

Video and DVD Guide For Tobacco and Smoking

Donnie Dinosaur's Tobacco Trouble

CH 532

Syndistar, Inc (Video)

12 minutes

Grades: Pre-K - K, 1st - 2nd



In Donnie Dinosaur's Tobacco Trouble Video, Donnie and his puppet friends use music and funny characters in this award-winning video to teach all children to keep a healthy body free from tobacco. Children also learn about forms of tobacco, ways to fight peer pressure, and the importance of healthy foods and exercise. The fun puppets, bright colors and repetitive nature of the songs help children remember the important information presented in the video.

Leader of the Pack

CH 535

Human Relations Media (Video)

16 minutes

Grades: 2 - 6



This entertaining, animated video helps young viewers recognize the dangers of tobacco use through the power of storytelling and compelling cartoon characters. Students will instantly connect with likable young Henry as he meets up with Smokey, an animated cigarette who wants Henry to join a secret club known as "The Pack." Smokey lures Henry into a special amusement park with spooky rides like The Tar Pits, The Amazing Aging Machine and an exhibit called The Girl Who Couldn't Stop Smoking. Before long, Henry realizes he has been fooled—Smokey's club isn't cool, it's a prison! The video concludes with Henry's dramatic escape from the clutches of Smokey and "the Pack." Along the way, Henry has learned many of the hazards of cigarette smoking—the physical damage to the body, the persuasive power of advertising and the dangerous grip of addiction.

Libre Quiero Ser

SP 541

Human Relations Media (Video)

12 minutes

Grades: 4 - 8



This original Spanish language video is aimed at Latino youth – one of the primary target groups of the tobacco industry's campaign to addict young people to cigarettes. Libre Quiero Ser uses a music video format that incorporate Latin and hip-hop music with interviews of kids in a fresh and fun style in order to approach the deadly serious subject of tobacco use. The program addresses six central themes: the powerful and often deceptive advertising schemes used by tobacco companies to get young consumers hooked on their products, the social consequences of using tobacco in an increasingly smoke-free society, the heightened health risks for smokers, the highly addictive nature of tobacco which contains the drug nicotine and the positive benefit of staying tobacco-free.

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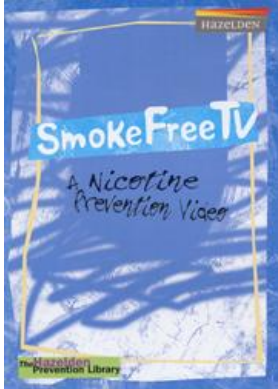
Smoke Free TV

Hazelden Recovery (DVD)

20 minutes

ADOL 675

Grades: 5 - 8



Key facts, consequences of use, and refusal skills help children in grades 5-8 understand why it is in their best interest to avoid nicotine use. Animated graphics, stories, humor, and song appeal to young people and increase comprehension of key messages. The pharmacology of nicotine, consequences of use now and for a life time, and ways to refuse to use present young people with the knowledge and skills they need to quit or stay nicotine free.

Smoking Exposed

Human Relations Media (Video)

18 minutes

ADOL 625

Grades: 5 - 9



Despite all the attempts to educate young people about the dangers of smoking, millions of teens and preteens take up the habit every year. This program presents straightforward facts about virtually every harmful effect that smoking can cause in an effort to get teens to stop smoking before they start. Through hard-hitting interviews and information packed narration, students get an unblinking look at how smoking causes heart disease and cancers of the lungs, throat and mouth. They will see that smoking can lead to serious physical debilitation, damage to one's appearance and ability to perform tasks as well as result in an addiction that is extremely difficult to break. Teens will also understand that billions of dollars are spent on advertising cigarettes and that teens are targeted in insidious and subtle ways. Program also exposes the new danger to teens of herbal cigarettes and bidis.

Saying No! Tobacco: Smash It!

Syndistar, Inc (Video)

14 minutes

ADOL 633

Grades: 5 - 10



This video presents all the medical arguments against tobacco use. However, recognizing that the target audience of 5th through 10th graders has little sense of its own mortality, the arguments emphasize matters of appearance, reduced athletic ability and cost, with which teens can more easily identify. The video employs crisp editing, lively music and high-tech graphics to hold the attention of its music video-oriented viewers.

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Teen Files: Smoking: Truth or Dare

ADOL 615

Aims Media (VHS)

34 minutes

Grades: 6 - 12



Six thousand American teenagers light a cigarette for the first time every day. Despite increased education in the classroom about the very real dangers of tobacco use, many teens still are not getting the message. They may be aware that smoking or chewing tobacco has dire consequences, but they do not believe or care that they, too, will become part of the statistics: every year, smoking kills more people than AIDS, drug abuse, car accidents and murder-combined. Smoking: Truth or Dare?, broadcast on national television, is a powerful program that graphically demonstrates to teens who use tobacco exactly what this deadly habit is doing to them. The damage smoking or chewing tobacco does to their bodies is not just something intangible that they might have to face forty or more years down the road. These young people are suffering the deadly effects of their tobacco use right now, and the consequences will only get worse.

The Stages of Quitting Nicotine and Tobacco

ADD 610

Hazelden Recovery (DVD)

13 minutes

Grades: General Audience



Clean and Free - The Stages of Quitting Nicotine and Tobacco video describes the six stages of quitting nicotine and tobacco. This video reinforces and models appropriate behavioral changes introduced in the workbooks. This video is part of the Quit & Stay Quit Nicotine Cessation Program. A simple, thorough, proven program to help people at any stage of nicotine use tackle the addiction and possibly save their lives, by reducing the risk of relapse for chemically dependent clients.

The Truth About Tobacco

ATOD 530

Syndistar, Inc (Video)

17 minutes

Grades: 9 - College



The Truth About Tobacco discusses the early 20th century technology advances and television advertising that fostered an economic boom for the tobacco industry. Viewers will be stunned to discover just how much money cigarette companies make off of one pack of cigarettes, as well as the thousands of poisonous chemicals contained in them. Testimonials from teens and skits debunk the myths about smoking as popular or glamorous. While a visit to the hospital sheds light on the immediate and long-term physical effects of smoking, including increased heart rate, lowered body temperature, emphysema, and cancer.

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Spit Tobacco Exposed

Human Relations Media (Video)

18 minutes

Grades: 5 - 9

ADOL 624



This program 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, the video 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. This straight forward presentation of the real dangers of tobacco chewing will discourage students from ever taking their first dip.

TOBACCO: Just Say Know

Discovery Films (Video)

18 minutes

Grades: 5 - 9

ADOL 693



In this informative middle school video, teen narrators guide younger students through a lively question and answer format that delivers hard facts about tobacco: the drug nicotine addicts you, while the tar and other chemicals and toxins in cigarettes—arsenic, cadmium, formaldehyde, etc.—kill you. They stress that the deadly diseases caused by smoking—cancer, emphysema, and heart disease—may not be so far away in the distant future.

SECOND HAND SMOKE: Just Say Know

Discovery Films (Video)

18 minutes

Grades: 5 - 9

ADOL 691



This video informs students about the dangers of second-hand smoke and encourages them to protect themselves from it. Young people are exposed to second-hand smoke every day. Many of them are unaware of the short and long term effects of such cumulative exposure. Every time they enter a smoking environment, they are exposed to toxic air. In *Second-Hand Smoke: Just Say Know* high school students explain to middle school students that second-hand smoke causes chronic ear aches, bronchitis, and even pneumonia. Dr. Tracey Wallace explains that these problems become increasingly challenging to treat and could persist throughout one’s lifetime.

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Tobacco Horror Picture Show

Discovery Films (Video)

18 minutes

ADOL 690

Grades: 5 – 9



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

Tobacco X-Files Revisited

Discovery Films (Video)

18 minutes

ADOL 694

Grades: 5 – 9



Using a humorous conspiracy plot to entertain and inform students, the "gross" effects of tobacco are exposed. When a pair of sci-fi sleuths uncover a sleazy tobacco executive paid to lie to young people, students see the dark side of the hype and glamour designed to trick teenagers. Poignant testimonials from recovering teenage nicotine addicts are intercut with regretful head and neck cancer victims who beg students not to use tobacco.

What's Wrong with Tobacco?

Human Relations Media (Video)

29 minutes

ADOL 628

Grades: 7 - College



"What's Wrong with Tobacco?" is a highly-informative program that educates young people about tobacco, the "hidden" drug. The young speakers in the program attest to the overwhelming power of peer pressure, Hollywood role models, the lure of promotional give-aways, and nicotine addiction. What's Wrong With Tobacco is a highly informative prevention video program that educates young people about tobacco, the "hidden" drug. The young speakers in the program attest to the overwhelming power of peer pressure and nicotine addiction. They share with other teens their regretful addiction to tobacco, the difficulties of quitting, and conclude with advice to peers not to start using tobacco in the first place.

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How I Quit Smoking and Saved My Life

ADOL 623

Human Relations Media (Video)

23 minutes

Grades: 7 - College



Based on Community Intervention's nationally recognized TAP cessation program, which has been proven effective in reducing teenage smoking, this inspirational, fast paced drama follows Jenny, a typical teenager who is trying to quit smoking. Through Jenny's eyes we learn first hand just how hard it is for her and other teens to break their addiction to both nicotine and the smoking culture they unwittingly adopted. Sure to encourage a lively debate in your classroom, this is not a video that turns smokers into villains; rather it offers them an encouraging message of hope when it comes to breaking the chains of addiction. At the same time, non-smokers will learn how important their support can be to friends who are trying to quit. This video and accompanying teacher's resource book can be used effectively alone or as a part of a larger smoking cessation program.

Up in Smoke: The Extreme Dangers of Smoking Tobacco

ADOL 626

Human Relations Media (Video)

29 minutes

Grades: 7 – College



Young people know they shouldn't smoke. But do they really know why? *Up In Smoke* presents the ugly side of nicotine addiction that is sure to persuade young viewers. Powerful testimonials from laryngectomies (neck breathers) paint a terrifying portrait of what really happens to smokers. A Teacher's Resource Book of student assignments reinforces the video's memorable lesson. This honest, straight-forward examination of the real damage that smoking tobacco can do to the human body. It has a simple, powerful message to teens: DON'T SMOKE!

Spit Tobacco Kills

ADOL 629

Human Relations Media (Video)

28 minutes

Grades: 7 - College



Calling chewing and dipping tobacco "smokeless" makes this deadly substance sound as if it is safer than smoking. This documentary-style program shows viewers that the nasty habit of dipping or chewing tobacco actually kills young people. Along with powerful testimonials from athletes, *Spit Tobacco Kills* follows the case of 27-year-old Rick Bender, a former user of smokeless tobacco whose cancer of the neck has left his face permanently disfigured. The video also focuses on discussions with kids who are addicted to spit tobacco. Hard-hitting and honest, this program aims to convince viewers that tobacco is deadly, no matter how you use it.

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Beyond Cold Turkey: Tobacco Quitting Methods

ADD 548

Human Relations Media (Video)

18 minutes

Grades: 7 - College



This up-to-date video clearly identifies the major medical quitting methods that are currently available to anyone who wants to stop smoking or chewing tobacco. Two teen presenters offer an overview of nicotine and its addictive properties, as well as an explanation of the withdrawal process. The program looks at five FDA approved methods that are commonly used today: the anti-smoking pill (Zyban™), nicotine gum, the nicotine inhaler, nicotine nasal spray and the nicotine patch. Quitting “cold turkey” is also explained. The pluses and minuses of each method are reviewed by the presenters, with additional commentary from a prominent physician who specializes in smoking cessation. Proper usage and side effects for each method are explained in a simple, concise manner. Teens learn that smokers who use nicotine replacement therapy together with a behavioral change program double their chances of successfully quitting.

Secondhand Smoke: A Matter of Life and Breath

ADOL 622

Human Relations Media (Video)

10 minutes

Grades: 7 - College



Today, secondhand smoke is the third leading cause of preventable death in the United States, causing the deaths of 53,000 Americans each year. The video helps viewers learn more about this dangerous health concern. Viewers are offered information about two different kinds of secondhand smoke: mainstream smoke, which has been inhaled and filtered by the smoker’s lungs, and side stream smoke, which rises directly from the tip of a burning cigarette. Students learn that secondhand smoke can cause serious diseases such as asthma, bronchitis, emphysema, heart disease, pneumonia and cancer. The video includes helpful advice from teen advocates who encourage viewers to avoid situations where they will be exposed to these carcinogenic toxins, and urge them not to smoke or support tobacco companies.

The Council on Chemical Abuse Addiction Resource Library serves as a local clearinghouse of alcohol, tobacco, and other drug information for Berks County. The Addiction Resource Library offers items such as videos, DVD’s, books and pamphlets that are specific to the topic of addiction and available free of charge. The Addiction Resource Library is part of the Reading Public Library System and all library members are eligible to borrow these materials. Some items may be available without a library membership. To peruse the comprehensive offerings of the Addiction Resource Library, please visit the Council on Chemical Abuse between the hours of 8:30am to 5:00pm at 601 Penn Street, Suite 600, Reading, PA or call our office at 610-376-8669. Additional resources can also be found on our website at www.councilonchemicalabuse.org.

OUR MISSION:

The Council on Chemical Abuse provides countywide leadership in the development and implementation of policies, programs and a system of prevention and intervention services that prevent the onset of illegal alcohol, tobacco and drug use and treatment services that promote recovery from addiction to all substances.