anxiety, plus two adolescent psychologists, discuss the types of things that cause anxiety in young people; challenging tests, meeting new people, competing in school sports, public speaking etc. The on-camera experts help viewers identify if they have an anxiety disorder. Some of the disorders discussed are generalized anxiety disorder (GAD), panic disorder, social anxiety and phobias. Symptoms of these and other disorders are explained as well as ways to cope. The program describes the importance of seeking professional help when anxiety disorders involve more than temporary worry or fear.



### **Overloaded: Ten Ways to Deal with Stress**

**DVD - Grades 7 - College; 20 minutes**

**Description:**

Surprisingly, most stress-burdened teens are not aware of proven strategies they can use to control stress. On-camera teens briefly describe the major stressors they experience--academics, testing, family issues, social issues, and more. Then experts step them through ten proven strategies that can help mitigate unhealthy stress, including learning to limit overload and prioritize time, daily physical activity, getting better sleep, good nutrition, relaxation and meditation techniques, staying connected to others, time management skills and much more.

### **Straight Talk About Sexting and Messaging**

**DVD - Grades 7 - College; 19 minutes**

**Description:**

True life stories offer cautionary tales about the dangers of sexting and anonymous messaging on cell phones and on social media. Students will learn that privacy is not possible on the Internet and once a nude photo or racy text is sent, it is likely to come back to haunt them. Viewers learn the downside of sexting, including possible charges of sending or receiving child pornography, being blackmailed by exes who threaten to release private photos, being labeled a sex offender, and experiencing severe depression about loss of control of their images, videos, and reputations.

### **Ten Signs of Relationship Abuse**

**DVD - Grades 7 - College; 30 minutes**

**Description:**

This program, specifically created for students, uses a series of real-life vignettes to demonstrate various kinds of sexual harassment in the school environment. Examples presented range from indirect forms of harassment (such as unwanted propositions, rumor spreading and name calling) to more blatant kinds like physical blocking or touching. The video firmly states that any physical or verbal behavior which makes one person uncomfortable can be considered sexual harassment. As the video continues, real-life teens describe their experiences with sexual harassment. Viewers will also hear from a Sexual Harassment Officer, who suggests options and resources students can seek out to help them deal with an unwanted situation once it has been identified. After viewing segments from No Excuses, your students will have a chance to discuss the issue for themselves. A Teacher's Resource Book offers rich opportunities for discussion and in-depth examination of this important subject.

### **Unlocking Your Potential: Grit, Determination and Mindset**

**DVD - Grades 7 - College; 20 minutes**

**Description:**

"I just can't do this." That's the reaction of too many teens when they face academic and personal challenges. As a result, these students struggle to reach their goals. This program describes new research that informs students how to discard the I can't mindset and replace it with the I can mindset. This program explores how intelligence and talent can be developed through hard work and persistence. It emphasizes the importance of embracing challenges and viewing failure as a way to learn. Students are encouraged to evaluate their own mindsets and to think about the importance of grit and determination in their own lives.



**Who Needs Therapy? Treating Psychological Problems**  
**DVD - Grades 7 – College; 19 minutes**

**Description:**

This video answers many common questions that teens may have about mental health treatment. What is therapy? What kinds of therapy are available? How do I know if I need therapy? In the video, several adolescent therapists address these and other questions. Various teens with common issues such as depression, anxiety, eating disorders, substance abuse and bullying, speak on camera about their experiences with therapy. Provides viewers with guidelines for recognizing if they need intervention—signs like persistent negative feelings, realizing that your life is off track, experiencing a traumatic event such as the death of a loved one and worries that you might have a psychological disorder. Program also explores how to choose a therapist and what kind of therapist to choose. The video's message is clear: seeking therapy is not a sign of weakness, but a sign of bravery and courage for those who choose to address issues that may be holding them back.



## **For Parents and Professionals**

### **Alcohol and the Teenage Brain: A Video Guide for Parents and Professionals**

**DVD, 15 minutes**

**Description:**

This no-nonsense, straightforward video presents the latest research about how alcohol impairs the growing adolescent brain. The context is delivered by neuroscientist and researcher Scott Swartzwelder Ph.D. of Duke University whose groundbreaking research will be a wakeup call for parents, school administrators and substance abuse professionals who want to learn more about the damaging effects of alcohol on teens. Swartzwelder explains that ten years ago researchers used to believe that the brain was finished developing at birth. Now scientists know that the brain is growing and developing through adolescence and into one's early twenties. The research has further shown that adolescents experimenting with alcohol and binge drinking are literally putting their futures at risk by compromising the full potential of their brains to learn, conceptualize and prepare for college and the workplace.

### **Helping Young Teens Succeed in Middle School**

**DVD, 24 minutes**

**Description:**

Parents and middle schoolers face a challenging task together—navigating the new pressures kids face as they tackle the academics and social transitions of middle school. Puberty, demanding academics and schedules, new friendships, mercurial emotions, exposure to drug and alcohol abuse, and the group dynamics of middle school years all combine to make a complex world for parents and their children. Program helps parents understand how they can provide the necessary support and promote skills and strategies that ensure their child's success. Parents learn how to successfully negotiate issues of concern, avoid unnecessary conflicts, promote independence and self-management skills, and provide a nurturing environment for growth and development.

### **Raising Healthy Teens: Communication Skills**

**DVD, 23 minutes**

**Description:**

When parents learn the critical skills of good communication, they are better prepared to help their young teens navigate the difficult transition from childhood to adolescence. Middle schoolers are pushing for independence, while their parents wonder how much independence is wise to give them. The tug of war that often follows can be eased, and often avoided, with good communication skills. Program teaches parents the fundamental skills for meaningful communications with pre-teens and young teens: Active Listening, "I" Messages, Compromise, Getting the Facts and Asking Questions, Reflecting Emotions, Respecting Boundaries, and Communication Blockers. Parents come to understand that by using these skills they not only assure effective communication at home, but through their example, their child will learn and take these skills out into the world. Parents also see how using these skills can help them establish a home climate of support and caring, concentrating on the big issues and stepping back when the child is able to function independently.

### **Underage Drinking: A Video Guide for Parents and Professionals**

**DVD, 33 minutes**

**Description:**

This video clearly straightforwardly engages parents and arms them with crucially important information about setting firm guidelines to their teenage children. Program reveals the latest research on adolescent brain damage due to alcohol, the increased risk of accidents and driving fatalities and most importantly lets parents know that they are the best deterrent to stopping underage teen drinking. Program also informs parents of their legal liabilities if teens are drinking in their homes or at unsupervised parties.

**All videos are published by Human Relations Media (HRM). See their website for more information**

**<http://www.hrmvideo.com>**