

# **Substance Abuse Prevention**

May 2002

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## INDEX

### BOOKS

<a href="#">Reference and General</a> .....	1
<a href="#">Alcohol Abuse</a> .....	3
<a href="#">Drug Abuse</a> .....	5
<a href="#">Smoking</a> .....	7
<a href="#">Fiction</a> .....	7

### VIDEOS & VIDEO KITS

<a href="#">Reference and General</a> .....	9
<a href="#">Alcohol Abuse</a> .....	12
<a href="#">Drug Abuse</a> .....	15
<a href="#">Smoking</a> .....	16

<b><u>WEBSITES</u></b> .....	18
------------------------------	----

***This bibliography may be photocopied for educational, non-profit purposes.***

## REFERENCE AND GENERAL - BOOKS

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Agency for Instructional Technology. **Your choice, our chance. Handbook for community organizing.** Bloomington, IN: Agency for Instructional Technology, c1989. **371.784 P36h**

Agency for Instructional Technology. **A Teacher's guide for your choice, our chance: ten 15-minute video programs for students in grades five and six.** Bloomington, IN: Agency for Instructional Technology, c1989. **371.784 P36**

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**NEW!** Folkers, Gladys and Jeanne Engelmann. **Taking charge of my mind & body: a girls' guide to outsmarting alcohol, drugs, smoking, and eating problems.** Minneapolis, MN: Free Spirit Publishers, c1997. **613.0424 F64**

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Kaplan, Gerry and Bob Davis. **Gambling, alcohol & other drugs: prevalence & implications of dual problem clients.** Winnipeg: Addictions Foundation of Manitoba, 1997. **362.29097127 K36**

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Barbour, Scott. **Alcohol: opposing viewpoints.** San Diego, CA: Greenhaven Press, c1998. **362.292 A43**

**NEW!** Buchholz, Garth and Gerry Kaplan. **Fastfacts on alcohol.** Winnipeg, MB: Addictions Foundation of Manitoba, Awareness & Information Unit, 1995. **362.292 F38**

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Coffey, Wayne R. **Straight talk about drinking: teenagers speak out about alcohol.** New York; Scarborough, ON: New American Library, c1988. **362.2922 C63**

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Streissguth, Ann Pytkowicz and Jonathan Kanter. **The challenge of fetal alcohol syndrome: overcoming secondary disabilities**. Seattle: University of Washington Press, c1997. **618.3268 C43**

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**NEW!** Szabo, Paul. **Fetal Alcohol Syndrome: the real brain drain**. [Ottawa?]: The Author, 2000. **618.3268 S93**

Twist, Clint. **Facts on alcohol**. New York; Toronto: Franklin Watts, 1989. **616.861 T85**

### **DRUG ABUSE - BOOKS**

**NEW!** Brennan, Kristine. **Ecstasy & other designer drugs**. Philadelphia: Chelsea House Publishers, c2000. **362.299 B74**

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Buckalew, M.W., Jr. **Drugs and stress**. New York: The Rosen Publishing Group, Inc., 1993. **362.290835 B82**

Clayton, Lawrence. **Steroids**. New York, NY: Rosen Publishing Co., 1996. **613.8 C53**

**NEW!** Clayton, Lawrence. **Tranquilizers**. Springfield, NJ: Enslow Publishers, c1997. **615.7882 C53**

**NEW!** Connelly, Elizabeth. **Psychological disorders related to designer drugs**. Philadelphia: Chelsea House Publishers, c2000. **362.299 C65**

Cummins, Lauren. **Healthy choices, healthy lives: an early-childhood drug abuse prevention program**. Carthage, IL: Fearon Teacher Aids, c1993. **372.37044 C84**

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Friedman, David P. **Focus on drugs and the brain: a drug-alert book**. [United States]: Troll Associates, c1990. **615.788 F75**

**NEW!** Galas, Judith. **Drugs and sports**. San Diego, CA: Lucent Books, c1997. **362.290088796 G34**

Gonzales, Louis D. **Gang-free zones: a training program for preventing school violence and disruptions related to gangs and drugs**. Castro Valley, CA: Center for Sage Schools and Communities, 1993. **371.782 G65**

Hawkeye, Susan Miosey and Cathy Conroy. **Sense & nonsense: making decisions about drugs: teacher resource Grades 4, 5, & 6** [Edmonton, AB]: Alberta Alcohol and Drug Abuse Commission. **371784 S45**

Health and Welfare Canada. **Drugs: role modelling: a parent's toughest performance.** [Ottawa]: Health and Welfare Canada: Minister of Supply and Services Canada, c1990. **362.29085 D79**

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**NEW!** Myers, Arthur. **Drugs and emotions.** New York: Rosen Publishing Group, 1996. **362.290835 M94**

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Peck, Rodney G. **Crack.** New York: Rosen Publishing Group, 1993. **362.298 P42**

Rogak, Lisa Angowski. **Steroids: dangerous game.** Minneapolis: Lerner Publications, c1992. **615.77 R63**

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Shniderman, Nancy and Sue Hurwitz. **Drugs and birth defects.** New York: Rosen Publishing Group, Inc., c1993. **618.32 S56**

Shulman, Jeffrey. **The drug-alert dictionary and resource guide: a drug-alert book.** [United States]: Troll Associates, c1991. **362.2903 S38**

Shulman, Jeffrey. **Focus on cocaine and crack: a drug-alert book.** [United States]: Frederick, MD: Twenty-First Century Books, c1990. **362.298 S58**

Super, Gretchen. **Drugs and our world.** Frederick, MD: Twenty-First Century Books, c1990. **362.29083 S96d**

Super, Gretchen. **What are drugs?** Frederick, MD: Twenty-First Century Books, c1990. **362.29083 S96**

Swisher, Karin and Katie de Koster. **Drug abuse: opposing viewpoints.** San Diego: Greenhaven Press, Inc., c1994. **362.29 D77**

Szabo, Catherine. **The Hole in the fence.** Vancouver: Douglas & McIntyre, 1991. **613.83 C355hh 1991**

**NEW!** Weatherly, Myra. **Ecstasy and other designer drug dangers.** Berkeley Heights, NJ: Enslow Publishers Inc., c2000. **362.299 W41**

Zeller, Paula Klevan. **Focus on marijuana.** [United States]: Troll Associates, c1990. **362.295 Z44**

### **SMOKING - BOOKS**

Akerstream, Jerry. **Investigating smoking behaviors and beliefs about smoking among Manitoba students age 9 - 18 years.** 1997. **362.296097127 A34**

Bryant, Simon. **Know smoking (a unique info-novel): the whole truth about smoking and quitting.** Calgary, AB: MiddleWay Publishing, Inc., c1997. **613.85 B79**

Casey, Karen. **If only I could quit: becoming a nonsmoker.** New York: Harper/Hazelden; Toronto: Fitzhenry & Whiteside Limited, c1987. **362.296 I30**

Cohen, Philip. **Tobacco.** Austin, TX: Steck-Vaughn Library, c1992. **362.296 C63**

Condon, Judith. **Smoking.** New York: Franklin Watts, c1989. **613.85 C65**

Griffen, Gretchen and Jean Funk. **Choose to be tobacco free: smokeless tobacco prevention materials.** Minneapolis, MN: Hazelden Foundation, 1987. **371.784 C46**

**NEW!** Graves, Bonnie. **Tobacco use.** Mankato, MN: LifeMatters, c2000. **362.296 G73**

Health Canada. **Tobacco control: a blueprint to protect the health of Canadians = La lutte contre le tabagisme: un plan directeur pour protéger la sante des canadiennes et des canadiens.** [Ottawa]: Health Canada, c1995. **362.29670971 T62**

Keyishian, Elizabeth. **Everything you need to know about smoking.** New York: Rosen Publishing Group, c1989. **613.850835 K49**

Leigh, Vanora. **Let's discuss smoking.** Hove, Eng.: Wayland, c1986. **613.85 L43**

**NEW!** McMillan, Daniel. **Teen smoking: understanding the risks.** Springfield, NJ: Enslow Publishers, c1998. **362.296 M25**

**NEW!** Moe, Barbara. **Teen smoking and tobacco use: a hot issue.** Berkeley Heights, NJ: Enslow Publishers, c2000. **362.296 M64**

Walker, Ellen. **Smoker: self-portrait of a nicotine addict.** Toronto: Harper & Row, c1989. **92 Wal**

Ward, Brian R. **Smoking and health.** London, [Eng.]; Toronto: F. Watts, c1986. **613.85 W37**

Weitzman, Elizabeth. **Let's talk about smoking.** New York: The Rosen Publishing Group, Inc., 1998. **362.296 W43**

### **FICTION - BOOKS**

**NEW!** Berenstain, Stan and Jan Berenstain. **The Berenstain Bear Scouts and the sinister smoke ring.** New York; Toronto: Scholastic c1997. SUMMARY: Brother Bear starts hanging out with the Too-Tall Gang and starts getting into trouble and smoking. The Bear Scouts know smoking kills. But can they convince Brother before he gets hooked? **F Ber**

Carbone, Elisa Lynn. **Corey's story: her family's secret.** Burlington, VT: Waterfront Books, c1997. SUMMARY: Twelve-year-old Corey, wishing for a normal family life, struggles with the fact that her father drinks too much and has trouble holding a job. **F Car**

Eyerly, Jeannette. **Escape from nowhere.** Philadelphia: J.B. Lippincott Company, c1969. SUMMARY: Tells the story of Carla whose escape from her mother's drinking ended in tragedy and that the only change which could come about had to come from within herself. **F Ey**

Gosselin, Kim. **Smoking stinks!!** Valley Park, MO: JayJo Books, c1998. SUMMARY: When Grandpa Norman, who is addicted to nicotine, speaks to Maddie's class about the bad effects of smoking, he teaches important lessons and makes a big decision. **E Gos**

Hazen, Barbara. **Just say no: a book about saying "no" to drugs, alcohol, and tobacco.** Racine, WI: Western Publishing Co., c1990. SUMMARY: After refusing drugs and alcohol offered by an older student at school, Skip and his friends start a 'Just Say No' Club. **E Haz**

Kenny, Kevin and Helen Krull. **Sometimes my mom drinks too much.** Toronto: Raintree Childrens Books, c1980. SUMMARY: As Maureen struggles to understand her mother's illness her feelings toward her alcoholic mother vary. **E Ken**

Kropp, Paul. **Death ride.** Don Mills, ON: Maxwell Macmillan Canada, c1986. SUMMARY: Tim wanted to get in on the action--the drugs, the booze, and all that went with it. He didn't know that one more joyride would lead to death. **F Kro**

Munsil, Janet. **Where there's smoke.** Toronto: Annick Press, c1993. SUMMARY: Tells the story of the battles Daisy and her father wage to kick their bad habits - Daisy is a nail biter and her dad smokes cigarettes. **E Mun**

Oppenheimer, Joan. **The Lost summer.** Toronto: Scholastic Book Services, c1977. SUMMARY: Susie has difficulty dealing with her mother's remarriage. Alcohol is a means of fun and forgetfulness, until she can no longer do without it. **F Opp**

Quarles, Heather. **A Door near here.** New York: Delacorte Press, c1998. SUMMARY: Four siblings struggle to maintain a seminormal home life when their single mother's alcoholism becomes debilitating. **F Qua**

Robinson, Robert. **On the rocks.** Richmond Hill, ON: Scholastic-TAB Publications, c1979. SUMMARY: The story of Greg's attempt to cope with his parent's alcoholism. **F Rob**

Scoppettone, Sandra. **The Late great me.** Toronto: Bantam Books, c1976. SUMMARY: Having thought that drinking would help her make and keep friends, a 16-year-old comes to realize that she is no longer in control and seeks help. **F Sco**

Snyder, Anne. **My name is Davy: I'm an alcoholic.** New York: Holt, Rinehart & Winston, c1977. SUMMARY: A fifteen-year-old won't believe that he is an alcoholic until personal tragedy forces him to face reality. **F Sny**

Tobias, Tobi. **The Quitting deal.** New York: Viking Press, 1975. SUMMARY: Mother and daughter vow to help each other give up respective habits--smoking and thumb-sucking. **E Tob**

Turk, Hanne. **A Lesson for Max**. London, [Eng.]: Neugebauer Press, c1983. SUMMARY: Cigarettes. Even sensible little Max thinks he ought to give them a try! But Max learns his lesson the hard way - a lesson he will never forget! **E Tur**

Vigna, Judith. **I wish Daddy didn't drink so much**. Toronto: General Publishing Co., c1988. SUMMARY: After a disappointing Christmas, Lisa learns ways to deal with her father's alcoholism with the help of her mother and an older friend. **E Vig**

Vigna Judith. **My big sister takes drugs**. Niles, IL: Albert Whitman & Company, c1990. SUMMARY: When the police bring home Paul's sister Tina, who was found taking drugs in the park, a nightmare begins for the family, and Paul's new friendship with Jose and his plans for soccer camp, seem lost. **E Vig**

Wojciechowska, Maia. **Tuned out: a novel**. New York: Harper & Row, c1968. SUMMARY: A 16-year-old boy recounts his painful adjustment to the discovery that his adored older brother is a drug addict. **F Woj**

### REFERENCE AND GENERAL - VIDEOS & VIDEO KITS

**Attention to prevention, with Slim Goodbody: the inside story of substance abuse**. [S.I.]: AIT; [S.I.]: [Toronto: Kinetic Inc.]: c1989. 1 videocassette (15 min.): sd., col. + 1 teacher's guide. SUMMARY: Uses animation and live action to help children learn about their bodies and how and why to make the right decisions about drugs and alcohol. Defines addiction and outlines the specific dangers of tobacco, alcohol, marijuana, cocaine and crack. Discusses the temptations to try drugs and demonstrates refusal skills. Audience: Grades 2 - 6. **Booking #6977**

**Best friends**. Vancouver, BC: Forefront Productions Corp., c1992. 1 videocassette (25 min.): sd., col. + 1 leader's guide. SUMMARY: Series designed to introduce viewers to the problems and challenges facing young people. In this program, Laura feels uncomfortable when her best friend begins to associate with a group of students who drink and use drugs. Laura doesn't want to drink but she doesn't want to lose Carol's friendship. With the help of a counsellor and a group at school, Laura learns how to best help herself and her friend. Audience: Senior 1 - 4. **Booking #9870**

**Drug abuse prevention program [kit]**. Lafayette, AL: Kelly Bear Press, 1990-1994. 10 posters, 1 videocassette (VHS) (40 min.), 5 books, 1 parent introductory letter, 8 brochures, 1 invitation to the parent program, 1 parent pledge sheet, 1 ABC's of parenting sheet, 2 Kelly Bear certificates, 1 evaluation. SUMMARY: Program designed to help prevent drug, alcohol and tobacco use among children aged four to nine, and to help children develop self-confidence, improve their decision-making skills, and establish and maintain constructive peer relationships. Audience: Adult, Professional Development. **Booking #5076**

**Drugs**. [Los Angeles, CA]: Los Angeles Unified School District; Toronto: Kinetic Video, c1991. 1 videocassette (28 min.): sd., col. + 1 teacher's guide. SUMMARY: This series is designed to help parents overcome the many obstacles of raising and supervising their children. Each episode contains vignettes that revolve around a central theme followed by round-table discussion of the vignettes. In this episode parents will learn that good adult supervision is the key to protecting children from drug and alcohol use. Audience: Parents and other adults associated with childcare, Professional Development. **Booking #8881**

**First Nations freedom: a curriculum of choice: alcohol, drug & substance abuse prevention [series].** [Canada]: Mokakit Education Research Association, c1992. 6 videocassettes (listed below). SERIES SUMMARY: Introduces viewers to the national alcohol, drug and substance abuse prevention program designed for use in First Nations schools by the Mokakit Education Research Association. Audience: Adult, Professional Development.

- **First Nations freedom: a curriculum of choice: alcohol, drug & substance abuse prevention (K - 8): [an overview].** 1 videocassette (30 min.): sd., col. SUMMARY: Outlines the program's development, philosophy and components, and considers its value to the Native community. Shows its use in the classroom during its first and second piloting phases of operation and examines the role of community members as resource people. Shows the growth of students' self-esteem and self-confidence as they participated in the program, and includes comments of curriculum designers, teachers and community members. **Booking #6848**
- **First Nations freedom: a curriculum of choice: alcohol, drug & substance abuse prevention: community involvement.** 1 videocassette (38 min.): sd., col. SUMMARY: Defines community involvement and examines why it is crucial to the success of the First Nations curriculum. Presents examples of the ways in which family members, elders, teachers, principals and resource people can help children to develop a sense of their Native identity and self-pride. Points out that teachers must understand Native traditions and have strong community ties, and that the school must be a place where children and family are welcome. Includes comments of curriculum designers, teachers, students and community members. **Booking #6852.**
- **First Nations freedom: a curriculum of choice: alcohol, drug & substance abuse prevention: kindergarten to grade four.** 1 videocassette (42 min.): sd., col. SUMMARY: Presents examples of teaching the kindergarten to grade four First Nations freedom curriculum during the first and second pilot phases of operation. Also points out the reasons for teaching about abuse at this level. Includes comments from teachers and community members. **Booking #6849**
- **First Nations freedom: a curriculum of choice: alcohol, drug & substance abuse prevention: grades 5 to 8.** 1 videocassette (38 min.): sd., col. SUMMARY: Illustrates how some teachers have taught components of the grades 5-8 addictions curriculum. Explains that teaching methods will depend on time, facilities, materials and community people. resources. Includes comments of teachers, students and community members. **Booking #6850**
- **First Nations freedom: a curriculum choice: alcohol, drug and substance abuse prevention: kindergarten to grade 8: for the love of the game.** 1 videocassette (48 min.): sd., col. SUMMARY: Examines the effect of sport, particularly the game of hockey, on Native life. Discusses the reasons for the low numbers of Native hockey players at professional or amateur levels and Indian hockey tournaments and to provide role models for children to develop a sense of Native awareness and self-pride. Includes interviews with hockey players, coaches and family members. **Booking #6853**
- **First Nations freedom: a curriculum of choice: alcohol, drug & substance abuse prevention: projects.** 1 videocassette (32 min.): sd., col. SUMMARY: Examines the aims and philosophy of the projects component of the addiction curriculum. Provides examples of projects in which students participated and discusses the value of such work to the student, the teacher, the school and the community. Emphasizes the need for community involvement and the promotion of Native awareness and self-confidence. Includes comments of students teachers, administrators and community members. **Booking #6851**

**NEW!** **Health education (Senior 2) inservice. Part 2: responsibility to self and others.**

Winnipeg, MB: Manitoba Satellite Network: Distance Education and Technology, Manitoba Education and Training, 1993. 1 videocassette (60 min.), sd., col. SUMMARY: Discusses and outlines the drug education component of the second unit of the curriculum, focusing on delivery methods and teaching strategies. Topics include: personal safety, facts and misconceptions, pharmacology, continuum of use, defence mechanisms, attitudes, tobacco, and chemically-dependent families. Also mentions community resources including: AFM, the RCMP, and the Department of Health and Welfare Canada. Audience: Professional Development, Adult.

**Video Duplication #VT-0435, Booking #5205**

**Just for Me [series].** [S.I.]: Best Foundation for a Drug-Free Tomorrow, c1992. 10 videocassettes (listed below). SERIES SUMMARY: Series designed to help prevent drug, alcohol, and tobacco use among children in grades two, three and four. Uses dramatic portrayals of children in a variety of situations to help them develop skills to resist peer pressure and to deal with stressful situations.

- **For parents tool: family ties.** 1 videocassette (22 min.): sd., col. + 1 peer helper handbook + 1 facilitator's guide + 1 teacher's guide + 2 pamphlets. SUMMARY: In this program, parents explore the nature of family bonding and the ways in which it can help children resist the use of alcohol, tobacco or other drugs. Includes the program and a discussion of the program, My family, Myself from the Just for Me series. Audience: Adult, Professional Development. **Video Duplication #VT-0119, Booking #9638**
- **For parents tool: healthy choices.** 1 videorecording (23 min.): sd., col. + 1 peer helper handbook + 1 facilitator's guide + 1 teacher's guide + 2 pamphlets. SUMMARY: In this program, parents learn about risk factors for drug abuse and explore ways in which they can help their children protect themselves against these risks. Includes the program and a discussion of the program, My choice from the Just for Me series. Audience: Adult, Professional Development. **Video Duplication #VT-0118, Booking #9637**
- **I do care.** 1 videocassette (15 min.): sd., col. + 1 peer helper handbook + 1 facilitator's guide + 1 teacher's guide + 2 pamphlets. SUMMARY: When Alfredo chooses to go for a car ride with his sister's boyfriend he learns about the rules and the consequences of a bad choice. Audience: Grades 2 - 4. **Video Duplication #VT-0127, Booking #9642**
- **I don't buy it!** 1 videocassette (15 min.): sd., col. + 1 peer helper handbook + 1 facilitator's guide + 1 teacher's guide + 2 pamphlets. SUMMARY: In this program three children explore the world of advertising and learn how to question the claims of advertised products. Audience: Grades 2 - 4. **Video Duplication #VT-0136, Booking #9644**
- **My choice.** 1 videocassette (15 min.): sd., col. + 1 peer helper handbook + 1 facilitator's guide + 1 teacher's guide + 2 pamphlets. SUMMARY: Randy is having a difficult time dealing with his mother's remarriage. When a group of older boys encourages him to experiment with cigarettes and alcohol, he and his family attempt to work things out in a positive way. Audience: Grades 2 - 4. **Video Duplication #VT-0123, Booking #9640**
- **My family, myself.** 1 videocassette (15 min.): sd., col. + 1 peer helper handbook + 1 facilitator's guide + 1 teacher's guide + 2 pamphlets. SUMMARY: Anton realizes he wants a closer relationship with his father, after he meets new friends and participates in their family activities. Audience: Grades 2 - 4. **Video Duplication #VT-0131, Booking #9643**
- **The Real me.** 1 videocassette (15 min.): sd., col. + 1 peer helper handbook + 1 facilitator's guide + 1 teacher's guide + 2 pamphlets. SUMMARY: A young Native American girl's desire to be popular leads to her becoming friends with students whose behaviour causes her a great deal of discomfort. A chance encounter with her cousin helps her to learn to be proud of herself and to make her own choices. Audience: Grades 2 - 4. **Video Duplication #VT-0124, Booking #9641**

- **Using just for me.** 1 videocassette (27 min.): sd., col. + 1 peer helper handbook + 1 facilitator's guide + 1 teacher's guide + 2 pamphlets. SUMMARY: This program surveys the components, objectives, and purposes of the Just for me series, and shows teachers and students working with materials in the classroom. Audience: Adult, Professional Development. **Video Duplication #VT-0067, Booking #9635**
- **Who are you?** 1 videocassette (15 min.): sd.; col. + 1 peer helper handbook + 1 facilitator's guide + 1 teacher's guide + 2 pamphlets. SUMMARY: In this program, three children discover what self-concept is, how thoughts and feelings affect it and how they can develop a more positive sense of self. Audience: Grades 2 - 4. **Video Duplication #VT-0121, Booking #9639**

**Sister, sister.** Bloomington, Inc.: Agency for Instructional Technology, c1990. 1 videocassette (15 min.): sd., col. + 1 teacher's guide + 1 community handbook. SUMMARY: Series designed to encourage community and school co-operation in drug prevention activities. Uses dramatic portrayals of young people in school, family and peer group situations, focusing on skills needed to prevent drug abuse. In this program, Alicia's bike is stolen and she comes to suspect her 14-year-old sister who has become increasingly involved with alcohol and marijuana. Audience: Grades 5 - 9. **Video Duplication #VT-1975, Booking #6656**

**L'ours renifleur = The sniffing bear.** [Montreal] National Film Board of Canada, c1992. 1 videocassette (8 min.): sd, col. + 1 guide. SUMMARY: Paper figures and scenery animate this wordless tale about addiction and friendship. A polar bear finds a red gasoline can in the snow and becomes intoxicated when he sniffs the fumes. His friends Seal and Owl make several attempts to prevent Bear from continuing to sniff the gas, but they are unsuccessful. Bear begins to have frightening hallucinations and is barely able to defend himself from several dogs. Finally, after his friends talk to him once more, he destroys the gasoline container. Audience: Grades 4 - 6. **Booking #9098**

**Thanks but no thanks.** Bloomington, IN: Agency for Instructional Technology, c1990. 1 videocassette (16 min.): sd., col. + 1 teacher's guide + 1 community handbook. SUMMARY: Series designed to encourage community and school co-operation in drug prevention activities. Uses dramatic portrayals of young people in school, family and peer group situations, focusing on skills needed to prevent drug abuse. In this program, Lenora and Karen meet up with a group of older kids at a mall. After wandering the mall and missing a movie, the group ends up on the beach where Lenora, Karen and Robert find the courage to refuse to join in vodka drinking. Audience: Grades 5 - 9. **Video Duplication #VT-1973, Booking #6654**

### **ALCOHOL ABUSE - VIDEOS & VIDEO KITS**

**The Boy Wonder.** Vancouver, BC: Forefront Productions Corporation, c1992. 1 videocassette (28 min.): sd., col. + 1 leader's guide. SUMMARY: Series designed to introduce viewers to the problems and challenges facing young people and to offer a perspective on the underlying problems and practical ways of dealing with them. In this program, Tom's life seems perfect. He is respected by his teachers and peers, and he is an excellent student and top athlete. But, his mother drinks too much, and he has assumed responsibility for the care of his younger brother, Teddy. With help from his classmates, a school support group, and his teachers, Tom learns how to cope with his dysfunctional family. Audience: Senior 1 - 4. **Booking #9869**

**The Circle.** Vancouver, BC: Forefront Productions Corp., c1992. 1 videocassette (26 min.): sd., col. + 1 leader's guide. SUMMARY: Series designed to introduce viewers to the problems and challenges facing young people and to offer a perspective on the underlying problems and

practical ways of dealing with them. In this program, Michael Paul has turned to alcohol to escape the memories of his father's abandonment of his family and Native community. When he is suspended from school after drinking at a school dance, Michael participates in a Healing Circle where he comes to understand that the first step toward healing himself and stopping his aggressive behaviour is to confront his grief. Audience: Senior 1 - 4. **Booking #9871**

**David with F.A.S.** [Canada]: Kanata Productions, Inc., c1996. 1 videocassette (45 min): sd., col. + fact sheet. SUMMARY: A 21-year-old man who suffers from recently diagnosed fetal alcohol syndrome. David share his thoughts and experiences about the challenges of trying to maintain a normal routine while living with F.A.S. and the depression which accompanies it. As well, members of David's adoptive family describe the impact that fetal alcohol syndrome has had upon them and the feelings of confusion, anger and pain that they must deal with as they struggle to support David and the family unit. Audience: Senior 2 - 4, Adult, Professional Development. **Booking #5117**

**Decisions.** Bloomington, IN: Agency for Instructional Technology, c1990. 1 videocassette (16 min.): sd., col. + 1 teacher's guide + 1 community handbook. SUMMARY: Series designed to encourage community and school co-operation in drug prevention activities. Uses dramatic portrayals of young people in school, family and peer group situations, focusing on skills needed to prevent drug abuse. In this program, a number of factors contribute to James' spending the evening drinking with his friend Andy. When his carelessness causes a fire, he makes a decision to cast off Andy's influence. Audience: Grades 5 - 9. **Video Duplication, #VT-1976, Booking #6687**

**The Fabulous F.A.S. game show.** [United States]: Washington State Department of Health, Winnipeg: Fetal Alcohol Family Association of Manitoba, c1993. SUMMARY: Uses a game show format to introduce viewers to fetal alcohol syndrome and fetal alcohol effects, conditions that occur when pregnant women consume alcohol. Discusses their physiological and psychological symptoms, the life-long impact on children and their families, and the efforts of researchers to develop new ways to help learning disabled children. Includes interviews with a girl who has FAS, her mother, and a researcher. Audience: Grades 6 - Senior 1, Adult, Professional Development. **Booking #5098**

**A Friend indeed.** Bloomington, IN: Agency for Instructional Technology, c1990. 1 videocassette (16 min.): sd., col. + 1 teacher's guide + 1 community handbook. SUMMARY: Series designed to encourage community and school co-operation in drug prevention activities. Uses dramatic portrayals of young people in school, family and peer group situations, building on skills needed to prevent drug abuse. In this program, J.D.'s attempts to help a friend, who is drinking heavily, lead him and another boy to confide in a teacher. Audience: Grades 5 - 9. **Video Duplication #VT-1977, Booking #6688**

**Knockin' on heaven's door: a pop opera.** [Canada]: Oasis; Vancouver: T.H.A. Media Distributors, c1993. 1 videocassette (25 min.): sd., col. + 1 viewer's guide. SUMMARY: A dramatization interspersed with singing and dance segments about a high school grad party. Focuses on two couples who attend the grad party and later a house party, and the tragic consequences that ensue as a result of drinking and driving. Audience: Senior 2 - 4, Adult. **Booking #4984**

**One drink won't hurt my baby, will it?** [Winnipeg]: Manitoba Department of Education and Training, Program Development Branch, School Programs Division, c1996. 1 videocassette (26 min.): sd., col. SUMMARY: Through interviews with three individuals, viewers are presented with

the consequences of alcohol use in pregnancy. Leslie at 25 relates how her alcohol abuse led to the death of her second child, Steven, shortly after his premature birth. The changes that she made with respect to her drinking would lead to the birth of a healthy daughter, Katie. Ellie shares her experience as a foster parent to Angelica, a seven-year-old with FAS. Describes the health, social and educational difficulties which the little girl will face for the rest of her life. Maia is a 21-year-old woman with FAS who describes her thoughts and feelings about FAS and its effects on her life. Emphasizes that FAS does not go away and is 100% preventable. Includes the addresses of the Adolescent Parent Centre and Winnipeg School Division No.1 for further information. Audience: Senior 1 - 4. **Video Duplication #VT-0226, Booking #2872**

**Parties and concerts.** [Los Angeles, CA]: Los Angeles Unified School District; Toronto: Kinetic Video, c1991. 1 videocassette (30 min.); sd., col. + 1 teacher's guide. SUMMARY: This series is designed to help parents overcome the many obstacles to raising and supervising their children. Further, the series aims to impart on the viewer the skills, attributes and attitudes needed for parenthood. Each episode contains vignettes that revolve around a central theme followed by round-table discussion of the vignettes. This episode is primarily about the unsupervised use of alcohol by teenagers and young adults who attend house parties and concerts. Audience: Parents and other adults associated with childcare, Professional Development. **Booking #8864**

**Penalty kick.** Bloomington, IN: Agency for Instructional Technology; [S.I.]: Film Works, c1989. 1 videocassette (16 min.): sd., col. + 1 teacher's guide + 1 community handbook. SUMMARY: Series designed to encourage community and school co-operation in drug prevention activities. Uses dramatic portrayals of young people in school, family and peer group situations, focusing on skills needed to prevent drug abuse. In this program, Eric struggles to deal with the physical limitations imposed by hemophilia, while his friend George deals with his father's desire for him to excel in soccer. After cutting school just before soccer tryouts, the consequences of their actions lead them to consider the temptations of alcohol. Audience: Grades 5 - 9. **Video Duplication #VT-1969, Booking #6628**

**Thinking about drinking.** [Los Angeles, CA]: Alfred Higgins Productions Inc.; Scarborough, ON: Omega Films Ltd. [distributor], c1991. 1 videocassette (18 min.): sd., col. + 1 study guide. SUMMARY: Presents the basic facts about alcoholic beverages so that thoughtful decisions regarding their use can be made. Teaches about the effects of alcohol on one's body, nervous system and behavior, and emphasizes the gravity of the situation involving drinking and driving. Audience: Grades 6 - 9; ages 12 and up. **Booking #9687**

**NEW! What educators need to know about fetal alcohol syndrome [kit].** [Winnipeg, MB]: Manitoba Education, Training and Youth: Manitoba Children and Youth Secretariat, [1999?]. One sound cassette plus one resource guide; in container, 39 X 25 X 9 cm. SUMMARY: Describes fetal alcohol syndrome (FAS) and other associated conditions such as fetal alcohol effects (FAE), considering their symptomology, learning and behavioural characteristics and prevalence rates. Outlines strategies through which teachers can help students with FAS or FAE manage in the classroom. Sound cassette includes comments of John McCaig, consultant in mental health, Clinical Management Group, Lois Friesen, special education teacher, Laura Secord School, Julia Wellwood, child development specialist, FAS Outreach team, Children's Special Services and Val Surbey, paraprofessional and parent of children with FAS. Audience: Adult, Professional Development. **K 371.92 W43**

**What is FAS?** [S.I.]: Province of British Columbia; Oakville, ON: Magic Lantern Communications Ltd., c1991. 1 videocassette (24 min.): sd., col. SUMMARY: Designed to introduce viewers to the

cause, treatment and prevention of fetal alcohol syndrome. Shows two children with FAS, and discusses their difficulties. Two mothers tell their stories and professionals urge educational programs for prevention. Concludes with advising teachers to recognize that FAS causes neurological problems that affect learning. Audience: Grades 10 - 12, adult, Professional Development. **Booking #9499**

### **DRUG ABUSE - VIDEOS**

**About Your choice, our chance.** Bloomington, IN: Agency for Instructional Technology, c1990. 1 videocassette (29 min.): sd., col. SUMMARY: Series designed to encourage community and school co-operation in drug prevention activities. Uses dramatic portrayals of young people in school, family and peer group situations, focusing on skills needed to prevent drug abuse. Audience: Adult, Professional Development. **Video Duplication #VT-1982, Booking #6723**

**Fitting in.** Bloomington, IN: Agency for Instructional Technology, c1990. 1 videocassette (15 min.): sd., col. + 1 teacher's guide + 1 community handbook. SUMMARY: Series designed to encourage community and school co-operation in drug prevention activities. Uses dramatic portrayals of young people in schools, family and peer group situations, focusing on skills needed to prevent drug abuse. In this program, Theresa has moved to a new neighbourhood and falls in with a group that is always ready to take risks. The friendliness of a local flower vendor and her own love of ballet help Theresa cope with her new pressures. Audience: Grades 5 - 9. **Video Duplication #VT-1971, Booking #6630**

**Good kids die too.** [S.I.]: LCA; Mississauga, ON: Marlin Motion Pictures, c1990. 1 videocassette (19 min.): sd., col. SUMMARY: A dramatization which deals in parallel episodes with two good kids from different backgrounds who get involved with crack for the first time and pay for it with their lives. Billy "Flash" Davis is a high school football star with a potential for greatness; Molly Johnson is headed for academic acclaim. Flash gives in to peer pressure and samples crack with disastrous results. Molly resists temptation but falls victim to the drug-influenced driving of her companion. Audience: Grades 7 - 12, adult. **Booking #9466**

**I need to talk to you.** [Ottawa]: Minister of Supply and Services Canada, c1991. 1 videocassette (29 min.): sd., col. SUMMARY: Series designed to develop community and school co-operation in drug prevention activities. This program describes the efforts of the media (such as Alberta's Air Zoot radio program and Zoot Capri magazine), students, school, parents and community to help teens develop effective communication skills, to express their emotions appropriately, and to learn ways in which to make choices about drug use. Audience: Professional Development, adult. **Video Duplication #VT-0408, Booking #9556**

**I think I am.** Bloomington, IN: Agency for Instructional Technology, c1990. 1 videocassette (15 min.): sd., col. + 1 teacher's guide + 1 community handbook. SUMMARY: Series designed to encourage community and school co-operation in drug prevention activities. Uses dramatic portrayals of young people in school, family and peer group situations, focusing on skills needed to prevent drug abuse. In this program, Rod and Diane have very different perceptions of themselves. A skit for the Drug Free Club explains their thoughts and demonstrates the role of such feelings in responding to pressure to use alcohol or drugs. Audience: Grades 5 - 9. **Video Duplication #VT-1970, Booking #6629**

**My story: drugs & peer pressure.** [S.I.]: O'Meara Productions Inc.; [S.I.]: Cinemarq; [Winnipeg]: Winnipeg Film Group, c1991. 1 videocassette (22 min.): sd., col. + 1 study guide. SUMMARY: Jacqueline Cuthbert, the drama teacher, provides background information on this program,

telling how grade six students wrote the play based on the real life experience of a teen named Jane. Acted by junior high students of Thompson, Manitoba, the viewer learns how Jane is drawn into drug use, drug abuse and eventual rehabilitation. Audience: Grades 7 - Senior 4. **Booking #9652**

**Parents & schools: St. Louis, MO.** Bloomington, IN: Agency for Instructional Technology, c1990. 1 videocassette (31 min.): sd., col. SUMMARY: Series designed to encourage community and school co-operation in drug prevention activities. This program describes and illustrates how the school system, police department and community agencies of urban St. Louis implemented a number of programs designed to build connections between families and schools. Audience: Adult, Professional Development. **Video Duplication #VT-1981, Booking #6722**

**Partners: Burlington, WI.** Bloomington, IN: Agency for Instructional Technology, c1990. 1 videocassette (30 min.): sd., col. SUMMARY: Series designed to encourage community and school co-operation in drug prevention activities. This program examines and illustrates Burlington's Partners project, begun in 1986 to heighten awareness of chemical dependency in the community. Audience: Adult, Professional Development. **Video Duplication #VT-1979, Booking #6720**

**Sunrise House: Salinas, CA.** Bloomington, IN: Agency for Instructional Technology, c1990. 1 videocassette (31 min.): sd., col. SUMMARY: Series designed to encourage community and school co-operation in drug prevention activities. This program examines the factors that led to the establishment of Sunrise House, a social service agency that provides education, prevention, support and intervention services to young people and their families. Audience: Adult, Professional Development. **Video Duplication #VT-1980, Booking #6721**

**We can't do it alone.** [Ottawa]: Minister of Supply and Services, Canada, c1991. 1 videocassette (29 min.): sd., col. Series designed to encourage community and school co-operation in drug prevention activities. This program examines the factors that led to the establishment of various community projects that provide prevention, support, and information services to teens and their families. Audience: Professional Development, Adult. **Video Duplication #VT-0346, Booking #9555**

### **SMOKING - VIDEOS**

**Just say no. F.** [British Columbia]: Knowledge Network; Vancouver, BC: T.H.A. Media Distributors Ltd., c1993. 1 videocassette (21 min.): sd., col. SUMMARY: Uses three vignettes to introduce viewers to the adverse effects of smoking. In the first segment, despite the persuasive efforts of an advertising campaign, Andrea comes to realize that cigarettes do not make one beautiful or popular. In segment two Jai is directing a scene in a restaurant. When he sees his lead actors succumbing to the temptations of cigarettes, he must gently dissuade them. In the third segment, Jai is magically transported forty years into the future where he meets himself as a sickly man who continues to smoke despite health problems. Returning to the present, Jai begins to understand the importance of protecting not only the external environment, but one's own delicate internal environment as well. Audience: Grades 4 - 8. **Booking #0714**

**Like you, Dad.** Bloomington, IN: Agency for Instructional Technology, c1990. 1 videocassette (16 min.): sd., col. + 1 teacher's guide + 1 community handbook. SUMMARY: Series designed to encourage community and school co-operation in drug prevention activities. Presents dramatic portrayals of young people in school, family and peer group situations, focusing on skills needed to prevent drug abuse. In this program, three children conspire with their mother to plan a

camping vacation after discovering their father is not in good shape. When Richard experiments with cigarettes, the family's concern and the effects on his son cause his father to reconsider his own health habits. Audience: Grades 5 - 9. **Video Duplication #VT-1978, Booking #6719**

**NEW!** **Quit, before it is too late.** Winnipeg, MB: Program Development Branch, School Programs Division, Manitoba Education and Training, c1998. 1 videocassette (28 min.), sd., col. SUMMARY: Students and adults share their experiences about smoking, why they started and why it's important to quit. Considers such topics as the physiological and psychological effects of smoking, medical problems associated with smoking, the influence of the advertising created by the tobacco industry, the role of smoking in weight control and how children's health is affected by their parent's smoking. Audience: Grades 5 - Senior 4, Adult. **Video Duplication #VT-0723, Booking #7932**

**Saying no (to smoking).** San Francisco: Elkind & Sweet Communications, Inc.; Scarborough, ON: Canadian Learning Company, c1990. 1 videocassette (28 min.): sd., col. + 1 discussion guide. SUMMARY: Series designed to help children learn the importance of decision-making and choice in their daily lives. In this program, Missy Mouse's best friend, Rhonda Bird, tries to pressure her into smoking cigarettes. Missy agonizes over her options until she discovers there are ways to say "no" without losing Rhonda's friendship. Includes group discussion. Audience: Grades 4 - 6. **Booking #9994**

**Smoking.** [Montreal]: Multi-Images: Multimedia Group of Canada, c1994. 1 videocassette (13 min.): sd., col. SUMMARY: Designed to introduce viewers to current health and medical issues. This program explores smoking. Presents a history of the tobacco plant, a history of the use of smoking and its now known health hazards. The chemical agents of cigarettes are given along with their chemical symbols. Examines the effect of nicotine, which is an alkaloid, on the human body. Describes the hazards of smoking for pregnant women and nursing mothers and their infants. Considers the factors that make it easier to start rather than to stop smoking and discusses secondary smoke dangers. Shows scenes of a nursing mother and a diseased lung. Audience: Grades 7 - Senior 4. **Booking #1079**

**Smoking: I'm in control?** [Canada]: Film Works Ltd.; Richmond, BC: Magic Lantern Communications Ltd., c1993. 1 videocassette (15 min.): sd., col. SUMMARY: Alex's best friend, Keisha, challenges her to stop smoking. Alex decides to quit, discovering the reasons why she began to smoke as well as reasons to stop smoking. She has a small setback, but soon realizes that she, not the smoking, is in control of her life and that while it's hard to quit, it's worth it. Audience: Grades 5 - 8. **Booking #4747**

**Smoking: no thanks.** [Canada]: Film Works; Richmond, BC: Magic Lantern Communications Ltd., c1993. 1 videocassette (8 min.): sd., col. SUMMARY: Four vignettes illustrate situations where students are faced with peers smoking. Shows ways to say no and to deal positively with peer pressure. Audience: Grades 4 - 6. **Booking #4746**

**What's wrong with tobacco?** [United States]: Discover Films; Mississauga, ON: McIntyre Media Limited, c1994. 1 videocassette (28 min.): sd., col. + 1 manual. SUMMARY: This program explores cigarette smoking, dipping and chewing tobacco. Teens give their views on why they started with tobacco and why it is important to quit or even better never to start. Adults give views on the powerful influence of the advertising created by the tobacco companies on the addiction and addictive nature of nicotine and of the deception given to the kids by the companies. Many teens and experts underscore the message that smoking is dangerous, that it is better never to

begin, particularly as it is so difficult to stop, and the health ramifications are many. Audience: Grades 5 - Senior 4. **Booking #0971**

**Why is it so difficult to quit smoking?** [Toronto]: Ontario Educational Communications Authority, c1997. 1 videocassette (8 min.): sd., col. + 1 teacher's guide. SUMMARY: Designed to introduce students to science and technology through an examination of questions about the world around them. This program explains why it is so difficult to stop smoking. Discusses the addictive properties of nicotine and its effect on the human body. Also looks at different ways to stop smoking, emphasizing that both physiological and environmental cues need to be considered. Audience: Grades 6 - Senior 1. **Video Duplication #VT-0613, Booking #1355**

## WEB SITES

**Addictions Foundation of Manitoba** (December 8, 2000) The AFM's goal is to contribute to the health of Manitobans by providing intervention, rehabilitation, prevention, education and research related to addictions. Includes research, resources and other related links. Web address: <http://www.afm.mb.ca>

**Canadian Centre on Substance Abuse** (December 4, 2000) This non-profit organization deals with issues relating to drug, alcohol and tobacco abuse in Canada. Includes lesson plans as well as sections on (FAS) Fetal Alcohol Syndrome and on educating students about drug abuse. Web address: <http://www.ccsa.ca>

**Canadian Health Network** (December 11, 2000) Funded by Health Canada, this site includes information on drugs, alcohol and tobacco use. "Healthy Life Styles" which is part of the Youth section also deals with substance abuse. Web address: <http://www.canadian-health-network.ca>

**NEW!** **Faslink (Fetal Alcohol Syndrome Information, Support and Communication Link.** (April 29, 2002) Faslink is the Canadian Fetal Alcohol Syndrome Internet support, information, advocacy and discussion forum. Includes a listserv, as well as an archive, student checklist, and general information on FAS. Web Address: <http://www.acbr.com/fas/faslink.htm>

**NEW!** **Fetal Alcohol Family Association of Manitoba.** (April 29, 2002). This provincial, non-profit organization is dedicated to providing support, training, and public awareness to professionals and families working with individuals effected by Fetal Alcohol Syndrome and related disorders. Includes services, events, resources and related links. Web Address: <http://www.fafam.ca/>

**HealthTeacher.com** (December 6, 2000) Sponsored by the American NHES (National Health Education Standards), this site provides background materials on a variety of health topics, including tobacco, alcohol and other drugs. Includes educational materials such as lesson plans which can be viewed by grade or content. Web Address: <http://healthteacher.com>

**National Inhalant Prevention Coalition** (November 27, 2001) The NIPC is a public/private collaboration which provides awareness and prevention campaigns designed to educate youth and adults with the negative effects of inhalant use. Includes general information as well as sections on "Solvents in Schools," "Tips for Teachers," and "Signs of Inhalant Use." Web Address: <http://www.inhalants.org>

**Partnership for a Drug-Free America** (December 11, 2000) This site provides drug prevention information for parents and teens. Includes real stories, expert advice, message boards and numerous related links. Web Address: <http://www.drugfreeamerica.org>

**Tobaccofacts** (November 30, 2000) Sponsored by the BC Ministry of Health, this site has sections for students, teachers and parents. Includes a variety of tobacco prevention resources including, statistics, quizzes, FAQ, a tobacco timeline, downloadable resources and a discussion of the tobacco industry. Web Address: <http://www.tobaccofacts.org/>

**Your Life: Your Choice!** (December 7, 2000) The subtitle for this Canadian site is "an educational resource for teaching young teens about alcohol." Includes activities, learning outcomes and a gallery to post class projects or share ideas. Web Address: <http://www.osca.ca/youth.htm>