

New Materials



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Please email e.isackson@voa-dakotas.org to request materials

DVDs

Everything you Need to Know About Substance Abuse in 22 minutes, DVD, HRM, 2018, 22 minutes, Grades 7-college

This new and updated program delivers an unrelenting message: Substance abuse ruins lives. If you abuse alcohol and/or marijuana, or use opioids, heroin, Fentanyl, nicotine, inhalants, meth, and other street drugs, you are risking your life and health. For teens, substance abuse hurts their still-developing brains and sets them on a collision course of physical and psychological damage, and death. Packed with the latest facts and figures, the video will hold your students' attention while delivering critically important information that can and will save lives. Contents include: opioid epidemic, heroin, the dangers of vaping, alcohol, e-cigarette risks, increased potency of THC in marijuana, why Fentanyl and carfentanyl are so dangerous, how huffing inhalants can kill instantly, and substance abuse and the law. This video also makes the point that a majority of teenagers do not abuse drugs and alcohol.

Alcohol and the Developing Brain, DVD, 2018, 22 minutes, Grades 7-college

This program focuses on the effects of alcohol on the still-developing adolescent and young adult brain. Students learn that the moldable nature of the young brain makes learning and acquiring new skills easier but also poses greater risks of addiction and dependence. Testimony from experts and recovering alcoholics clarify why people start to drink and why young people are at a greater risk of developing an alcohol use disorder. The video then focuses on the risks of alcohol abuse on different parts of the still-developing brain and how alcohol affects decision-making, coordination, and memory. Viewers learn about the risks of binge drinking, which can also cause blackouts and alcohol poisoning. The video details the difficulties of recovery from alcoholism but offers hope that recovery is possible.

Juuling and Vaping: What the Latest Research Reveals, DVD, HRM, 2018, 22 minutes, Grades 7-college

Vaping e-cigarettes can be addictive, and teens that vape have a greater chance of eventually switching to traditional cigarettes. Additionally, cancer causing compounds have been found in flavored cigarettes including those without nicotine. These and other dangers were recently cited by researchers and have also been highlighted in the news. The video presents the new findings and concludes that when it comes to vaping it's best to be an educated consumer and understand the risks. This timely program also discussed the widespread phenomenon known as "Juuling" and its implications for vaping in schools.

Books

Mystic, Book. Robert R. Perkinson, 2017, 358 pages, Adult

Trevor Howard, the sheriff of Teton County Wyoming, is contemplating an explosion of cocaine addiction, four structure fires, and the murder of a six-year-old in his jurisdiction. The boy had a wooden cross penetrating his heart indicating a possible religious connection. Trevor has the idea of hiring a

young women deputy with experience in undercover narcotics investigation. Simultaneously, Doctor Abe Anderson, Trevor's best friend, meets Heather Culter, acting in a play as the red headed demon of seduction. Abe falls in love with her and even more with his first experience with cocaine. Trevor is usually a confident police officer but these crimes, coming all at once, leave him feeling deeply troubled. Before it's done his whole life, friendships and family will show him how terribly he has underestimated his greatest fears.

Can I Kiss You, 2016, Book, Michael Domitrz, 123 pages, Grades 7-Adult

An updated version of *May I Kiss You*. *Can I Kiss You* is a thought provoking look at relationships, intimacy, and sexual assault. This book offers an in-depth look at the realities of relationships and sexual intimacy. While most people simply "make their move" with a partner, Mike Domitrz reveals why asking first makes all the difference. Domitrz's candid advice, real-life scenarios, and helpful strategies will revolutionize your approach to relationships while adding romance and building respect for all partners. Plus, Domitrz will heighten your awareness of potential dangers including sexual assault. You will discover specific steps for intervening to help those you care about. People of all ages are experiencing success with this innovative, respectful, and eye-opening approach to relationships.

Curriculum

Safe Dates: A Guide for Parents and Caregivers of Teens, Curriculum, 2010, Adults

This booklet introduces caregivers to the Families for Safe Dates program and explains the benefits of doing the program with your teen. Families for Safe Dates is a program for caregivers—including parents, grandparents, foster parents, and others—to help their teens date safely. Whether your teen has already started dating or not, this program is for you. This program covers psychological, physical, and sexual dating violence for both girls and boys.

MindUp Curriculum: Brain-Focused Strategies for Learning and Living Grades PreK-2, 2011, 160 pages, Adults

This research-based curriculum features 15 lessons that use the latest information about the brain to dramatically improve behavior and learning for all students. Each lesson offers easy strategies for helping students focus their attention, improve their self-regulation skills, build resilience to stress, and develop a positive mindset in both school and life. The lessons fit easily into any schedule and require minimal preparation. Classroom management tips and content-area activities help you extend the benefits of MindUp throughout your day, week, and year.

MindUp Curriculum: Brain-Focused Strategies for Learning and Living Grades 3-5, 2011, 160 pages, Adults

This research-based curriculum features 15 lessons that use the latest information about the brain to dramatically improve behavior and learning for all students. Each lesson offers easy strategies for helping students focus their attention, improve their self-regulation skills, build resilience to stress, and develop a positive mindset in both school and life. The lessons fit easily into any schedule and require minimal preparation. Classroom management tips and content-area activities help you extend the benefits of MindUp throughout your day, week, and year.

Wellplanet: Fitness as a Spiritual Discipline, Book, Tom P. Hafer, 2010, 166 Pages, Adult

Before becoming a monk, Brother Mark O'Reilly was an extraordinary small town physician. With his guru-like clarity, this 88 year old sage introduces Fitness as a Spiritual Discipline to his student, Hope. His timeless wisdom is for everyone who has fought the demons of weight-loss and won, then lost, then gained, then lost. For the sake of our personal health, our neighbor, and the planet, we have never had a timelier message to embrace...once again. This book orchestrates the integration of fitness, spiritual, and environmental aspects of our lives, creating a deeper understanding of the creator's intention for health and all of His people on the planet.

Faith & Fitness: Diet and Exercise for a Better World, Book, Tom P. Hafer, 2014, 183 pages, Adult

Everything we need for sustaining health and wellness has been provided for us through nature since the beginning- if not true, life would not be. Today's health crisis is not the fault of the individual, but is a manifestation of our community forgetting our blessings of real, whole, natural foods, simple life giving fresh water, and of course the gift of exercise. Exercise is a magic pill, a fountain of youth, an anti-depressant. The body is improved in every way possible, naturally with movement. By design the body was intended to move and move a lot. With this awareness we can see that our efforts made towards personal fitness can become true spiritual discipline, an expression of gratitude and thanksgiving for all life. When we learn to care for ourselves to better care for others, we simplify and intensity our quest towards personal fitness. This is the spiritual journey of Faith & Fitness.