

New Materials

October 2021

DVDs | Books | Curriculum

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DVDs

10 Reasons You Should Never Try Vaping, DVD, 2021, Human Relations Media, Grades 4-8, 16 minutes

This early intervention video is designed to protect elementary to middle school aged students from the dangers of vaping by presenting age-appropriate facts and information with a strong no-use message. The DVD goes through 10 reasons why vaping is harmful including nicotine addiction, damage to the brain, lungs, heart, teeth and more. The message that vaping is both illegal and dangerous for kids is reinforced throughout the video.

Keywords: vaping, addiction

Binge Drinking & Blackouts: What Every Teen Needs to Know, DVD, 2021, Human Relations Media, Grades 7-college, 21 minutes

Binge drinking is the most common, costly, and deadly pattern of excessive alcohol use in the United States. This video interviews two recovering binge drinkers who recount their experiences with binge drinking and the related dangers including blackouts, hospitalizations, memory loss, impacts on relationships with friends and family, and risk of death. Expert counselors share information on how alcohol damages the brain and can lead to various related health issues including addiction. ER doctors talk about what they see and some of the extreme treatments they use to save teens who have passed out, blacked out or worse.

Keywords: Binge drinking, addiction, alcohol

Books

Smoke Screen: What the Marijuana Industry Doesn't Want You to Know, 2021, Highschool – Adult, Forefront Books, Kevin A. Sabet, Ph.D.

This book exposes how the pot industry is putting rising profits over public health through stories of people who have suffered from marijuana misuse as a result of its marketing as “harmless”. It also includes details about how power brokers worked behind the scenes to market marijuana as a “miracle plant to help gain acceptance and expand its uses beyond just medical. Former regulators,

lab operators, politicians, and even drug dealers address the corruption, neglect and mass misinformation that continues to cost lives by putting America's public health at risk.

Keywords: Marijuana, health, culture

Beautiful Boy: A Father's Journey Through His Son's Addiction, 2009, First Mariner Books, Highschool-Adult, David Sheff

This book is a memoir that details and explains one father's experience with a son who was addicted to crystal meth. Sheff recounts the journey through his son's addiction to drugs and tentative steps toward recovery. He also explains how his preoccupation with his son, Nic, became an addiction in itself, and how the obsessive worry and stress took a tremendous toll on himself and his family. Never giving up on his son, Sheff constantly researched treatment that could help his son and wrote of his experience loving a child who seems beyond help.

Keywords: methamphetamine, addiction, drugs

Cracked, Not Broken: Surviving and Thriving After a Suicide Attempt, 2013, Rowman & Littlefield Publishers, Highschool-Adult, Kevin Hines

At nineteen years old, Kevin Hines attempted to take his own life by jumping off the Golden Gate Bridge—a distance that took four seconds to fall. Recently diagnosed with bipolar disorder, Kevin had begun to hear voices telling him he had to die, and days before his attempt, he began to believe them. Immediately after jumping, however, Hines regrets his choice and prays to God to be saved. The fall broke his body, but not his spirit. This book chronicles Hines' extraordinary will to live, and to be an advocate for others to live, despite his mental illness. His story reminds people that living mentally well takes time, endurance, hard work, and support and will include recovery, relapse, further recovery and ultimately hope.

Keywords: suicide, mental health, resiliency

Big Vape: The Incendiary Rise of Juul, 2021, Henry Holt and Company, Highschool-Adult, Jamie Ducharme

This book is an eye-opening chronicle of the birth of the Juul, its rise in society, and the emergence of a new public health crisis. The author explains how the Juul, a sleek and modern device that vaporizes nicotine into a potent dose, was founded and created by two businessmen seeking for a way to quit smoking. He explains how Juul Labs, the business built around the device, has become a \$38 billion dollar company and is widely to blame for addicting a whole new generation of underage tobacco users. This book details the larger story of big business, Big Tobacco, and the profit of Juul at the expense of public health.

Keywords: Vaping, Tobacco, Addiction

The Devil's Playbook: Big Tobacco, Juul, and the Addiction of a New Generation, 2021, Penguin Random House, Highschool-Adult, Lauren Etter

Journalist Lauren Etter reports the inside story behind the collision of Silicon Valley (the Juul startup) and Big Tobacco. This book demonstrates the greed and deception based behind America's public health. With both Juul and Tobacco companies focused on financial gain, the cost of human life and health showed in the rush to riches. All in all, the profit-centered mindset behind Tobacco and Juul companies started a new endemic of addiction and health crisis among a new generation.

Keywords: Tobacco, Vaping, Health

The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma, 2014, Penguin Books, Highschool-Adult, Bessel Van Der Kolk, M.D.

Trauma is a fact of life. One does not have to be a combat soldier, or visit a refugee camp in Syria or the Congo to encounter trauma. Trauma happens to us, our friends, our families and our neighbors. In this book, one of the world's foremost experts on trauma, Dr. Bessel Van Der Kolk, uses recent scientific advances to show how trauma literally reshapes both body and brain, compromising sufferers' capacities for pleasure, engagement, self-control, and trust. He explores innovative treatments—from neurofeedback and meditation to sports, drama, and yoga—that offer new paths to recovery by activating the brain's natural neuroplasticity. This book exposes the tremendous power of our relationships both to hurt and to heal—and offers new hope for reclaiming lives.

Keywords: mental health, stress, resiliency, health, abuse child, violence