

**Substance Abuse and
Addictive Behaviours
February 2007**

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INDEX

BOOKS

General	1
Alcohol Abuse	3
Drug Abuse	5
Gambling	7
Smoking	8
Easy	9
Fiction	10

VIDEOS, DVDs and KITS

General	12
Alcohol Abuse	16
Drug Abuse	18
Gambling	21
Smoking	22

<u>WEBSITES</u>	25
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This bibliography may be photocopied for educational, non-profit purposes.

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Centre for Addiction and Mental Health. (2005). **Wishes and worries: A story to help children understand a parent who drinks too much alcohol**. Toronto: Author. SUMMARY: The story of Maggie and her struggle to understand her father's problem with alcohol. **E Wis**

Gosselin, K. (1998). **Smoking stinks!!** Valley Park, MO: JayJo Books. 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, B. (1990). **Just say no: A book about saying "no" to drugs, alcohol, and tobacco**. Racine, WI: Western Publishing. 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, K., & Krull, H. (1980). **Sometimes my mom drinks too much**. Toronto: Raintree Childrens Books. SUMMARY: As Maureen struggles to understand her mother's illness her feelings toward her alcoholic mother vary. **E Ken**

Munsil, J. (1993). **Where there's smoke**. Toronto: Annick Press. 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**

Turk, H. (1983). **A Lesson for Max**. London, [Eng.]: Neugebauer Press. 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, J. (1988). **I wish Daddy didn't drink so much**. Toronto: General Publishing. 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, J. (1990). **My big sister takes drugs**. Niles, IL: Albert Whitman & Company. 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**

FICTION - BOOKS

Anonymous. (1998). **Go ask Alice**. New York: Simon Pulse. SUMMARY: Based on the diary of a fifteen-year-old drug user which chronicles her struggle to escape the pull of the drug world. **F Go**

Ashworth, S. (2002). **Disconnected**. London: HarperCollins Children's Books. SUMMARY: A fictional story about a teenage girl in crisis. **F Ash**

Berenstain, S., & Berenstain, J. (1997). **The Berenstain Bear Scouts and the sinister smoke ring**. Toronto: Scholastic. SUMMARY: Brother Bear starts hanging out with the Too-Tall Gang and getting into trouble and smoking. The Bear Scouts know smoking kills, but can they convince Brother before he gets hooked? **F Ber**

Beveridge, C. (2001). **Offside**. Saskatoon: Thistledown Press. SUMMARY: Joel, a fifteen-year-old, inadvertently creates a dependency on a cold remedy amongst his hockey teammates who think it is a performance enhancer. Based on real events that took place in Calgary. **F Bev**

Brouwer, S. (1996). **Winter hawk star**. Dallas; Vancouver: Word Pub. SUMMARY: Tyler Watson and his teammate, the star center for the Portland Winter Hawks hockey team, discover that working with street kids has placed their own lives in danger. **F Bro**

Burgess, M. (1997). **Junk**. Toronto: Penguin Books. SUMMARY: A story of a group of people and their addiction to drugs. **F Bur**

Burgess, M. (2003). **Smack**. New York: Avon Books. SUMMARY: After running away from their troubled homes, two English teenagers move in with a group of squatters in the port city of Bristol and try to find ways to support their growing addiction to heroin. **F Bur**

Carbone, E. L. (1997). **Corey's story: Her family's secret**. Burlington, VT: Waterfront Books. 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**

Childress, A. (2003). **A hero ain't nothin' but a sandwich**. New York: Speak. SUMMARY: The life of a thirteen-year-old Harlem youth on his way to becoming a confirmed heroin addict is seen from his viewpoint and from that of several people around him. **F Chi**

Foon, D. (2000). **Double or nothing: A novel**. Toronto: Annick Press. SUMMARY: Follow Kip's roller-coaster ride that comes in the high-stakes game of gambling. He's a good guy, but he gets his rush from betting. Kip is being taken on the ride of his life – from the horse tracks to the casinos. The buzz is increasing, but so are his debts. Can Kip beat the odds and turn things around before he hits bottom? **F Foo**

Gaetz, D. (1993). **Heather, come back**. Don Mills, ON: Maxwell Macmillan Canada. SUMMARY: Heather's new boyfriend is a drug dealer and she's getting high all the time. Her brother Jason sees what's happening, but he can't stop her. **F Gae**

Gaetz, D. (2003). **No problem**. Victoria, BC: Orca Book Publishers. SUMMARY: Curt has it all: friends, summer job, a promising career in baseball; then he begins experimenting with drugs. **F Gae**

Going, K. (2003). **Fat kid rules the world**. New York: G.P. Putnam's Sons. SUMMARY: Seventeen-year-old Troy, depressed, suicidal, and weighing nearly 300 pounds, gets a new perspective on life when a homeless teenager who is a genius on guitar wants Troy to be the drummer in his rock band. **F Goi**

Hinton, S. E. (2003). **That was then, this is now**. New York; Toronto: Speak. SUMMARY: Sixteen-year-olds Mark and Bryon have been like brothers since childhood, but now, as their involvement with girls, gangs, and drugs increase, their relationship seems to gradually disintegrate. **F Hin**

Hopkins, E. (2004). **Crank**. New York; Toronto: Simon Pulse. SUMMARY: Kristina Georgia Snow is the perfect daughter: gifted high school junior, quiet, never any trouble. But on a trip to visit her absentee father, Kristina disappears and Bree takes her place. Bree is the exact opposite of Kristina – she's fearless. Through a boy, Bree meets the monster: crank. And what begins as a wild, ecstatic ride turns into a struggle through hell for her mind, her soul – her life. **F Hop**

Kropp, P. (1986). **Death ride**. Don Mills, ON: Maxwell Macmillan Canada. 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**

Kropp, P. (1987). **Under cover**. Don Mills, ON: Collier Macmillan Canada. SUMMARY: Kevin never thought much about what drugs could do to you. Until Matt died. Then Kevin changed sides and went under cover – to get the dealer who had killed his best friend. **F Kro**

MacGregor, R. (1998). **The Screech Owls' home loss**. Toronto: M&S. SUMMARY: One of the Screech Owls lies in a hospital bed, unable to move – the victim of a cowardly drunk driver who fled the scene of the crime. Somewhere in the town of Tamarack, a criminal is hiding, and Travis and the Screech Owls must find a way to pull together and bring the culprit to justice. **F MacG**

Martin, C. (2002). **Why are those people smoking?** Ohsweken, ON: Stepping Stone Publications. SUMMARY: A young mother begins to understand her choice not to smoke as she expresses the importance of being healthy to her children. **F Mar**

Murray, J. (2003). **Bottled up.** New York: Speak. SUMMARY: A high school boy comes to terms with his drug addiction, life with an alcoholic father, and a younger brother who looks up to him. **F Mur**

Myers, W. D. (2003). **The Beast.** New York; Toronto: Scholastic. SUMMARY: A visit to his Harlem neighbourhood and the discovery that the girl he loves is using drugs gives sixteen-year-old Anthony Witherspoon a new perspective both on his home and on his life at a Connecticut prep school. **F Mye**

Polak, M. (2006). **All in.** Toronto: J. Lorimer. SUMMARY: Todd Lerner's not much of a student, but he's got plenty of street smarts and a mean poker face. Todd's got his eye on Claire, the most beautiful girl in grade eleven. But Claire likes nice things, and if Todd wants to date her, he'll need cash and plenty of it. A weekly poker game soon turns into a costly and dangerous obsession, and Todd's luck begins to change. **F Pol**

Quarles, H. (1998). **A door near here.** New York: Delacorte Press. SUMMARY: Four siblings struggle to maintain a seminormal home life when their single mother's alcoholism becomes debilitating. **F Qua**

Salassi, O. R. (1987). **Jimmy D., Sidewinder and me.** New York: Greenwillow Books. SUMMARY: Hoping to get a more lenient sentence, Dumas Monk writes a series of letters to the Judge from jail explaining why he did the things he did. **F Sal**

Stoehr, S. (1991). **Crosses.** New York: Dell. SUMMARY: Unhappy at home, Nancy and her friend Katie adopt punk lifestyles and find relief in cutting themselves, until Nancy is forced to confront her problems. **F Sto**

Toten, T., & Carver, P. (2001). **The game.** Calgary: Red Deer Press. SUMMARY: Dani emerges from the painful effects of substance abuse and adapts to a treatment facility. There, she must summon the strength to confront her emotional trauma. **F Tot**

GENERAL - VIDEOS & VIDEO KITS

Attention to prevention, with Slim Goodbody: The inside story of substance abuse. (1989). [S.I.]: Agency for Instructional Technology. [Toronto]: Kinetic [distributor]. 1 VHS (15 min.) + 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. **VHS Booking #6977**

Best friends: Substance abuse, peers and prevention. (1992). Vancouver, BC: Forefront Productions Corp. [distributor]. VHS (25 min.) + 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 drinks 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: Grades 9 – 12. **VHS Booking #9870**

Drugs. (1991). (Raising Children in Troubled Times series). [Los Angeles, CA]: Los Angeles Unified School District. Toronto: Kinetic [distributor]. VHS (28 min.) + 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. **VHS Booking #8881**

First Nations freedom: A curriculum of choice: Alcohol, drug & substance abuse prevention [series]. (1992). [Canada]: Mokakit Education Research Association. 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].** VHS (30 min.). 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. **VHS Booking #6848**
- **First Nations freedom: A curriculum of choice: Alcohol, drug & substance abuse prevention: Community involvement.** VHS (38 min.). 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. **VHS Booking #6852**
- **First Nations freedom: A curriculum of choice: Alcohol, drug & substance abuse prevention: Kindergarten to grade four.** VHS (42 min.). 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. **VHS Booking #6849**
- **First Nations freedom: A curriculum of choice: Alcohol, drug & substance abuse prevention: Grades 5 to 8.** VHS (38 min.). 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 teaches, students and community members. **VHS Booking #6850**

- **First Nations freedom: A curriculum of choice: Alcohol, drug & substance abuse prevention: Kindergarten to grade 8: For the love of the game.** VHS (48 min.). 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. **VHS Booking #6853**
- **First Nations freedom: A curriculum of choice: Alcohol, drug & substance abuse prevention: Projects.** VHS (32 min.). 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. **VHS Booking #6851**

Health education (Senior 2) inservice. Part 2: Responsibility to self and others. (1993). Winnipeg: Distance Education and Technology, Manitoba Education and Training. VHS (60 min.). 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. **Media Duplication #VT-0435, VHS Booking #5205**

Just for Me [series]. (1992). Agency for Instructional Television: Best Foundation for a Drug-Free Tomorrow. 10 VHS tapes (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 too!: Family ties.** VHS (22 min.) + 1 peer helper handbook + 1 facilitator's guide + 1 teacher's guide + 2 pamphlets. SUMMARY: 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 a discussion of the program, *My Family, Myself* from the Just for Me series. Audience: Adult, Professional Development. **Media Duplication #VT-0119, VHS Booking #9638**
- **For parents too!: Healthy choices.** VHS (23 min.) + 1 peer helper handbook + 1 facilitator's guide + 1 teacher's guide + 2 pamphlets. SUMMARY: Parents learn about risk factors for drug abuse and explore ways in which they can help their children protect themselves against these risks. Includes a discussion of the program, *My Choice* from the Just for Me series. Audience: Adult, Professional Development. **Media Duplication #VT-0118, VHS Booking #9637**
- **I do care.** VHS (15 min.) + 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. **Media Duplication #VT-0127, VHS Booking #9642**

- **I don't buy it!** VHS (15 min.) + 1 peer helper handbook + 1 facilitator's guide + 1 teacher's guide + 2 pamphlets. SUMMARY: Three children explore the world of advertising and learn how to question the claims of advertised products. Audience: Grades 2 – 4. **Media Duplication #VT-0136, VHS Booking #9644**
- **My choice.** VHS (15 min.) + 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. **Media Duplication #VT-0123, VHS Booking #9640**
- **My family, myself.** VHS (15 min.) + 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. **Media Duplication #VT-0131, VHS Booking #9643**
- **The Real me.** VHS (15 min.) + 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. **Media Duplication #VT-0124, VHS Booking #9641**
- **Using just for me.** VHS (27 min.) + 1 peer helper handbook + 1 facilitator's guide + 1 teacher's guide + 2 pamphlets. SUMMARY: A survey of the components, objectives, and purposes of the Just for me series. Shows teachers and students working with materials in the classroom. Audience: Adult, Professional Development. **Media Duplication #VT-0067, VHS Booking #9635**
- **Who are you?** VHS (15 min.) + 1 peer helper handbook + 1 facilitator's guide + 1 teacher's guide + 2 pamphlets. SUMMARY: 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. **Media Duplication #VT-0121, VHS Booking #9639**

Sister, sister. (1990). Bloomington, IN: Agency for Instructional Technology. VHS (15 min.) + 1 teacher's guide + 1 community handbook. SUMMARY: This program 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. **Media Duplication #VT-1975, VHS Booking #6656**

L'ours renifleur = The sniffing bear. (1992). [Montreal] National Film Board of Canada. VHS (8 min.). 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. **VHS Booking #9098**

Thanks but no thanks. (1990). Bloomington, IN: Agency for Instructional Technology. VHS (16 min.) + 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. **Media Duplication #VT-1973, VHS Booking #6654**

ALCOHOL ABUSE – VIDEOS, DVD'S & KITS

Alcohol & alcoholism. (2004). Wynnewood, PA: Schlessinger Media; Oakville, ON: Magic Lantern Group [distributor]. VHS or DVD (23 min.) + 1 teacher's guide. SUMMARY: Through graphics, animation, narration, and a mixture of expert interviews and first person testimonies, students learn about prominent drugs, their history, the physiological effects, and the social/legal consequences of drug use. This program explains what alcohol is and how it is created, how the alcoholic content of beverages is determined, how alcohol impacts the human body, and what consequences a pregnant woman faces when she drinks. Considers the signs and symptoms of alcohol dependence, the development of addiction, and the treatment options available to those suffering from alcoholism. The devastating impact of alcoholism upon users, family, and friends is also revealed. Audience: Grades 7 – 12. **VHS Booking #3708, DVD Booking #D-3708**

Alcohol: Teenage drinking. (2004). Wynnewood, PA: Schlessinger Media; Oakville, ON: Magic Lantern Group [distributor]. VHS or DVD (23 min.) + 1 teacher's guide. SUMMARY: Through graphics, animation, narration, and a mixture of expert interviews and first person testimonies, students learn about prominent drugs and their history, the immediate physiological effects, and the social/legal consequences of drug use. This program considers teenage drinking including the impact of the media and peer pressure upon teenagers' decisions to consume alcohol, the effect of alcohol upon the human body, and how blood alcohol level can be determined. Discusses binge drinking, the physiological and psychological/social consequences of abuse, and the terrible loss and suffering of families whose lives have been irrevocably changed by impaired drinking. The program emphasizes the importance of help and the need for education in dealing with teenage alcoholism. Audience: Grades 7 – 12. **VHS Booking #3711, DVD Booking #D-3711**

Alcohol: Truth and consequences. (2002). [United States]: Sunburst Technology Corporation; Toronto: Kinetic [distributor]. VHS (22 min.) + 1 teacher's guide. SUMMARY: Designed to introduce middle years students to the consequences of experimentation with alcohol. In this program, Lucy describes the events which occurred when she and a group of friends decided to stay overnight in their school building and have a party that included alcohol. Lucy describes how in their drunken state they caused accidental property damage, how a teen's reputation suffers, how another girl became ill from drinking, and how a boy broke his arm doing a stunt on a dare. Lucy asks viewers to learn about the negative aspects of alcohol from her and her friends' mistakes. Audience: Grades 5 – 9. **VHS Booking #4635**

Baby think it over. The gamble learning module [kit]. (2001). Eau Claire, WI: BTIO Educational Products [distributor]. 2 infant simulators + 1 VHS (17 min.) + 1 video discussion guide. SUMMARY: The Gamble Learning Module, a component of the Baby Think It Over Program, consists of an F.A.S. manikin, a drug affected demonstrator, print materials, activities

and a videocassette entitled: "...And down will come baby...". It is designed to educate students about the effects of drug and alcohol use on the fetus during pregnancy. Reveals the physical deformities and characteristics of an infant born with fetal alcohol syndrome. Explains the affect of drugs, alcohol and tobacco upon the unborn child, notes the possible link between Sudden Infant Death Syndrome (S.I.D.S.) and drug consumption during pregnancy, and considers how Acquired Immune Deficiency Syndrome (AIDS) may be transmitted from mother to child. Audience: Grades 9 - 12, Adult, Professional Development. **VHS Booking #5559**

A friend indeed. (1990). Bloomington, IN: Agency for Instructional Technology. VHS (16 min.) + 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. **Media Duplication #VT-1977, VHS Booking #6688**

Knockin' on heaven's door: A pop opera. (1993). [Canada]: Oasis; Vancouver: T.H.A. Media Distributors. VHS (25 min.) + 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: Grades 10 – 12, Adult. **VHS Booking #4984**

No time to say goodbye. [2002]. [Winnipeg]: Manitoba Moose; Manitoba Public Insurance. VHS (15 min.) + 1 guide in binder. SUMMARY: Designed to educate viewers about the dangers of drinking and driving and to encourage responsible decision making about impaired driving. Through still and live action film footage, interviews and narration, this program reveals the terrible loss of families whose lives have been irrevocably changed by impaired driving. Also presents statistical data, misconceptions about alcohol's impact on the human body, and the ways in which alcohol impacts perception, judgment, attention and physical reactions. The legal penalties for driving while under the influence of alcohol are also noted. Audience: Grades 9 – 12. **VHS Booking #5663**

A normal life. (2001). [Canada]: CTV; Oakville, ON: Magic Lantern Group [distributor]. VHS (20 min.). SUMMARY: This program examines the issues surrounding fetal alcohol syndrome (FAS) and explores the struggles its victims face. Individuals with FAS and their families share their thoughts, feelings, and experiences about the lifetime complications with which they must deal. Audience: Grades 7 – 12, Adult, Professional Development. **VHS Booking #2298**

One drink won't hurt my baby, will it? (1996). [Winnipeg]: Manitoba Department of Education and Training. VHS (26 min.). 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, shortly after his premature birth. The changes that she made with respect to her drinking would lead to the birth of a healthy daughter. 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. Mala 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. Audience: Grades 9 – 12. **Media Duplication #VT-0226, VHS Booking #2872**

What early childhood educators and caregivers need to know about fetal alcohol syndrome (FAS). [kit]. [2000]. [Winnipeg]: Healthy Child Manitoba: Manitoba Child Care Association. 1 sound cassette + 1 manual. SUMMARY: Designed to help early childhood educators and caregivers learn about fetal alcohol syndrome. Describes fetal alcohol syndrome (FAS) and other associated conditions such as fetal alcohol effects, practical strategies for daily living, suggestions for maintaining links between families and child care programs, and information about various professionals and agencies which deal with these children. 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 Surby, paraprofessional and parent of children with FAS. Audience: Adult, Professional Development. **K 371.92 W42**

What educators need to know about fetal alcohol syndrome. [kit]. [1999?]. [Winnipeg]: Manitoba Education, Training and Youth: Manitoba Children and Youth Secretariat. Sound cassette + resource guide. 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? (1991). Province of British Columbia; Oakville, ON: Magic Lantern Communications [distributor]. VHS (24 min.). 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. **VHS Booking #9499**

With child, without alcohol [2002?]. Winnipeg: Manitoba Liquor Control Commission. VHS (10 min.) + 1 letter, 1 facilitator's guide, 1 quiz page, 1 booklet (containing three leaflets). SUMMARY: The learning activities suggested for each sequence include content that is potentially sensitive. The kit "was designed for learning about FASD in a group or classroom environment"... The video provides education and awareness information about the risks of drinking alcohol during pregnancy. Audience: Grades 10 - 12, Adult, Professional Development. **VHS Booking #4585**

DRUG ABUSE – VIDEOS & DVD'S

Club Drugs. (2004). Wynnwood, PA: Schlessinger Media; Oakville, ON: Magic Lantern Group [distributor]. VHS or DVD (23 min.) + 1 teacher's guide. SUMMARY: Through graphics, animation, narration, and a mixture of expert interviews and first-person testimonies, students learn about prominent drugs and their history, the immediate physiological effects of drug abuse, long-term psychological effects, and the social/legal consequences of drug use. This

program looks at designer drugs often taken by teens at clubs, parties, and at raves. Discusses their physical and mental effects upon the user, the damaging and often lethal consequences of use, and the manner in which these drugs can alter the brain's chemistry. Focuses on such drugs as Ecstasy (MDMA), ketamine, and the date rape drugs Rohypnol (roofies) and GHB (gamma-hydroxybutyrate). Audience: Grades 7 – 12. **VHS Booking #3714, DVD Booking #D-3714**

Cocaine & Crack. (2004). Wynnwood, PA: Schlessinger Media; Oakville, ON: Magic Lantern Group [distributor]. VHS or DVD (23 min.) + 1 teacher's guide. SUMMARY: Through graphics, animation, narration, and a mixture of expert interviews and first-person testimonies, students learn about prominent drugs and their history, the immediate physiological effects of drug abuse, long-term psychological effects, and the social/legal consequences of drug use. This program looks at cocaine, a highly addictive and widely abused stimulant. Discusses its impact upon the individual and society as a whole, and the effects of using both the powder and crystal form of cocaine. Also explores the cycle of tolerance, physical dependence and addiction that abusers face, and details the physical and psychological damage that occurs as cocaine changes the brain's chemistry. Audience: Grades 7 – 12. **VHS Booking #3213, DVD Booking #D-3213**

Death by Jib. (2005). White Rock BC: Peace Arch Community Services; Toronto: Kinetic [distributor]. VHS or DVD (19 min.) + 1 teacher's guide. SUMMARY: Crystal Meth is a highly addictive and dangerous drug that is devastating to individuals, families and communities. Turning youth away from ever trying the drug is the ultimate hope of prevention efforts. Award winning director Michael Neitzel's brilliant video conveys a powerful and emotional message warning teenagers and young adults about the harsh realities of Crystal Meth. Teen addicts graphically describe the horror of addiction to Jib. The important message regarding sexual exploitation of youth on Crystal Meth is handled in a straightforward manner. Audience: Grades 7 – 12, Adult, Professional Development. **VHS Booking #0363, DVD Booking #D-0363**

Fitting in. (1990). Bloomington, IN: Agency for Instructional Technology. VHS + 1 teacher's guide + 1 community handbook. SUMMARY: This program is 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. Theresa moves 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. **Media Duplication #VT-1971, VHS Booking #6630**

Good kids die too. (1990). [S.I.]: LCA; Mississauga, ON: Marlin Motion Pictures. VHS (19 min.). 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. **VHS Booking #9466**

Hallucinogens. (2004). Wynnwood, PA: Schlessinger Media; Oakville, ON: Magic Lantern Group [distributor]. DVD (23 min.) + 1 teacher's guide. SUMMARY: Through graphics, animation, narration, and a mixture of expert interviews and first-person testimonies, students learn about prominent drugs and their history, the immediate physiological effects of drug

abuse, long-term psychological effects and the social/legal consequences of drug use. This program looks at hallucinogens, powerful substances that alter our perception of reality. Describes the history of hallucinogens, how they are used, how they work, and what impact they have on the drug user and everyone around them. Also notes the consequences of hallucinogenic abuse, focusing on such drugs as LSD, phencyclidine (PCP) and ketamine. Audience: Grades 7 – 12. **DVD Booking #D-3270**

Healthy me: All about medicines. (2004). [United States]: Sunburst Visual Media; Toronto: Kinetic [distributor]. VHS (10 min.) + 1 teacher's guide. SUMMARY: Series designed to help children learn the facts and skills they need to stay healthy. This program teaches children all about medicines. Considers such topics as: different types of medicines and their uses, different ways of taking medicines, the difference between over the counter (OTC) medicine and prescription drugs, side effects, drug abuse, drug addiction, and rules for taking medicine. Audience: Grades 3 – 6. **VHS Booking #4123**

Heroin & other opiates. (2004). Wynnwood, PA: Schlessinger Media; Oakville, ON: Magic Lantern Group [distributor]. VHS or DVD (23 min.) + 1 teacher's guide. SUMMARY: This program looks at a class of drugs known as opiates, among the most potent painkillers known to medicine, which if misused or abused, can lead to illness, addiction, and death. Discusses their impact upon the individual and society as a whole, their history, the manner of their use and how they work. Also explores the cycle of tolerance, physical dependence and addiction that abusers face, and details the factors which make it so very difficult to treat and rehabilitate them. Focuses on such opiates as heroin, oxycontin, morphine and opium. Audience: Grades 7 – 12. **VHS Booking #3273, DVD Booking #D-3273**

I think I am. (1990). Bloomington, IN: Agency for Instructional Technology. VHS (15 min.) + 1 teacher's guide + 1 community handbook. SUMMARY: 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. **Media Duplication #VT-1970, VHS Booking #6629**

Inhalants. (2004). Wynnwood, PA: Schlessinger Media; Oakville, ON: Magic Lantern Group [distributor]. VHS (23 min.) + 1 teacher's guide. SUMMARY: This program looks at a class of substances known as inhalants. Explains what inhalants are, why they are easy to obtain, and how and why people abuse them. Also reveals the dangerous impact these substances can have upon the human body and how to help, if you see what you believe are the signs and symptoms of inhalant use. Audience: Grades 7 – 12. **VHS Booking #3710**

Marijuana. (2004). Wynnwood, PA: Schlessinger Media; Oakville, ON: Magic Lantern Group [distributor]. VHS (23 min.) + 1 teacher's guide. SUMMARY: This program looks at why people smoke marijuana, its physical and psychological impact upon the user, and the changes which occur in the brain's chemistry, function, metabolism and structure with even the most casual use. Also considers the medical use of marijuana, the manner in which its use can lead to experimentation with harder drugs, and how marijuana users are treated under the law. Audience: Grades 7 – 12. **VHS Booking #3715**

Methamphetamines & other stimulants. (2004). Wynnwood, PA: Schlessinger Media; Oakville, ON: Magic Lantern Group [distributor]. VHS (23 min.) + 1 teacher's guide. SUMMARY: This program examines an extremely addictive class of drugs known as stimulants, with the more powerful stimulants providing a greater risk for misuse, abuse, and addiction. Looks at the history of stimulants and how they work on the mind and body, then considers methamphetamine use: its physical and psychological effects, the cycle of tolerance, dependence, and addiction associated with it, its impact upon the individual and society, and the life-long treatment challenges faced by drug addicts, their families, and the professionals who are attempting to help them. Audience: Grades 7 – 12. **VHS Booking #3275**

My story: Drugs & peer pressure. (1991). [Winnipeg]: Winnipeg Film Group. VHS (22 min.) + 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 - 12. **VHS Booking #9652**

Steroids. (2004). Wynnwood, PA: Schlessinger Media; Oakville, ON: Magic Lantern Group [distributor]. VHS or DVD (23 min.) + 1 teacher's guide. SUMMARY: This program looks at anabolic steroids, synthetic drugs taken to build muscle, increase strength, and cut down body fat. Examines what steroids are, how they work, how they're used, and what the physical and psychological effects of steroid abuse are. As well, the program notes the consequences of steroidal abuse, suggests how athletes can succeed in their sports without using drugs, and considers the dangerous practice of using steroidal supplements. Audience: Grades 7 – 12. **VHS Booking #3716, DVD Booking #D-3716**

Tranquilizers & Other Depressants. (2004). Wynnwood, PA: Schlessinger Media; Oakville, ON: Magic Lantern Group [distributor]. VHS or DVD (23 min.) + 1 teacher's guide. SUMMARY: This program looks at tranquilizers, prescription drugs which belong to a class of substances known as depressants. Discusses what tranquilizers are, how they work, what their effects on the mind and body are, and what the consequences of abuse are. Audience: Grades 7 – 12. **VHS Booking #3717, DVD Booking #D-3717**

GAMBLING – DVD'S

Done deal. (2004). [United States]: The Council on Compulsive Gambling of New Jersey, in association with OutreachArts; Toronto: Kinetic [distributor]. DVD (15 min.) + 1 leader's guide. SUMMARY: School problems, suicide, violence, broken families of compulsive gambling, and financial ruin are among the outcomes of this growing problem spotlighted in this compelling, realistic three-part series. In "Done Deal," viewers see Mike after he has dropped out of college as a result of his participation in on-campus gambling. As he struggles to avoid being involved in betting again, his resolve is strengthened by his external support network. Audience: Grades 7 – 12, Professional Development. **DVD Booking #D-10037**

Pieces of a dream: A story of gambling. (2003). [Montreal]: National Film Board of Canada. DVD (49 min.). SUMMARY: When Phillip Wong committed suicide, his sister, filmmaker Michelle Wong, uncovers her brother's story of gambling addiction and his lonely spirit into desperation, isolation and depression. The documentary lays bare the grief of family and friends struggling to accept Phillip's death as a result of his struggle with a gambling addiction. Audience: Grades 10 - 12, Adult, Professional Development. **DVD Booking #D-10087**

Play to win. (2003). [United States]: The Council on Compulsive Gambling of New Jersey: in association with OutreachArts; Toronto: Kinetic [distributor]. DVD (21 min.) + 1 leader's guide. SUMMARY: School problems, suicide, violence, broken families, and financial ruin are among the outcomes of the growing problem of compulsive gambling spotlighted in this compelling, realistic three-part series. In "Play to Win," the potential for gambling-related violence is the central focus of the program as Keenan, a young man, is threatened with a gun when he loses at a dice game and doesn't have enough money to pay the winner. His teacher, whose grandson recently committed suicide because of gambling debts, helps Keenan to understand that playing to win in life is more important than playing to win at gambling. Audience: Grades 7 – 12, Professional Development. **DVD Booking #D-10038**

Safe bet. (2001). [United States]: The Council on Compulsive Gambling of New Jersey; Toronto: Kinetic [distributor]. DVD (13 min.) + 1 leader's guide. SUMMARY: School problems, suicide, violence, broken families, and financial ruin are among the outcomes of the growing problem of compulsive gambling spotlighted in his compelling, realistic three-part series. In "Safe Bet" we see Mike, a high school student, face the fact that he has a serious gambling problem after a 'visit' from his uncle who committed suicide because of his heavy gambling debts. The influence of a family history of gambling is explored in this program. Audience: Grades 7 – 12, Professional Development. **DVD Booking #D-10036**

SMOKING – VIDEOS, DVD'S & AUDIOVISUAL MATERIALS

Death of a lung model. (2001). [United States]: Health Edco; Aurora, ON: Spectrum Educational Supplies Limited [distributor]. 1 easel display board containing 3 lung tissue samples, + 1 booklet. SUMMARY: This educational model cast from real specimens graphically illustrates the effects of smoking on the lungs. The first example shows the way normal lung tissue looks in a nonsmoker's body. The second piece depicts the way tissue from an emphysematous lung appears. The third example illustrates cancer of the lung. Audience: Grades 7 – 12, Adult, Professional Development. **MODEL 613.85 D41**

Diary of a young smoker. (2004). Hawthorne, NY: Sunburst Visual Media; Toronto: Kinetic [distributor]. VHS or DVD (19 min.) + 1 teacher's guide. SUMMARY: Uses a diary format to introduce students to the addictive nature of tobacco. Tells the story of Luke who at fifteen is already addicted to cigarettes. Luke lives with his mother, who he regards as hypocritical for castigating him for smoking because she also smokes. When Luke decides to quit, he finds it very hard. Even the support of a group doesn't prevent a slip backward, underscoring the power of addiction. Luke becomes more determined, and his mother also decides to quit. Audience: Grades 5 – 9. **VHS Booking #3713, DVD Booking #D-3713**

Final act: Barbara Tarbox's legacy. [2003]. Toronto: Canadian Broadcasting Corporation [distributor]. VHS (18 min.). SUMMARY: Barbara Tarbox of Edmonton, diagnosed with terminal cancer, takes her anti-smoking message to high schools around Alberta. Includes an epilogue with a report on her funeral in 2003. Audience: Grades 7 – 12, Adult, Professional Development. **VHS Booking #10020**

Just say no. (1993). [British Columbia]: Knowledge Network; Vancouver: T.H.A. Media Distributors [distributor]. VHS (21 min.). 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. **VHS Booking #0714**

Like you, dad. (1990). Bloomington, IN: Agency for Instructional Technology. VHS (16 min.) + 1 teacher's guide + 1 community handbook. SUMMARY: 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. **Media Duplication #VT-1978, VHS Booking #6719**

NICoteen program. [kit]. (2001). Eau Claire, WI: BTIO Educational Products [distributor]. 1 NICoteen Pack simulator, 1 operating handbook, 20 student wrist bands, 20 certificates of completion, 1 key ring (contains 1 key, 1 instructor's ID. Device), 2 student ID. Devices, 1 warranty card, 1 VHS (12 min.) + 1 manual. SUMMARY: The NICoteen program is designed for smoking education and teen smoking prevention classes. The smoking simulation helps students to understand that smoking addiction is demanding, affects one's health, and is expensive. The simulator is carried for up to ten days and requires the students to simulate the amount of time an addicted smoker spends smoking each day. The act of smoking a cigarette is simulated through the repetition of anti-smoking phrases, with the simulator giving the students smoking-related facts and asking questions. At the conclusion of the session, an audio report of the student's interaction with the simulator is provided. Part two, the promotional portion of the video, is nine minutes long and explores how smoking addiction can control their lives. Audience: Grades 5 - 9, Professional Development. **VHS Booking #6352**

Nicotine: Just say know. (2004). New Orleans, LA: Discover Films; Toronto: Kinetic [distributor]. VHS (11 min.) + 1 resource guide. SUMMARY: Designed to provide middle school students with the facts about nicotine. High school students explain that nicotine is a highly addictive drug, that it is illegal for kids, and that its use could lead to experimentation with other drugs. A family practitioner talks of the physical dangers young smokers face, of the dynamics of addiction, tolerance, and withdrawal, of treating young patients with lung cancer, and of the ways in which nicotine use changes one's brain chemistry. Audience: Grades 5 - 8. **VHS Booking #8601**

Quit, before it is too late. (1998). Winnipeg, MB: Program Development Branch, School Programs Division, Manitoba Education and Training. VHS (28 min.). 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 - 12, Adult. **Media Duplication #VT-0723, VHS Booking #7932**

Saying no (to smoking). (1990). San Francisco: Elkind & Sweet Communications; Scarborough, ON: Canadian Learning Company [distributor]. VHS (28 min.) + 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. **VHS Booking #9994**

Science, tobacco and you!: A tobacco prevention teaching resource for grades 4 – 6 = La science, le tabac et vous!: Outil pour enseigner la prevention du tabagisme aux eleves de la quatrieme, cinquieme et sixieme annee. [kit]. (2003). [Canada]. Health Canada, [Florida]: Florida State University. 1 CD-ROM, 9 flash cards + 2 teacher's guides. SUMMARY: An interactive teaching resource designed to help students learn about the effects of tobacco upon the human body and the environment. The CD-ROM explores public attitudes about smoking, environmental addiction issues. Contains a virtual body lab, a community research lab, graphing and printing capabilities, and a link to related web sites. The teacher's guide contains activities, sample lesson plans, a list of additional resources and suggestions. Audience: Grades 4 – 6, Professional Development. **CD-ROM Booking #4167**

Smoke signals. (2000). [United States]: Discovery Health Media: CWK Network; Edmonton: Distribution Access [distributor]. SUMMARY: The program explores important themes: the selling of tobacco to a new generation of savvy adolescents, the rise in tobacco sales, and the battle to get kids to stop using tobacco. **VHS Booking #10316**

Smoking: I'm in control? (1993). [Canada]: Film Works; Richmond, BC: Magic Lantern Communications [distributor]. VHS (15 min.). 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. **VHS Booking #4747**

Smoking: No thanks. (1993). [Canada]: Film Works; Richmond, BC: Magic Lantern Communications [distributor]. VHS (8 min.). 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. **VHS Booking #4746**

What's wrong with tobacco? (1994). [United States]: Discover Films; Mississauga, ON: McIntyre Media [distributor]. VHS (28 min.) + 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. Many teens and experts underscore the message that smoking is dangerous and that it is better never to begin, particularly as it is so difficult to stop. Audience: Grades 5 - 12. **VHS Booking #0971**

Why is it so difficult to quit smoking? (1997). [Toronto]: Ontario Educational Communications Authority. VHS (8 min) + 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 – 9. **Media Duplication #VT-0613, VHS Booking #1355**

Why smoking kills [cd-rom]. (2002). Duncan BC: TiriMedisc [distributor]. 1 CD-ROM + 1 guide + 1 book. SUMMARY: Dr. R. J. Molony, Pathologist at Saanich Peninsula Hospital in Saanichton, BC. Dissuades children from smoking by outlining the evolution of emphysema and lung cancer. Audience: Grades 9 – 12. **CD-ROM Booking #5540**

WEB SITES

AADAC. The Alberta Alcohol and Drug Abuse Commission which is an agency of the Alberta government provides a range of information and services for individuals dealing with substance abuse and addictive behaviors such as gambling. There are sections designed specifically for youth parents and teachers and include such items as school resources and lesson plans. Web Address: <http://corp.aadac.com/>

Addictions Foundation of Manitoba. The AFM's goal is to contribute to the health of Manitobans by providing intervention, rehabilitation, prevention, education and research related to addictions and addictive behaviours such as gambling. Includes research, resources and other related links. Web Address: <http://www.afm.mb.ca>

Canadian Centre on Substance Abuse. 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. 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>

Faslink (Fetal Alcohol Syndrome Information, Support and Communication Link. 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>

Fetal Alcohol Family Association of Manitoba. 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. 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. 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. 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. 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! 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>

Youth Gambling International. YGI is produced by the International Centre for Youth Gambling Problems and High-Risk Behaviors out of McGill University and is involved in the research, treatment and the training of professionals dealing with youth gambling. This comprehensive site acts as a clearinghouse for information on this topic and includes a research, publications, newsletter, workshops, as well as sections designed specifically for youth and parents. Web Address: <http://www.education.mcgill.ca/gambling/>

