

Substance Use Resources for Grades 7-12

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Addiction

- **Addiction and the Human Brain**
 - DVD, 2006, HRM, 27 minutes, Grades 7-12
 - Drug addiction is a disease of the brain and teens are at highest risk for acquiring this disease. This DVD explains the changes to the brain caused by prolonged use of drugs and shows why voluntary drug use eventually becomes involuntary and compulsive. Studies indicate that drugs affect the developing brain more than the brain of someone more mature, thus putting teens at a higher risk of addiction. Interviews with recovering teen addicts, an addiction counselor, and brain experts and researchers provide sobering considerations to viewers. Pre- and Post-tests are included.
- **How Addiction Hijacks the Brain**
 - DVD, 2016, HRM, CC, 24 minutes, Grades 7-College
 - This film drives home the message that drug and alcohol addiction are a disease of the brain and that teens are at highest risk for acquiring this disease. Leading scientists detail how drugs like heroin, nicotine, cocaine and marijuana change the brain, subvert the way it registers pleasure, and corrupt learning and motivation. Young recovering addicts provide a human face to the effects of drugs and alcohol as they describe how addiction involves intense craving for a drug and loss of control over its use. Viewers also learn that the brain's plasticity, or ability to change, offers hope for addicts that they can turn their lives around.
- **Teens 101: I'm not Addicted- Will's Story**
 - DVD, 2017, 20 minutes, Cerebellum Corporation, Grades 9-12
 - Anyone can become addicted, whether it is to a TV show or a substance. Will's story shows how fast addiction can take hold of your life and turn it all around. Will goes from being addicted to video games to living on the streets addicted to crack cocaine. His story shows the struggles of addiction but that there is hope for recovery.

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.

- All you Need to Know About The Teen Brain and Alcohol in 17 Minutes
 - DVD, 2011, 17 minutes, Grades 5 - 9, 17 minutes
 - This documentary explains why the teen years are a particularly critical time for brain development and why drug use of any kind can prohibit the brain's full potential when it comes to critical skills like thinking, remembering, learning and decisions making. Viewers learn the anatomy of the brain and visit a research lab with proof to view the damage that alcohol and other drugs cause. Program includes a teacher's resource book, student activities, fact sheets, and more.
- Buzz in a Bottle: The Dangers of Caffeine-Spiked Energy Drinks
 - DVD, 2010, HRM, 17-minutes, Grades 7-College
 - Youth are consuming more energy drinks than ever before and in many cases mixing them with alcohol. Through interviews with teens and health experts, the DVD describes the many physical effects that these drinks have including dizziness, fainting, heart palpitations, caffeine poisoning, headaches, fatigue, diminished concentration, anxiety, insomnia, shaking, nausea, and high blood pressure. Even more alarming is the trend of mixing these beverages with alcohol, thus allowing users to drink more alcohol than they normally would putting them at a greater risk for alcohol poisoning. This program gives viewers the facts and gives a strong no-use message with particular emphasis on the real health risks of too much caffeine and the grave danger of combining alcohol and caffeine-spiked drinks.
- Don't Drain Your Brain: How Alcohol Damages the Brain
 - DVD, 2003, HRM, 15 minutes, Grades 3-6
 - This video illustrates the latest scientific findings about the damaging effects alcohol can have on a young person's brain by using animation and compelling images. Included with the DVD is a teacher's resource guide with student activity sheets and fact sheets.
- Drinking Games, Alcohol Abuse & Overdose
 - DVD, 2011, HRM, 23 minutes, Grades 8-College
 - Drinking games and put themselves at risk for alcohol overdose, alcohol poisoning, and death. Viewers hear the story of a teen who died from alcohol poisoning after playing a popular drinking game. An emergency room physician describes the procedures teens face when brought to the hospital after a night of binge'ing. The program also visits a research brain lab at UCSD, where brain images clearly show the neurological damage that can occur from these deadly games. Program includes printable teacher's resource book, student activities, fact sheets and more.
- Drug Education for Teens: Alcohol, Teenage Drinking
 - DVD, 2004, 23 minutes, Grades 7-12
 - This DVD will give the facts on how alcohol affects the brain and body with animations explaining how drinking impairs motor skills and judgment. It encourages viewers to ask hard questions about the risks and benefits of drinking, highlighting some tragic personal stories with teen interviews and explanations from experts. This program approaches the topic with straight

talk about the dangers of binge drinking and the choices teens are faced with every day. Part of the multivolume Drug Education for Teens DVD Series. A Teachers Guide is included and available online.

- **DUI: The Hard Truth**
 - DVD, 2008, HRM, 29 minutes, Grades 7-12
 - This video drives home the deadly consequences of driving while under the influence of alcohol or other drugs, using hard-hitting stories to portray drugged driving as the danger it is. Viewers will hear from a career EMT who tells tragic stories, including a burn survivor and those who have lost loved ones
- **Everything You Need to Know About Alcohol in 22 Minutes**
 - DVD, 2009, HRM, 22 minutes, Grades 7 - 12
 - This documentary shows viewers that teenage drinkers are more likely to experience health problems, school problems, and social dysfunction. It explains the effects of alcohol on the liver, immune system, gastro-intestinal system, and how binge drinking can lead to alcohol poisoning and death. The video also explains how alcohol impacts brain development and permanently damages parts of the brain associated with memory. Viewers learn how drinking in pregnant women can cause Fetal Alcohol Syndrome Disorder and its impact on the child's entire life. Program includes a teacher's resource book, student activities, fact sheets, and more.
- **Everything You Need to Know About Substance Abuse in 22 Minutes**
 - DVD, 2018, HRM, 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.
- **How Could This Happen: A True Story About Binge Drinking and Death**
 - DVD, 2012, HRM, 18 minutes, Grades 7-College
 - The DVD gives students a close up look at the story of Molly Amman, a vivacious nineteen-year-old, straight-A student who died of acute alcohol poisoning in 2011. Through interviews with family and friends, viewers are able to see how one episode of binge drinking can kill. Choices and errors made are presented. Medical experts weigh in about the consequences of binge drinking and how the body shuts down when too much alcohol is consumed. Students learn what actions to take if someone is at risk of being poisoned. Included is a 21 page teacher's resource book (PDF on DVD) with black line master student activities, pre/post tests, fact sheets, and learning objectives.
- **Teen Truth: An Inside Look at Drug and Alcohol Abuse**
 - DVD, 2008, HRM, CC, 21 minutes, Grades 7 - College

- This documentary contains real footage of drug addicts in recovery as well as teens who have casually experimented with drugs and alcohol. The stories shared by real life teens provide proof of how drug and alcohol experimentation can lead to drug dependence and broken futures. Program includes a teacher's resource book, student activities, fact sheets, and more.
- **Totally Disgusting Alcohol Gross Out Video**
 - DVD, 2015, HRM, 15 minutes, Grades 7-10
 - This video will appeal to young teens who like to be grossed out to gain a message. It is a companion to the DVD called, "Totally Disgusting Tobacco Gross Out Video" . It tries to get students to think twice before engaging in underage drinking. It is all there, the throwing up, a teen getting her stomach pumped, the DUI's, the hangovers, ER visits and bad decision making. By delivering a strong, no-use message, students gain an understanding of how alcohol affects the body and risks associated with alcohol use. Included is a teachers' resource book with student activities, pre/post tests, fact sheets, learning objectives and more.

Drugs

- **Bath Salts: Deadly Facts**
 - DVD, 2012, 19 minutes, Grades 7-College
 - This program gives viewers the truth about the highly addictive substance which causes intense paranoia, psychosis, and suicidal thoughts. A drug abuse expert who treats young people in the grips of bath salt addiction speaks bluntly about this methamphetamine-like drug. The story of Jarrod Moody, a young man who took his own life after a binge on bath salts that caused him to spiral out of control, makes a powerful case against experimenting with bath salts. Program includes printable teacher's resource book, student activities, fact sheets and more.
- **Chemical Highs: The Dangers of Synthetic Drugs**
 - DVD, 2016, 19 Minutes, Grades 7-College
 - This program offers a sobering view of what happens when young people experiment with synthetic drugs like Flakka, K2, Molly, and bath salts. Substance abuse counselors, medical doctors, and former addicts all explain the dangers of synthetic drugs. Viewers learn that these synthetic drugs impact the brain, induce horrifying hallucinations and paranoia, and ultimately lead to addiction and even death. This video program and accompanying Teachers Resource Book delivers a powerful and clear "no use" message.
- **Drug Education for Teens: Cocaine and Crack**
 - DVD, 2004, 23 minutes, Grades 7-Adult
 - In this program viewers learn the history of cocaine and examine the drug's impact on the individual and society as a whole. Using animations and interviews, the harsh facts about the effects of using both the powder and crystal form of cocaine are explained. The video explores the cycle of tolerance, physical dependence and addiction that many abusers face and showcases the physical and psychological damage that occurs as cocaine changes the brain's chemistry. Includes teacher's guide. Part of Drug Education for Teens series.
- **Drug Education for Teens: Hallucinogens**
 - DVD, 2004, 23 minutes, Grades 7-12
 - This program takes an in-depth look at the history of drugs like LSD and points out a frightening link between drug use and mental illness. Interviews with former users and experts allow

viewers to see how dangerous tripping can be. Includes teacher's guide. Part of Drug Education for Teens series.

- Drug Education for Teens: Heroin and Other Opiates
 - DVD, 2004, 23 minutes, Grades 7-12
 - In this program viewers learn how highly effective pain relievers such as morphine and codeine work in the brain and body, while getting an in-depth look at the dangers of the most widely used illegal drugs in the world: heroin. Tolerance, physical dependence and the horrors of addiction are discussed along with the harsh facts about withdrawal and the long-term effects of opiate abuse. Includes teacher's guide. Part of Drug Education for Teens series.
- Drug Education for Teens: Inhalants
 - DVD, 2004, 23 minutes, Grades 7-12
 - This program explains the dangers of breathing in toxic substances with animations and graphics that illustrate what happens to the brain and body when exposed to poisons. Includes teacher's guide. Part of Drug Education for Teens series.
- Drugs: True Stories
 - DVD, 2007, 30 minutes, Grades 5-College/Adults
 - This video includes true stories from young individuals who have suffered with drug abuse. It illuminates issues that are important for all to understand; there are real risks associated with drug use. The video also shows another side of drug use: denial, both for the user and for the people around them. Drugs: True Stories can aid families and communities prevent the use and misuse of drugs. Dr. H. Westley Clark and Dr. Howard J. Shaffer answer FAQ. Discussion guide is also included for grades 5-college, parents, and other caregivers.
- Edible Marijuana: Is It Safe?
 - DVD, 2016, HRM, 18 minutes, Grades 7-College
 - This DVD and teacher's guide present information about edible marijuana. While many teens think that eating marijuana is an okay way to get high, it is in fact, dangerous, risky and still illegal for teens in every state, even those where marijuana use is legal. This movie helps teens understand the science of why the THC in edible marijuana causes unpredictable and dangerous highs. Metabolizing edible marijuana produces a different response than smoking it, so the risks of underestimating the potency of eaten marijuana can lead to intoxication, paranoia, high anxiety and tolerance. It also stresses that teens are more susceptible to brain damage from marijuana use of any kind than adults are. As edibles become more easily available, teens need to understand the risks and dangers, including DUI.
- Emerging Drugs of Abuse
 - DVD, 2013, HRM, 20 minutes, Grades 7-College
 - This documentary shows viewers how underground labs profit by concocting new compounds that mimic the effects of legal drugs such as Spice/K2 (synthetic marijuana), bath salts (cocaine substitute), Kratom, Krokodile, Oxidado, and salvia (old but making a comeback), as well as new versions of dextromethorphan and crystal meth. Former users tell viewers just how dangerous these drugs are. The message is clear: anyone taking these or any new, unknown drugs is risking serious injury or death. Included with the program are a teacher's resource book, fact sheets, pre/post tests, student worksheets, and more.
- Everything You Need to Know About Substance Abuse in 22 Minutes

- DVD, 2018, HRM, 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.
- Everything You Need to Know About Prescription OTC Drugs in 22 Minutes
 - DVD, 2012, HRM, 22 minutes, Grades 7-College
 - This video shows viewers how prescription and over-the-counter drugs can be just as potent and addictive as illicit drugs like cocaine and heroin. Viewers learn how abuse of prescription and OTC drugs can lead to addiction, overdose and even death. They also learn to read and heed warnings against mixing medicines together and that drugs should only be used by the person for whom they are prescribed.
- Everything you Need to Know About Marijuana in 22 Minutes
 - DVD, 2012, HRM, 22 minutes, Grades 7 - College
 - This documentary demonstrates the risks of marijuana. Viewers learn how marijuana use impacts driver alertness, reflexes and perception skills. Young recovering addicts describe how marijuana ruined their lives and dispel the myth that marijuana is not addictive. The video includes new information about synthetic cannabis such as Spice and K2 and lays out legal consequences for their use. Program includes a teacher's resource book, student activities, fact sheets, a bonus lesson plan and more.
- Heroin Rising: Cheap, Addictive, Deadly
 - DVD, 2014, HRM, CC, 19 minutes, Grades 7- College, 19 minutes
 - Teen heroin use is on the rise, and its use can result in significant health problems including overdose and death. And if sharing needles or other injection equipment, exposure to HIV, hepatitis C and other diseases occurs. Heroin is a highly addictive opiate with a large potential for abuse which is a danger to teens, resulting in serious psychological, social, educational and legal consequences. This DVD interviews recovering teen heroin addicts who tell their cautionary stories about how hard it is to stay clean, how many friends have OD'ed on heroin, and what damage has happened to their bodies and lives. Drug abuse counselors add their guidance about how to avoid this drug. The DVD includes the 19 minute film, a 22 page teacher's resource book (PDF) with blackline master student activities, pre/post tests, fact sheets, and learning objectives.
- High on Painkillers: Addiction and Overdose
 - DVD, 2013, HRM, 21 minutes, Grades 7-College
 - Viewers learn the dynamics of painkiller addiction and abuse through the personal stories of teens that have been hooked on legal pain killers. These teens describe the downward spiral of addiction that can eventually lead to death by overdose. Former users, physicians and drug

education experts communicate the hard facts to viewers including how difficult it is for users to cope with withdrawal symptoms such as depression, anxiety, shakiness and lack of energy.

- High on Spice: The Dangers of Synthetic Marijuana
 - DVD, 2013, HRM, 21 minutes, Grades 7-College
 - Viewers learn the dynamics of painkiller addiction and abuse through the personal stories of teens that have been hooked on legal pain killers. These teens describe the downward spiral of addiction that can eventually lead to death by overdose. Former users, physicians and drug education experts communicate the hard facts to viewers including how difficult it is for users to cope with withdrawal symptoms such as depression, anxiety, shakiness and lack of energy.
- Inhalants Abuse: One Huff Can Kill
 - DVD, 2016, 20 minutes, CC, Grades 5-10
 - This DVD and teacher's guide received a star review from the School Library Journal. It is a gripping movie that introduces real stories of teens fighting inhalant abuse. As sad stories are shared by families who have lost loved ones to huffing, viewers learn huffing is not only unsafe and unhealthy, but deadly.
- Legal but Deadly: Abusing Prescription Drugs
 - DVD, 2005, HRM, CC, 19 minutes, Grades 7-College
 - This video provides information on the physical effects and legal consequences of using prescription drugs in a way that is easy for adolescents to understand. Also included are student activities and fact sheets that point out the warning signs of prescription drug abuse and overdose.
- Marijuana: Does Legal Mean Safe
 - DVD, 2015, HRM, 20 minutes, Grades 7-College
 - Some states have legalized marijuana for medical and/or recreational purposes leading some to think that pot is harmless. This fact-based program emphasizes that legality is not the same thing as safety and details the risks of marijuana on mental and physical health. Clinicians talk about how the vast majority of their patients have been addicted to marijuana, and recovering addicts themselves describe their struggles with addiction. Their stories show how marijuana has affected their school and family lives, their ability to drive a car and their mental health. A scientist describes her research showing that marijuana use by teens causes decline in mental functioning and IQ. The DVD stresses that even in the states that have legalized marijuana use, it is still illegal for anyone under 21 plus it is still illegal at the federal level. The DVD includes the 20 minute film, a 22 page teacher's resource book (PDF) with blackline master student activities, pre/post tests, fact sheets and learning objectives.
- Marijuana: Just the Facts Please
 - DVD, 2018, HRM, 18 minutes, Grades 7-College
 - This DVD and teacher's guide present information about edible marijuana. While many teens think that eating marijuana is an okay way to get high, it is in fact, dangerous, risky and still illegal for teens in every state, even those where marijuana use is legal. This movie helps teens understand the science of why the THC in edible marijuana causes unpredictable and dangerous highs. Metabolizing edible marijuana produces a different response than smoking it, so the risks of underestimating the potency of eaten marijuana can lead to intoxication, paranoia, high anxiety and tolerance. It also stresses that teens are more susceptible to brain

damage from marijuana use of any kind than adults are. As edibles become more easily available, teens need to understand the risks and dangers, including DUI.

- **Marijuana and CBD: The Inside Story**
 - DVD, 2020, HRM, 15 minutes, Grades 7-College
 - Navigating the terrain of fast-changing marijuana laws and the explosion of unregulated products like CBD can be daunting- and downright dangerous- for young people. This groundbreaking program goes behind-the-scenes in America's expanding legal cannabis business, revealing that while pot is becoming more culturally acceptable for adult use, there are persistent hazards for teens- from arrest and conviction (possession and use is still illegal for those under 21 in every state!) to an array of very serious risks to developing brains, hearts, and lungs. Featuring strikingly candid interviews with those who work with marijuana every day, this program cuts through confusing clutter of new developments to give kids the solid information they need to stay safe and sober.
- **Methamphetamine: What You Need to Know**
 - DVD, 2020, 40 minutes, Hazelden, Grades 9-Adult
 - As part of an addiction series, Methamphetamine: What You Need to Know provides a collection of tools you can use when educating others on methamphetamine. This DVD provides information on what methamphetamine is, the history of meth, and the stigma that surrounds it. It also discusses where to find help whether you are looking for prevention, treatment, or recovery.
- **Molly: Innocent Name, Deadly Drug**
 - DVD, 2014, HRM, CC, 16 minutes, Grades 7-College
 - Molly is a pure form of Ecstasy or MDMA. It is one of the newer drugs of choice for young people who falsely believe the drug is safe. Often handed out at raves and electronic music festivals, Molly is exposed as the grave danger that it really is. Interviews with former Molly users, drug experts and a parent of a teen who died after taking Molly present a message that using this drug is playing Russian Roulette with your life. The DVD includes the 16 minute film, a 21 page teacher's resource book (PDF) with blackline master student activities, pre/post tests, fact sheets, and learning objectives.
- **Myths of Marijuana Debunked**
 - DVD, 2008, HRM, CC, 21 minutes, Grades 6 - 12
 - This documentary debunks many myths surrounding marijuana including that it is not addictive, does not harm the body or brain, and does not impair driving. Viewers are presented with the latest facts and statistics to prove the danger of marijuana use. Program includes a teacher's resource book, student activities, fact sheets, and more.
- **The Opioid Epidemic: How I Became a Heroin Addict**
 - DVD, 2017, HRM, CC, 22 minutes, Grades 7-12
 - America has a serious opioid problem. This video and print package looks at the opioid epidemic through the eyes of four recovering young addicts. By revealing their stories, viewers will learn how quickly and how easily they transitioned from painkiller pills to shooting up heroin. They describe how they lived, stole from loved ones, and became terrible depressed by the life they were living. They also talk about the hope they feel as they struggle to recover and live a sober life.

- Opioids: Addiction, Overdose and Death
 - DVD, 2018, HRM, 18 minutes, Grade 7-College
 - This DVD describes the dangers of prescription-based opioids, which have been causing thousands of overdoses and many deaths. Four young users talk about how they first started on drugs like Oxycodone or Percocet and then spiraled down into addiction by using heroin, morphine, fentanyl and other drugs. 25 page teacher guide is included.
- Opioids: What You Need to Know
 - DVD, 2020, Hazelden Publishing, 42 minutes, Grades 9-Adult
 - As part of an addiction series, Opioids: What You Need to Know provides a collection of tools you can use when educating others on opioids. This DVD provides information about the evolution and current crisis of opioids, overdosing and withdrawal and the stigma around opioids. It also discusses where to find help whether you are looking for prevention, treatment or recovery.
- Overdose Epidemic: What Can Be Done to Stop it
 - DVD, 2015, 20 Minutes, Grades 7-College
 - The spike in drug overdose is alarming and dangerous—it has become an epidemic in many communities across the country. Why is this happening? This program takes a hard look at drug overdose from three points of view—an ER doctor, a pharmacologist, and several teens who have overdosed and lived to tell about it. Viewers learn the most lethal drug overdose happens when users combine various drugs that can cause almost instant death. The program includes viral information on how to recognize drug overdose in others and how to get immediate help.
- Pharm Parties: A Lethal Mix
 - DVD, 2009, HRM, CC, 24 minutes, Grades 7-College
 - One of the newest and most frightening trends in teen drug experimentation are so-called "pharm parties" where teens gather at someone's home, drop an array of pharmaceuticals (like Vicodin, Oxycontin or Xanax) into a bowl, then consume handfuls of this dangerous "trail mix." This program allows viewers to hear from teens who nearly died after participating in pharm parties as well as medical experts who identify the dangers of taking any medicines not specifically prescribed to one person.
- Pothead
 - DVD, 2015, HRM, 18 minutes, Grades 7-10
 - Fictionalized stories about youth becoming gradually involved with marijuana are interspersed with interviews with real teens who were potheads, but managed to turn their lives around. A 19-page teacher's guide with student activities, fact sheets, learning objectives and more is included.
- Preventing Accidental Drug Overdose
 - DVD, 2019, HRM, Grades 7-college
 - Many accidental overdose deaths could be prevented by teaching people what to do in an overdose emergency. This video concentrates on opioid addiction including the drugs heroin, fentanyl, Percocet, OxyContin, Vicodin, morphine, and buprenorphine. Risk factors for opioid overdose are detailed. The following situations put users at a higher risk of overdose: coming out of a detox facility; having a previous history of overdosing; mixing drugs; and using while alone. The program cautions that an especially high risk of an overdose occurs when drug

dealers mix fentanyl with heroin. Recognizing the signs of a drug overdose in others is presented in a short dramatized sequence. The program teaches viewers how to make an assessment of the risk, when to call 911, and the best ways to keep the victim alive while waiting for help to arrive. The program also describes emergency actions to prevent alcohol overdose.

- Rushing, Crashing, Dying: The Meth Epidemic
 - DVD, 2006, HRM, CC, 25 minutes, Grades 7 - College
 - This documentary shows viewers the consequences of methamphetamine abuse. Recovering meth addicts describe damage to family relationships, burns and disfigurement from lab explosions, and problems they face finding work or completing school. Viewers learn how meth destroys the brain and body of users and how meth lab toxins poison children living in and near the meth labs. Program includes a teacher's resource book, student activities, fact sheets, and more.
- Teen Truth: An Inside Look at Drug and Alcohol Abuse
 - DVD, 2008, HRM, CC, 21 minutes, Grades 7 - College
 - This documentary contains real footage of drug addicts in recovery as well as teens who have casually experimented with drugs and alcohol. The stories shared by real life teens provide proof of how drug and alcohol experimentation can lead to drug dependence and broken futures. Program includes a teacher's resource book, student activities, fact sheets, and more.
- The New Marijuana: Higher Potency, Greater Dangers
 - DVD, 2010, HRM, CC, 15 minutes, Grades 7 - College
 - This documentary explains how the potency of THC, the mind-altering chemical in marijuana, has more than doubles in the last twenty years creating a greater risk for impairment and a far higher risk of addiction. Video presents viewers with information on THC potency and examines how THC affects the brain, how a person becomes addicted, how marijuana impacts brain chemistry, cognitive function and mental and physical health. Program includes a teacher's resource book, student activities, fact sheets, and more.
- Words Can Work When Talking About Drugs
 - DVD, 2007, 30 Minutes, Grades 5-College
 - Drugs: True Stories. Joel's alcohol and marijuana abuse led him to prescription pulls. He described his spiraling addiction and recovery. His parents and sister discuss their denial. Trevor tells how he avoids drug use with the support of mentors.

Vaping/Tobacco

- All You Need to Know About Tobacco in 17 Minutes
 - DVD, 2011, HRM, CC, Grades 5-9
 - This DVD discusses essential information about tobacco whose use is the top cause of preventable death in the United States. Both secondhand smoke and the poisonous chemicals inhaled in tobacco smoke are shared along with information about third-hand smoke that gets in the hair, on the skin and absorbed in furniture in the home. Long and short-term health risks are featured and the description of tobacco products chew and snus are described. A strong no-use message is delivered. 42 page Teacher's Resource Book (PDF file) includes student activities, pre/post tests, fact sheets and learning objectives available on DVD.

- Do it 4 Your Lungs
 - Game, 2020, Grades 7-12
 - An escape room to help teens learn about the dangers of vaping! Participants are trapped in a room with teens who are vaping and they have to solve a series of puzzles and use the information to convince them that vaping is unhealthy. Best done with 4-8 participants, middle school to adults.
 - Set up time- 15 minutes
 - Activity- 35 minutes
- Everything You Need to Know About Tobacco in 22 Minutes
 - DVD, 2010, 22 minutes, HRM, Grades 7-college
 - This video provides a summary of everything students need to know about the dangers of using tobacco. It shows viewers the health effects of using tobacco, identifies the toxic chemicals inhaled in every puff of cigarette smoke, The video discusses the latest research on the effects of nicotine on the brain and discusses the new scientific findings that nicotine is even more addictive than cocaine. It also shows how tobacco companies target young smokers to hook them while they're young and keep them hooked. Video includes teacher's resource book, student activities, fact sheets, and more.
- Everything You Need to Know About E-cigarettes, Vaping, and Hookahs
 - DVD, 2016, HRM, 20 minutes, Grades 7-College
 - E-cigarettes, vaping, and hookahs are currently becoming the trend for tobacco use among teens and young adults. This program interviews students on what they believe to be true about e-cigarettes and hookahs and breaks the myths regarding what teens think. This program discusses how much smoke is actually ingested in a hookah session, what is currently known about e-cigarettes and hookahs, the nicotine amount in e-cigarettes, and how the tobacco industry has turned e-cigarettes into a multi-billion dollar industry through advertising.
- Hookah Hoax
 - DVD, 2016, HRM, CC, 16 minutes, Grades 7-College
 - Hookahs or water pipes are popular with youth and college-age students. This DVD provides fact-based information about hookahs, how they work, and their health effects on the people who use them as well as those who are ingesting secondhand hookah smoke. A leading scientist shares his research about hookah and provides a comparison of the amount of smoke that is inhaled, the number of inhalations during a session and the chemicals that are ingested compared to a cigarette smoker. Educator's guide included.
- How to Quit Juuling and Vaping
 - DVD, 2019, 20 minutes, HRM, Grades 7-College
 - Most kids who vape and Juul (currently 3.5 million American teens) are beginning to understand the health risks of nicotine addiction and exposure to carcinogens from vaping. Being "on the Juul" is definitely not cool". The program clearly describes several quitting methods including cold turkey, tapering, and nicotine replacement therapy. Teens using these methods inform viewers of what works and what doesn't and why.
- Juuling and Vaping: What the Latest Research Reveals
 - DVD, 2018, HRM, 22 minutes, Grades 7-college

- Vaping e-cigarettes can be addicting, 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.
- Nicotine and Vaping: What You Need to Know
 - DVD, 2020, Hazelden Publishing, 40 minutes, Grades 9-Adult, 40 minutes
 - As part of an addiction series, Nicotine: What You Need to Know provides a collection of tools you can use when educating others on nicotine. This DVD provides information on what nicotine is, the history of nicotine, and tobacco and vaping use. It also discusses where to find help whether you are looking for prevention, treatment, or recovery.
- Real Life Teens: Blowing Smoke, Vaping Teens and Smoking Addiction
 - DVD, 2019, HRM, Grades 7-college
 - Many accidental overdose deaths could be prevented by teaching people what to do in an overdose emergency. This video concentrates on opioid addiction including the drugs heroin, fentanyl, Percocet, OxyContin, Vicodin, morphine, and buprenorphine. Risk factors for opioid overdose are detailed. The following situations put users at a higher risk of overdose: coming out of a detox facility; having a previous history of overdosing; mixing drugs; and using while alone. The program cautions that an especially high risk of an overdose occurs when drug dealers mix fentanyl with heroin. Recognizing the signs of a drug overdose in others is presented in a short dramatized sequence. The program teaches viewers how to make an assessment of the risk, when to call 911, and the best ways to keep the victim alive while waiting for help to arrive. The program also describes emergency actions to prevent alcohol overdose.
- Smoking: The Toxic Truth 2.0
 - DVD, 2010, Discover Films, 24 minutes, Grades 6-Adult
 - This film addresses the severe health risks of smoking. Throughout the video a texting conversation takes place between two friends discussing how one of them broke up with her boyfriend for smoking and how it has affected her ex-boyfriend's life. Teenagers are also interviewed on their thoughts about tobacco use, learn the consequences, and discuss quitting. One of the teenager's family is interviewed discussing how different their life is after the father was diagnosed with larynx cancer and how it has affected his everyday life.
- Ten Bad Things You Didn't Know About Smoking and Tobacco
 - DVD, 2015, HRM, 17 minutes, Grades 7-College
 - This program offers teens ten reasons to change the dangerous mindset that nothing bad will ever happen to them. Ten facts about the harms of tobacco, chew, and e-cigarettes are presented along with up-to-date research to support the facts. Included is a 92-page teachers' resource guide with student activities, a play, pre/post tests, fact sheets, learning objectives and more.
- Totally Disgusting Tobacco Gross Out Video
 - DVD, 2008, HRM, CC, 18 minutes, Grades 7-12

- This video goes for the gross-out factor, presenting students with a graphic look at all things vile about using tobacco products. The story revolves around Josie, a middle school student who is preparing a video on the dangers of tobacco use for a health class assignment. As she develops her video project, she shows her friends clips of hairy tongues, yellow teeth, dripping phlegm, oozing tar, diseased lungs, laryngectomies (neck breathers), wrinkled skin, cancerous tumors and more. Includes teacher's guide, student handouts and pre/post-tests.
- Toxic Life Cycle of a Cigarette
 - DVD, 2015, HRM, 17 minutes, Grades 7-College
 - This DVD examines ways that cigarettes are toxic to the environment and to people in ways that individuals usually haven't considered. Viewers hear from young farm workers who have been sick due to tobacco poisoning both from pesticides and the nicotine in the plants. The DVD explains how around 600 chemical additives are included in the process of cigarette making; many to make the tobacco more addictive. Secondhand smoke harms are explained including a newly named concern, third hand smoke. It is a residue left in carpets, walls, on furniture and window coverings that poses a long term health risk after the tobacco use is over. The toxic effects of cigarette butts on the environment is described as well.
- Vaping: More Dangerous Than You Think
 - DVD, 2015, HRM, 21 minutes, Grades 7-College
 - This video and print curriculum addresses the new craze of vaping drugs (nicotine, alcohol, liquid marijuana, and others). Through interviews with teen users and medical professionals, this program clearly demonstrates the serious health risks of vaping, including drug overdose, instant high or drunk, alcohol poisoning, and impaired thinking and decision making. Explains that vaping delivers an unknown dose of drugs or alcohol directly to the brain. Vaping nicotine carries the additional risk of accidental swallowing of liquid nicotine which has put hundreds of teens into ERs. Vaping pens make it easy to disguise marijuana use because there is little to no odor.
- Vaping, Nicotine, and the Developing Brain
 - DVD, 2019, 18 minutes, HRM, Grades 7-College
 - The use of vaping devices such as Juul has reached epidemic proportions among adolescents and even preteens. Many young people are unaware that most e-cigarettes contain nicotine, a highly addictive chemical that can harm brain development. In this program, diverse adolescents describe how they become addicted to nicotine as a result of vaping. A neuroscientist and physician explain how nicotine changes the still developing brain and can harm the parts of the brain that control attention, learning, mood, and impulse control. Viewers learn that changes in the brain resulting from nicotine also make the brain more susceptible to addiction to other substances and that young people who use e-cigarettes are more likely to smoke tobacco cigarettes in the future.
- Vaporized: America's E-Cigarette Addiction
 - DVD, 2019, CNBC, 44 minutes, Grades 7-Adult
 - This documentary explores the e-cigarette epidemic that has taken America by storm. Hear from experts in the field, Juul executives, and youth who have experienced e-cigarette dependence.
- What's up With E-Cigarettes

- DVD, 2012, HRM, 19 minutes, Grades 7-College
- Teens' use of e-cigarette and other electronic vaping devices has skyrocketed. Kids think e-cigarettes are a safe alternative to smoking. This DVD provides the facts and urges extreme caution. Viewers learn the truth about nicotine addiction and its impact on health. Supposedly safe ingredients in e-cigarettes really contain harmful chemicals. Because they are unregulated by the FDA, the amount of nicotine in each e-cigarette varies so the user never knows what is inside. And they are not a cessation device. Big tobacco is still using advertising techniques to lure in tobacco users and hook them for life. Includes 24 page teachers resource book with student activities, fact sheets, pre/post tests, and learning objectives.