

# TEEN VIDEO AND DVD GUIDE

Council on Chemical Abuse

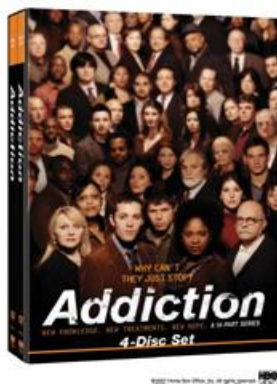
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## Addiction DVD - HBO Series

# ADD 500

Disc 1 - 90 min, Disc 2 - 118 min, Disc 3 - 93 min, Disc 4 - 115 min.  
Publisher: HBO

General population audience



Several of the nation's leading experts on drug and alcohol addiction, together with a group of accomplished filmmakers, have assembled to create ADDICTION, an unprecedented documentary aimed at helping Americans understand addiction as a treatable brain disease. It is a subject that touches all our lives. One in four Americans has a family member who is struggling with addiction. Currently addiction affects over 22 million Americans, yet under 10 percent of those individuals are receiving treatment. 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.

## Overcast

# ADOL 674

A Heroin Prevention DVD

15 min

Publisher: Hazelden

Grades: 7 - college



Heroin is one of the most dangerous and addictive drugs on the street. But many young people mistakenly believe that heroin is addictive only when it's injected, not when it's smoked or snorted. *Overcast: A Heroin Prevention Video* attacks this myth and others about the drug through emotionally powerful stories told by recovering heroin addicts and family members of users. Viewers will find out why overdose is possible with each use, how easy it is to slide into addiction, and how bleak life becomes when the only thing that matters is staving off withdrawal symptoms. The video also teaches a young person how to help a friend who is using heroin.

## Journals from the Inside

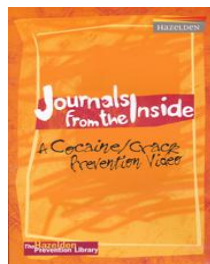
# ADOL 672

A Cocaine/Crack Prevention DVD

19 min

Publisher: Hazelden

Grades: 7 - college



Two teenage journalists shed myths and learn the tragic truths behind crack and cocaine use. Through interviews with recovering addicts -- a young person serving time for dealing, an undercover narcotics officer, and an emergency-room physician -- this dramatic video vividly reveals the specter of a cocaine and crack lifestyle, which often results in chronic health problems, crime, prostitution, gun violence, and death for the user. Teens are presented a gentle, caring, effective way to help peers and loved ones in the throes of addiction regain their lives.

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## **Walking on Thin Ice**

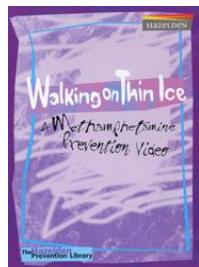
# ADOL 673

A Methamphetamine Prevention DVD

21 min

**Publisher:** Hazelden

**Grades:** 7 - college



Methamphetamine, also known as ice, glass, crystal, and crystal meth, is seeping in from society's fringe to infect mainstream America. This video gives teens the straight facts about meth from the perspectives of teens who are recovering from meth addiction, cops and a paramedic who relate true stories detailing the ravages of the drug, and a coroner who routinely performs autopsies on kids who have overdosed on meth. Viewers learn what meth is; its negative effects on the body, brain, and behavior; and its side effects. This video also covers refusal skills--advice given to teens directly from their peers.

## **Everyone's Not Doing It**

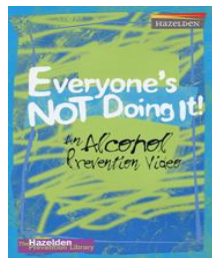
# ADOL 670

An Alcohol Prevention DVD

15 min

**Publisher:** Hazelden

**Grades:** 7 - college



*Everyone's Not Doing It: An Alcohol Prevention Video* will demystify alcohol—one of the most widely used drugs in our society and the number-one killer of teenagers. Teens will learn about the risks that alcohol use poses for their bodies, minds, and lives. By addressing the realities of peer and media pressure head-on, the video challenges teens to think in new ways about what they hear and to make their own decisions.

## **Reality Check**

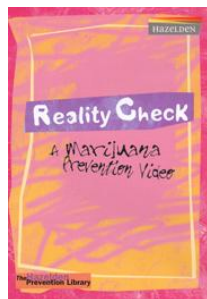
# ADOL 671

A Marijuana Prevention DVD

14 min

**Publisher:** Hazelden

**Grades:** 7 - college



This fast-paced video creates a high-impact message for kids about the pitfalls of marijuana use. A combination of humor, animated graphics, testimonials, and music delivers key facts about the pharmacology of marijuana and consequences of short- and long-term use. The video helps young people in grades 7-12 build refusal skills and learn how to seek help, while showing non-use as more cool and fun than use.

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## **Getting Stupid: How Drugs Damage Your Brain**

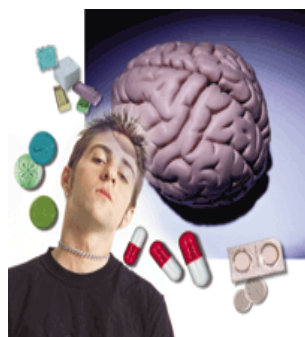
# ADOL 630.1

Utilized for training by Mothers Against Drunk Driving (MADD)

21 min

Publisher: Human Relations Media

Grades: 5 – 9



This video presents to middle schoolers the latest scientific information on how alcohol, marijuana, inhalants and other drugs cause serious and potentially permanent damage to the human brain. Video includes interviews with scientists who use actual brain scans of drug users to explain how the brain's chemistry is harmed by drugs. Hi-tech images of the human brain make the evidence compelling and memorable. Students will clearly see those areas of the brain that are impacted, such as the hippocampus, blood vessels and nerve cells. The long and short-term effects of drug use are explained in a way that young viewers can understand. Special attention is focused on the damage alcohol causes to the teenage brain. Although legal for those over 21, alcohol is still a very potent and potentially harmful drug. New research has demonstrated that the ability to do common thinking tasks is seriously compromised in the still developing brains of teenagers who drink alcohol. Program delivers an urgent wake-up call to viewers who may not be aware of the real dangers of how taking drugs can damage the brain.

## **Everything You Need to Know about Substance Abuse in 22 Minutes** # ADOL 655

22 min

Publisher: Human Relations Media

Grades: 7 – college



This production totally saturates viewers with one unrelenting message: If you use dangerous drugs like alcohol, marijuana and Ecstasy, you are risking your future and your life. The video bombards teens with plain facts that are indisputable: alcohol damages the growing adolescent brain, marijuana can cause head and neck cancers as well as lung cancer, methamphetamine is one of the most addictive substances on earth, one huff from an inhalant can result in sudden death and much more. After watching this video, your students are sure to reevaluate their thoughts and behavior concerning substance abuse. Substances covered are tobacco, alcohol, marijuana, inhalants, stimulants, club drugs and performance-enhancing drugs.

## **Smoke Free TV**

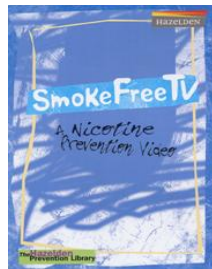
# ADOL 675

A Nicotine Prevention DVD

20 min

Publisher: Hazelden

Grades: 7 - college



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.

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## *Dying High: Teens in the ER*

# ADOL 621

28 min

Publisher: Human Relations Media

Grades: 7 – college



This hard hitting, reality-based video gives viewers a chance to see what goes on inside the nation's emergency rooms as doctors treat teens for some of the most common types of injuries among young people: drug overdose, alcohol poisoning, car wreck traumas and more. Dying High offers a glimpse into the nightmarish reality of what can happen when young people take risks with their health, their safety and even their lives. New federal data indicates a 20% increase in drug-related ER visits for teens under the age of 17. Yet drug-related emergencies are only part of the bigger picture. This video presents a series of episodes which allow viewers to see common life-and-death ER moments. The goal of this video is to remind teens that risk-taking behaviors can often lead to serious injury and death. Thought-provoking activities in the Teacher's Resource Book allow students to continue their exploration of this subject.

## *Know the Score: The Dangers of Performance Enhancing Drugs*

# ADOL 640

20 min

Publisher: Human Relations Media

Grades: 7 – college



This video reveals the truth about many performance drugs such as steroids, creatine, Human Growth Hormone, diuretics, blood doping hormones and stimulants like ephedrine and amphetamines. Also included is an investigation of so-called "nutritional supplements" that claim to help users lose weight and gain muscle but in reality may set the stage for physical ailments like headaches, muscle weakness and irregular heartbeats. Speakers include young athletes who share their views on "competing clean" without chemical enhancements as well as expert sports medicine doctors who explain the adverse physical effects of misusing performance drugs. Viewers learn the specific dangers involved in abusing steroids, stimulants, diuretics and other drugs. Interviews with student athletes emphasize that using drugs to win at sports is the same as cheating. The message of this program is clear: sports competitions are meant to be fun, healthy and drug-free. Teacher's Resource Book includes additional information and student activities for follow-up lessons.

## *Are You Addicted?*

# ADOL 653

29 min

Publisher: Human Relations Media

Grades: 7 – college



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.

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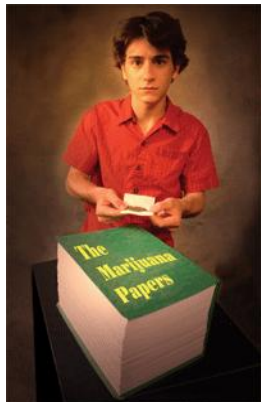
## *Marijuana Papers: Research Update*

# ADOL 650

20 min

Publisher: Human Relations Media

Grades: 7 – college



This program reveals the latest scientific research about how marijuana changes the adolescent brain, impairs the brain's ability to perform complex tasks, lowers the body's immune system and can become powerfully addictive. Using a format similar to popular TV detective shows such as CSI, several real teens travel across the country in search of answers to important questions like: Is it true marijuana's not addictive? And how can something "natural" like marijuana be harmful? Along the way they meet Dr. Susan Tapert from the University Of California in San Diego, a research scientist using MRI's to track brain function in teens who've experimented with marijuana. She shows them how new studies have scientifically linked loss of memory function to teenage marijuana use. The teenage sleuths also speak to Dr. Michael Roth a researcher dealing with marijuana's harmful effect on the immune system. Dr. Roth gives them a first hand demonstration in his laboratory which graphically shows how the active ingredient in marijuana actually inhibits the body's normal healing process. The teens also speak to drug counselors who introduce them to other real teens whose lives have been forever damaged by the drug's devastating effect on an individual's potential to do well in school and to function normally as an adult.

## *Smoking Exposed*

# ADOL 625

18 min

Publisher: Human Relations Media

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'll 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.

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

#ADOL 636.1

25 min

Publisher: Human Relations Media

Grades: 7 - college



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.

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## Addiction and the Human Brain

# ADD 609

28 min

Publisher: Human Relations Media

Grades: 7 – college



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.

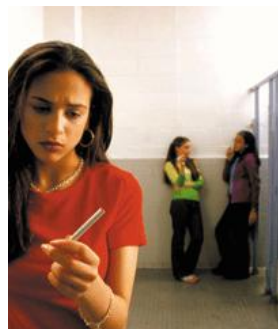
## How I Quit Smoking and Saved My Life

# ADOL 623

23 min

Publisher: Human Relations Media

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 addiction chains around their necks. 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.

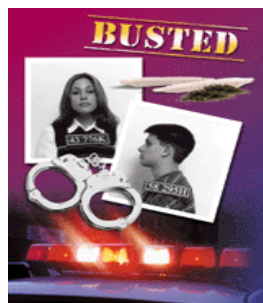
## Busted! What You Need to Know About Drugs and the Law

# ADOL 651

30 min

Publisher: Human Relations Media

Grades: 8 – college



In this hard-hitting documentary, teenagers learn firsthand the devastating consequences of illegal drug use, drug possession, and drug distribution. Viewers will learn many surprising legal facts from police officers, prosecutors, counselors, and, above all, from young people who have been caught on the wrong side of the law. Memorable footage of detention centers and sentencing hearings offer a real-life glimpse into the legal system that punishes drug offenders. Suited for all students, this video and accompanying Teacher's Resource Book sends a clear message: you can pay a heavy price for involvement in illegal drug use as well as underage drinking.

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## Legal But Deadly: Abusing Prescription Drugs

# ADOL 641

20 min

Publisher: Human Relations Media

Grades: 7 - College



Prescription drugs like OxyContin, Ritalin, Vicodin, Xanax and codeine based cough syrup are making headlines around the nation as teens continue to abuse these “legal” drugs by crushing the pills and snorting or injecting the powder or drinking the liquid. Studies continue to offer evidence of an emerging problem with OxyContin and Ritalin addiction among young people. Sadly, too many teens don’t realize how dangerous their experimentation can be. This timely video highlights several recent cases of teens that became addicted to prescription drugs and the resulting consequences. Program highlights kids’ false beliefs about these drugs and the all too common belief that because these drugs are prescribed they are therefore safe. On camera physicians also describe the severe side effects of prescription drugs and how these drugs seriously compromise the brain’s functions.

## Inhalants Exposed

# ADOL 637

18 min

Publisher: Human Relations Media

Grades: 5 – 9



This program addresses a dangerous and often tragic practice among young people – sniffing fumes of household products to get high. This video presents facts and authentic stories about the terrible consequences of “huffing.” Students will hear first hand accounts of how young people suffered seizures, blindness, respiratory arrest and death from inhaling substances such as cleaning fluid and air freshener. The print materials reinforce the message that the warning labels on products in the home are there for a reason and ignoring them can be deadly.

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**The Council on Chemical Abuse’s Addiction Resource Library acts as a local clearinghouse for alcohol, tobacco and drug information for Berks County. The Resource Library offers books and videotapes specific to the prevention of drug and alcohol addiction. Many pamphlets are available free of charge to the public.**

**The Council on Chemical Abuse’s Library is part of the Reading Public Library System. Any resident of Berks County can become a member and borrow items from the Council library. The previous pages are descriptions of videos and DVDs available at the Council for adolescent audiences.**

**If you have an interest in borrowing a video or DVD, or any other item, stop in to the Library at 601 Penn St on the 6th floor anytime 9 to 5, or call 610-376-8669 and speak with Eileen. Thank you.**

**Additional resources can be found on our website: [www.councilonchemicalabuse.org](http://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.