

Alcohol & Drugs: Prevention

C A N A D I A N L E A R N I N G C O M P A N Y

Learning Resources

Binge Drinking Blowout: The Extreme Dangers Of Alcohol Abuse

Binge drinking is just part of the fun as these young people encourage each other to participate in drinking games.

See the realities of drinking too much and the physiological effects of alcohol poisoning.

Actual cases of fatality and permanent injury caused by binge drinking are presented in an effort to make young people see that binge drinking is nothing more than a one-way street to tragedy.

A presenter's guide is available as a PDF file from the CLC website for those purchasing or previewing the video. To download the PDF guide, from your Internet browser enter the following URL:

<http://www.canlearn.com/guides/1-2251ATM.pdf>

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27 minutes, order 1-2251-IN

Actual outcomes, causes and effects of abuse. Here is our selection of video resources for youth, adults and caregivers.

Bitter Pills: Prescription Drug Abuse

The Street Scene Series

The most widespread drug problem today, prescription drug abuse is growing at an alarming rate. While helpful to those with a medical condition, prescription drugs can create a world of madness for those who abuse them.

This honest, in-your-face documentary takes you to the streets. It's hosted by Hip-Hop artist "The Q" in a no-holds-barred style. Recovering addicts, many of them school-age themselves tell how they got hooked, and how prescription drug abuse ruined their lives, leading to jail, sexual assault, overdose and the deaths of those they loved.

The legal consequences for those caught with prescription drugs, especially those bought on the internet, are explored. Drug counselors, themselves recovered addicts, expose how dependence and tolerance can lead to addiction and a fatal overdose.

22 minutes, order 9-0051-IN

Building Up For A Fall: Teens And Steroids

This program illustrates the dangers of anabolic steroid abuse for all young adults, especially male athletes. The attraction of steroids lies in building body size, over-achievement in athletics, body image and sexuality. However, the dangers are many including adverse physical affects such as acne, psychological damage, mood swings, depression and out of control violence.

Curriculum Correlations:

BC Career & Personal Planning Gr 8 Personal Development - Substance Abuse Prevention:

"describe peer, cultural, mass media and social influences related to substance use and abuse; demonstrate an understanding of the effects and consequences of substance use and abuse for themselves and others." Gr 9 Personal Development - Substance Abuse Prevention: *"evaluate peer, cultural, mass media and social influences related to substance use and abuse."*

Need More Information About Our Programs?

These listings are very brief. Detailed title information is only a free phone call away. Or email us at:

info@canlearn.com

Check out our internet web page at:

www.canlearn.com

Selecting the tab 'online catalog' will take you to a complete listing of every title available from us.

ON Health & Physical Education Gr 8 Healthy Living - Substance Use and Abuse: *"outline the possible negative consequences of substance use and abuse (e.g. effects of steroid use, etc.)."* **Gr 12 Exercise Science (PSE4U) - The Biological Basis of Movement:** *"analyse the effects of performance-enhancing methods and substances (e.g. steroids) on human performance".*

A presenter's guide is available as a PDF file from the CLC website for those purchasing or previewing this video. To download the PDF guide, from your Internet browser enter the following URL:

<http://www.canlearn.com/guides/1-2634ATM.pdf>



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21 minutes, order 1-2634-IN

Club Drugs - Dancing With Danger

Visit the street outside a "rave" where young people explain why adding club drugs to the mix means you're "dancing with danger". Listen to recovering users talk about drug-related physical and mental disorders, prison, isolation from friends and family, attempted suicides and murders.

Learn the truth about common club drugs including dangerous substitutes being passed off as "Ecstasy", powerful sedatives like "roofies" (Rohypnol) and GHB used in date rapes and the resurgence of LSD and Methamphetamines.

This hard-hitting video shows the dangers posed by unregulated pills with unknown ingredients, the deadly peril of combining pills with alcohol or other drugs and offers insights on how to avoid substance abuse problems and where to go for help and support.

A teacher's guide is available in PDF format from the CLC website:

<http://www.canlearn.com/guides/1-2691SG.pdf>

Alberta Education has authorized this program as a Support Resource for Career and Life Management Grades 10 to 12, May 2005

20 minutes, order 1-2691-IN

Club Drugs: From Rave To The Grave

Arivetting up close look shows how dangerous drug usage has made the culture of raves (all-night dances) more than just high-energy lights, music and dancing.

Combining a true-to-life scenario with the testimonials of people who have seen the problem firsthand, viewers see the prevalence of drugs at these raves and the immense dangers of taking them.

For the adult version Order 2-5144

20 minutes, order 2-5143-IN

Club Drugs: From Rave To The Grave (Adult Version)

Providing commentary on the issues raised in the video are several experts with various perspectives on the club-drug problem.

24 minutes, order 2-5144-IN

Coping With Pressures

The Power Of Choice Series

Teens discuss the pressures they face, from academic competition to peer acceptance and parental expectations. They explore ways of

keeping pressures in perspective and handling those pressures in ways that serve their best interests.

30 minutes, order 5-2149-IN

Dealing With Pressures

The Big Changes, Big Choices Series

Becoming a teenager opens the door to a whole new batch of pressures. Cover the most common sources of pressure along with positive, healthful ways to cope with it.

30 minutes, order 5-2175-IN

Decide To Be Drug Free

Children with a sense of self-reliance and strong refusal skills are able to resist peer pressure and ignore advertisements that make cigarette and alcohol use appear glamorous, cool, and "grown-up". Learn lots about cigarettes, advertising, alcohol and making healthy decisions.

19 minutes, order 2-5121-IN

The Downward Spiral: Oxycontin & Opiate Addiction

The Street Scene Series

OxyContin abuse has grown faster than any other prescription drug in decades. Thousands of teens and young adults have overdoses. In some treatment facilities, 50 to 90 percent of those seeking treatment name OxyContin as their primary

drug of abuse. Oxy's and other opiates like Vicodin and Codeine are getting users addicted to morphine and heroin.

Many begin taking the pills for a medical condition and end up getting hooked. Others take them for "recreation" believing it's just another pill, only to find that it is a "take-over-your-life" pill.

Chemical dependency counselors, former addicts, and family members show how to escape the terrible grip of these opiates and where to go for help.

19 minutes, order 9-0050-IN

Drug Use And Addiction

The Teen Files Flipped Series

Self-absorbed teens Cory and Eva prefer the "high" life, using drugs to achieve it. Eva's chief goal in life is fun, while Cory's is to avoid his mother's nagging. When they are "flipped", Cory is emancipated from his mom and Eva is asked to host an MTV program. The teens subsequently become involved with heavy drug users who steal to support their habit, suffer withdrawal and overdose themselves into the hospital. This, and additional revelations about HIV infection and drug-induced brain damage, convince the teens to swear off drug use and reconcile with their families.

Curriculum Correlations:



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BC Career & Personal Planning Gr 8 & 9 Personal Development - Substance Abuse

Prevention: "demonstrate an understanding of the effects and consequences of substance use and abuse for themselves and others; describe the support available in the home, school and community to deal with substance abuse problems."

ON Health & Physical Education Gr 8 Healthy Living - Substance Use and Abuse:

"outline the possible consequences of substance use and abuse." **Gr 9 Healthy Living - Substance Use and Abuse:** "describe the physiological and sociological effects of substance use."

A presenter's guide is available as a PDF file from the CLC website for those purchasing or previewing the video. To download the PDF guide, from your Internet browser enter the following URL:

<http://www.canlearn.com/guides/1-2673ATM.pdf>

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21 minutes, order 1-2673-IN

Drugs

The McGruff's Kid Files Series

McGruff the Crime Dog and his co-host Jason, explain the dangers of addiction using lab reports and actual letters from teenagers who've experienced first hand the results of drug use. Young people explain how drugs compelled them to steal, lie, hurt others and give up things that were important to them. Many of the young people interviewed also talk about losing friends to overdoses.

Factual information about marijuana, stimulants, club drugs, opiates and inhalants are presented. The program leaves viewers with the message that they are responsible for what they put into their bodies and that no one can make the choice, but themselves.

A teacher's guide is available as a PDF file from the CLC website for those purchasing or previewing the video. To download the PDF guide, from your Internet browser enter the following URL:

<http://www.canlearn.com/guides/1-2677ATM.pdf>

Please be patient. The download time depends on the speed of your Internet connection. Need help? Email us at info@canlearn.com

18 minutes, order 1-2677-IN

Drugs And Alcohol, Part 1

The Power Of Choice Series

Help teenagers come to grips with the question of what to do when "just say no" and "just say yes" won't do. Students discuss the choices they have made, both good and bad, regarding alcohol and drugs.

Explains how drugs and alcohol can take over their power of choice and reduce the amount of control they have over their lives.

30 minutes, order 5-2150-IN

Drugs And Alcohol, Part 2

The Power Of Choice Series

Presents many kids that are having trouble coping with friends and relatives who are abusing drugs and alcohol. Explores how chemical abuse changes relationships, what can and cannot be done about it, and how to respond when a chemically dependent person asks them for help.

30 minutes, order 5-2151-IN

Drugs Of Abuse Series

The Drugs Of Abuse Series

This powerful video set delivers a persuasive no-use message. Sold in a 2 volume set.

Volume 1

Factual presentation about three categories of drugs and the chemical make-up and damaging short- and long-term effects of each. Slang terms and signs of abuse and addiction are provided.

Includes discussion on Cannabis (Marijuana, Hashish); Depressants (Alcohol, Barbiturates, Benzodiazepines, Rohypnol, GHB); and Stimulants (Cocaine/Crack, Amphetamines, Methamphetamine, MDMA/Ecstasy).

order 2-5165

Volume 2

The chemical make-up and the damaging short- and long-term effects of each drug category are described in easy to understand language.

Discussion of Narcotics (Morphine, Heroin, Prescription Pain Relievers); Hallucinogens (LSD, PCP, Ketamine, Mescaline/Peyote, Psilocybin/Psilocyn Mushrooms); Inhalants (Household chemicals, Medical gases); and anabolic-Androgenic Steroids.

order 2-5166



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<http://www.canlearn.com/guides/5-5165SG.pdf>, and/or

<http://www.canlearn.com/guides/5-5166SG.pdf>

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33 minutes, order 2-51650-IN

Ecstasy - The E Street Blues

"If you're looking for a good time, music is all you need," says the deejay. Great advice but this alarming video shows that too many are ignoring it because the use of the dangerous club drug Ecstasy has doubled every year for the past 5 years. See current and former users paint a deadly picture as they talk about isolation, depression, homelessness, jail time and attempted suicides resulting from the use of Ecstasy. This fast-paced video - much of it filmed on the streets outside a "rave"- is an invaluable tool in recognizing the dangers of this potentially lethal drug, while offering sound advice on support.

A teacher's guide is available as a PDF file from the CLC website for those purchasing or previewing the video. To download the PDF guide, from your Internet browser enter the following URL:

<http://www.canlearn.com/guides/1-2690SG.pdf>

Please be patient. The download time depends on the speed of your Internet connection. Need help? Email us at info@canlearn.com

20 minutes, order 1-2690-IN

G H B Drug Induced Rape

Join a veteran detective as he talks candidly to viewers about drug-facilitated rape. Focuses on three main areas: how drug-induced rapes occur; what individuals can do to protect themselves and their friends from such incidents; and what a person should do if it happens to them.

Curriculum Correlations:

BC Career & Personal Planning 8-12 - Personal Development - Child Abuse Prevention: "to develop in students the capacity to assess, prevent and resolve abusive situations"; **Gr 8:** "define several types of abuse including sexual ...; recognize signs of abusive situations;" **Gr 9:** "demonstrate problem-solving and assertiveness skills as they apply to relationships"; **Gr 10:** "propose strategies for dealing with emotions to avoid abusive behaviour; describe the process of obtaining appropriate services, support or intervention for abusive situations."

ON Health & Physical Education Gr 11-12 - Healthy Living - Personal Safety and Injury Prevention: "identify causes of specific types of interpersonal violence (...rape)."

16 minutes, order 1-2503-IN

Heroin Kids: Dying For Help

The truth and consequences of heroin use in language kids understand. Combining the hard-edged facts with personal experiences, the video explores the physical, emotional and mental losses that accompany heroin use.

I lost my freedom, I lost my friends, I lost money, I lost self-respect ... I lost everything." - Daniel

A teacher's guide is available as a PDF file from the CLC website for those purchasing or previewing the video. To download the PDF guide, from your Internet browser enter the following URL:

<http://www.canlearn.com/guides/1-2631SG.pdf>

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21 minutes, order 1-2631-IN



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How To Tell If A Kid Is On Drugs (2nd Ed)

This important video provides an excellent description of all the major drug categories, showing parents and others possible signs of use and ways of discussing suspected use with the child.

A presenter's guide is available as a PDF file from the CLC website for those purchasing or previewing the video. To download the PDF video guide, from your Internet browser enter the following URL:

<http://www.canlearn.com/guides/2-5133SG.pdf>

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20 minutes, order 2-5133-IN

In The Know Series

The In The Know Series

This stylish multimedia format really reaches out to young people and keeps them "in the know". An effective part of your comprehensive drug abuse prevention program.

Cocaine and Crack

Exciting graphics, expert testimony and four young narrators work together to educate viewers about the devastating effects that cocaine in all of its forms has on abusers' social functioning and physical and mental health.

The program first describes the difference between powdered cocaine and crack. It goes on in detail about the social effects, biological functions, and short- and long-term effects of cocaine, whether it is sniffed, injected or smoked.

Hallucinogens

Exciting graphics, expert testimony and four young narrators work together to educate viewers about the real dangers of using the commonly abused hallucinogens LSD, psilocybin/psilocyn mushrooms and mescaline/peyote. Also discussed is phencyclidine (PCP) an anesthetic/hallucination/mutant drug that can lead to psychosis. Describes how these drugs can endanger viewer's lives and make lasting impacts on their mental health.

The program details the social effects, biological functions, and short- and long-term effects of each of these substances.

Party Drugs

Exciting graphics, expert testimony and four young narrators work together to educate viewers about the tremendous damage that Ecstasy/MDMA, methamphetamine, GHB, Rohypnol and Ketamine do to users' lives. Also contains an in-depth look at the frightening trend of "date rape" drug use and provides advice to viewers on protecting themselves.

The program details the social effects, biological functions and short- and long-term effects of each of these substances, and concludes with the tragic story of a college freshman who has spent the last three years in a coma due to someone "slipping" GHB to her without her knowledge.

Prescription Drugs

Exciting graphics, expert testimony and four young narrators work together to educate viewers about the unfamiliar, but terrible risks of prescription drug abuse. Shows the viewer the traumatic damage that unauthorized use of pharmaceutical drugs can do to their social functioning and physical and mental health.

The drug groups discussed are tranquilizers (barbiturates and benzodiazepines), stimulants (amphetamines), and opioid painkillers (Vicodin, OxyContin, and the like). The program details the social effects, biological functions and short- and long-term effects of each of these substances.

Tobacco, Alcohol and Marijuana

Exciting graphics, expert testimony and four young narrators work together to educate viewers about the tremendous damage that tobacco, alcohol and marijuana do to users' lives. Viewers may not be aware that more than half a million people are killed every year by tobacco and

alcohol. Also mentioned is the dramatically increasing odds that a user will often go on to abuse cocaine and heroin.

The program details the social effects, biological functions, and short- and long-term effects of each substance. Finally, a survivor tells how her family was torn apart by a drunk driver.

101 minutes, order 2-51600-IN

Inhalants: Don't Be Fooled By Tricky Drugs

Children learn the benefits of saying "no"; difference between using certain products safely and intentionally abusing them as drugs.

8 minutes, order 2-5105-IN

Just Say Know To Drugs

Incorporating the heart-felt anti-drug messages from popular teen celebrities with the poignant testimonials of recovering substance abusers, this powerful and touching program sensitizes students to the harsh realities of drug and alcohol addiction.

Order 1-8988 for an edited version for younger students.

28 minutes, order 1-8864-IN



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Just Say Know To Drugs (Elementary Version)

Teens who are former drug users tell their stories - how they got into drugs, their worst moments and their triumphs over substance abuse - in this uplifting, confidence-building program.

Order 1-8864 if you wish the 28 minute version for older viewers.

18 minutes, order 1-8988-IN

Learning To Be Assertive: The Basic Skills

Students learn skills to use where they previously felt helpless. First a negative, no-win encounter, followed by appropriate coping skills.

27 minutes, order 1-9941-IN

Learning To Be Assertive: Advanced Skills

Skills to defuse an adult or peer, and allow negotiation of a compromise. It is possible and rational to say no, even to adults, in certain situations.

21 minutes, order 1-9956-IN

Let It Not Be In Vain

Hear the true story of Keith Nokes, a teen who took his own life while in a state of "alcohol induced psychosis", commonly known as a blackout.

Keith was not known to have had unusual personal problems or depression. He was at a party celebrating a friend's homecoming. Two hours before committing suicide, another friend described him as "happy" and looking forward to the next day's activities.

Today, Keith's family and friends tell his tragic story to high school and college students to alert them to the warning signs of suicide, the dangers of binge drinking, and the deadly results if either or both of these are ignored or not taken seriously enough by friends or family.

Curriculum Correlations:

AB Career and Life Management Senior High - Personal Choices: "discuss possible consequences of not constructively dealing with emotions - anger, depression, suicide."

BC Career and Personal Planning Gr 8-12 Personal Development - Mental Well-Being: "to develop in students an appropriate sense of personal worth, potential, and autonomy, as well as a sense of their relationships with others; identify factors that contribute to their emotional health and well-being."

ON Health & Physical Education Gr 11 and 12 Healthy Active Living Education - Healthy Living: "demonstrate an understanding of specific mental health issues (e.g. depression and suicide); describe the importance of relationships and communication with others to mental health; identify sources of information on and services related to mental health"; **AND Guidance and Career Education - Leadership and Peer Support:** "Interpersonal Knowledge and Skills: Communication Skills: "demonstrate an understanding of how to respond appropriately to peers' disclosures of serious personal matters."

A teacher's guide is available as a PDF file from the CLC website for those purchasing or previewing the video. To download the video, from your Internet browser enter the following URL:

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22 minutes, order 1-2769-IN

Marijuana: The Gateway Drug

Presents the realities of marijuana use from the perspective of young people who themselves are recovering drug addicts.

Curriculum Correlations:

BC Career and Personal Planning Gr 8 Personal Development - Substance Abuse Prevention: "demonstrate an understanding of the effects and consequences of substance use and abuse for themselves and others."

ON Health and Physical Education Gr 8 Healthy Living - Substance Use and Abuse: "outline the possible negative consequences of substance use and abuse;" **AND Gr 10 Healthy Active Living Education Healthy Living - Substance Abuse:** "describe the factors that lead to substance dependence; describe the physiological and sociological effects of substance use."

A presenter's guide is available as a PDF file from the CLC website for those purchasing or previewing the video. To download the PDF guide, from your Internet browser enter the following URL:

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28 minutes, order 1-2254-IN

Marijuana And The Mind: Intoxication

How it causes intoxication and areas of the brain in which THC concentrates.

16 minutes, order 1-8267-IN

Marijuana And The Mind: Addiction

Scientific evidence and testimonials from former addicts reveal the serious threat addiction poses to the user. Symptoms of addiction are given.

19 minutes, order 1-8268-IN

Marijuana In The New Millennium With Dr David Olhms

This eye-opening video brings viewers the latest information on marijuana. Dr. David Olhms begins by explaining the reasons for marijuana's reputation as a relatively harmless drug. Countering this, he presents new research proving the various physical problems that can be caused by smoking marijuana, including an increased risk of bronchitis,

emphysema and lung cancer. He also describes THC's effects on the immune system and the brain.

Dr. Olhms concludes the program by explaining how marijuana can act as a gateway drug by introducing users to people and situations that can lead to further drug use.

A presenter's guide is available as a PDF file from the CLC website for those purchasing or previewing the video. To download the PDF guide, from your Internet browser enter the following URL:

<http://www.canlearn.com/guides/1-2576SG.pdf>

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25 minutes, order 1-2576-IN

Maslow's Hierarchy Of Needs

Everyone is motivated by something. Dr. Abraham Maslow's theory is that human beings are motivated by unsatisfied needs. Once basic level needs such as shelter and safety, have been achieved, the individual can pursue higher level needs. Exploring Maslow's theory one will find a tie to the preoccupation of drug use and the negative effects that result from alcohol/drug addiction. Since addiction is a progressive illness it destroys a person's ability to achieve self-actualization,

eventually destroying the person's ability to meet his or her other needs - including those of self-esteem, the love and acceptance of others, safety and even the basic requirements of food and shelter.

42 minutes, order 1-2854-IN

Mcgruff And Drug-free Kids

Mcgruff The Crime Dog Series

Shows youngsters how to deal with peer pressure, respect themselves and their bodies. Ways to "say no" and positive things to do with free time.

A presenter's guide is available as a PDF file from the CLC website for those purchasing or previewing the video. To download the PDF guide, from your Internet browser enter the following URL:

http://www.canlearn.com/guides/1-8462_ATM.pdf

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17 minutes, order 1-8462-IN

Mcgruff's Drug Alert

Mcgruff The Crime Dog Series

McGruff issues a warning about both legal and illegal drugs, pointing out that, unlike poison, drugs have no warning labels.

11 minutes, order 1-9913-IN

NI237-alcohol & Drug Education

Newsletter

minutes, order 0-00237-IN

Over-the-counter Medicines

The Doctor Is In Series

Explain the problems that can occur when we're not careful. Highlights the special needs of the elderly.

28 minutes, order 2-2157-IN

Preventing Our Kids From Using Alcohol & Other Drugs

The Over The Influence Series

This documentary, hosted by Tom Selleck, introduces five practical solutions to drug and alcohol use among kids. Rated 4.5 (Very Good) by the Addiction Research Federation.

24 minutes, order 1-8874-IN



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The Real True & False About Alcohol, Marijuana & Inhalants

The impression many middle school students have about drugs is that “everybody does it”. That misinformation may influence students to take their first step through the gateway provided by alcohol, marijuana or inhalants. Hosted by a multi-ethnic group of high school students, this engaging, fact-filled program uses a lively “pop quiz” to hear that the social norm for the vast majority of teens is that when it comes to alcohol and other drugs, they “don’t need ‘em, don’t want ‘em, and don’t use ‘em”.

Curriculum Correlations:

AB Health and Life Skills Gr 7 Personal Health:

“analyze social factors that may influence avoidance and/or use of particular substances; AND Gr 8 Personal Health: “analyze possible negative consequences of substance use and abuse;”

BC Career and Personal Planning Gr 8 Personal Development - Substance Abuse:

“describe peer, mass media and social influences related to substance use and abuse” AND Gr 9 Personal Development - Substance Abuse: “evaluate peer, cultural, mass media and social influences related to substance use and abuse.”

ON Health and Physical Education Gr 6 Healthy Living - Substance Use and Abuse:

“describe the short and long term effects of cannabis and other illicit

drugs;” AND Gr 7 Healthy Living - Substance Use and Abuse: “outline a variety of issues related to substance use and abuse; apply a decision-making process to make informed choices regarding drug use.” AND Gr 8 Healthy Living - Substance Use and Abuse: “apply the steps of a decision-making process to address age-specific situations related to personal health and well-being in which substance use or abuse is one of the factors.”

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15 minutes, order 1-2711-IN

The Real True & False About Drugs

With high school students as their guides, middle schoolers gain a better understanding of the truth and the myths surrounding these lethal drugs. The program exposes serious consequences of using club drugs, prescription drugs and street drugs such as cocaine and heroin. Drug-free high school students, medical and law enforcement experts, add

their insight and support for choosing a lifestyle that doesn’t include drugs. Presented in an engaging way, the social norms message comes through loud and clear: the vast majority of teens don’t use drugs - not now, not ever.

Curriculum Correlations:

AB Health and Life Skills Gr 8 Personal Health:

“analyze possible negative consequences of substance use and abuse;” AND Gr 9 Personal Health: “analyze addictions.”

BC Career and Personal Planning Gr 8 Personal Development - Substance Abuse:

“demonstrate an understanding of the effects and consequences of substance use and abuse for themselves and others.” AND Gr 9 Personal Development - Substance Abuse: “describe the support available in the home and community to deal with substance abuse problems.”

ON Health and Physical Education Gr 6 Healthy Living - Substance Use and Abuse:

“describe the short and long term effects of cannabis and other illicit drugs;” AND Gr 7 Healthy Living - Substance Use and Abuse: “outline a variety of issues related to substance use and abuse;” AND Gr 8 Healthy Living - Substance Use and Abuse: “outline the possible negative consequences of substance use and abuse.”

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17 minutes, order 1-2712-IN

The Reality Of Drug Use

The Teen Files Flipped Series

A group of teenage drug users are “flipped” into different scenarios. Convicted of drug trafficking, Stephen is sent to a treatment facility. Kriss, who believes driving under the influence is an acceptable risk, is “paralyzed” in a car wreck. Carissa stays at a hostel for homeless teens, then “overdoses and dies”. Crystal, the “ringer” in the group, has a real-life story: her brother Caleb did die of a drug overdose. The teens react strongly to their dramatized situations, vowing they don’t want to see any of this happen for real.

Curriculum Correlations:

BC Career & Personal Planning Gr 8 Personal Development - Substance Abuse Prevention:

“demonstrate an understanding of the effects and consequences of substance use and abuse for themselves and others;” and



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CANADIAN LEARNING COMPANY

Learning Resources

Gr 9 Personal Development - Substance Abuse Prevention:

"evaluate peer, cultural, mass media and social influences related to substance use and abuse."

ON Health and Physical Education Gr 6 Substance Use and Abuse: *"determine the short- and long-term effects of cannabis and other illicit drugs";* and **Gr 7** *"outline a variety of issues related to substance use and abuse;"* and **Gr 8** *"outline the possible negative consequences of substance use and abuse;"* and **Gr 9 and 10 Healthy Active Living:** *"investigate issues related to healthy sexuality and the use and abuse of alcohol, tobacco and other drugs ..."*

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21 minutes, order 1-2659-IN

Ruined Lives: The Dangers Of Methamphetamine

Methamphetamine, also known as speed, ice, crystal and meth, is a highly addictive drug. It allows the user to stay awake for long periods,

reduces appetite and keeps the user "high" for a relatively long time. It also is extremely dangerous with potentially lethal short-term and long-term effects.

This program includes the dramatic story of a young woman who tries "meth" for the first time, and the tragic, life-altering consequences of that act. Interviews with individuals whose lives have been affected by methamphetamine abuse, lend a peer group reality to the program.

Curriculum Correlations:

AB Career and Life Management (Senior High) Personal Choice: *"assess the effects of substance use and abuse - tobacco, alcohol, drugs - on health."*

BC Career and Personal Planning 8-12 Personal Development - Substance Abuse Prevention: *"to develop in students the ability to make responsible decisions regarding substance use as they develop healthy lifestyles; demonstrate an understanding of the effects and consequences of substance use and abuse for themselves and others."*

ON Health and Physical Education Gr 9 & 10 Healthy Living - Substance Use and Abuse: *"explain the effects, the use and abuse of drugs; identify facts and myths related to use; identify major factors that contribute to use; demonstrate and use decision-making skills."*

A teacher's guide is available as a PDF file from the CLC website for those purchasing or previewing the video. To download the PDF guide, from your Internet browser enter the following URL:

<http://www.canlearn.com/guides/1-2703SG.pdf>

Please be patient. The download time depends on the speed of your Internet connection. Need help? Email us at info@canlearn.com

34 minutes, order 1-2703-IN

Running On Empty: Teens And Meth

Viewers may or may not be familiar with the drug methamphetamines, commonly referred to as "meth", but its popularity is rising steadily among teenagers. This gritty video explains what meth is and how it becomes addictive.

Jamie, a young woman, explains in detail how she became involved with meth and how it made her lose out on a big portion of her life. This presentation demonstrates that although our society is fast-paced and hectic, meth is no way to cope with pressure.

A teacher's guide is available as a PDF file from the CLC website for those purchasing or previewing the video. To download the PDF guide, from your Internet browser enter the following URL:

<http://www.canlearn.com/guides/1-2557SG.pdf>

Please be patient - the download time depends on the speed of your Internet connection. Need help? Email us at info@canlearn.com

23 minutes, order 1-2557-IN

Saying No And Feeling Fine

A police officer (Sgt Sayno) and his talking dog (Sniffer) talk about drugs and answer questions posed to them by two young students, Richie and Michelle.

"... kids relate very quickly ... They respond quite well to the message that you can say no to drugs and it's really okay." Kulli Meyer, Program Director, Dallas Society, Victoria, BC.

14 minutes, order 2-5027-IN

Saying No To Alcohol And Other Drugs

The Big Changes, Big Choices Series

Practical techniques for saying "no" to friends without appearing to be uncool.

30 minutes, order 5-2178-IN

Silent Voices

Despite insisting he's sober enough to drive though he's been drinking heavily all night at a party, Drew gives his girlfriend Katelynn a ride home, with life-altering consequences.

This program graphically illustrates the possible consequences of driving while under the influence of alcohol, and conveys



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the serious legal penalties of driving under the influence or supplying alcohol to underage drinkers.

A teacher's guide is available as a PDF file from the CLC website for those purchasing or previewing the video. To download the guide, from your Internet browser enter the following URL:

<http://www.canlearn.com/guides/1-2681SG.pdf>

Please be patient. The download time depends on the speed of your Internet connection. Need help? Email us at info@canlearn.com

20 minutes, order 1-2681-IN

Dui: Driving Under The Influence

Subject List 262

A selection of resources specifically related to preventing alcohol and drug use while driving is available separately.

minutes, order 9-9211-IN

Say No To Smoking (And Lung Disorders & Treatment)

Subject List 236

See the causes, the care and the cures. These video resources inform so that all may breathe more easily. A separate listing is available.

00 minutes, order 9-99224-IN

Substance Abuse: A Road To Nowhere

Explores drug abuse from the perspective of recovering teen addicts. These kids and others recount their painful journey to recovery.

A presenter's guide is available as a PDF file from the CLC website for those purchasing or previewing the video. To download the PDF guide, from your Internet browser enter the following URL:

<http://www.canlearn.com/guides/1-9260SG.pdf>

Please be patient - the download time depends on the speed of your Internet connection. Need help? Email us at info@canlearn.com

14 minutes, order 1-9260-IN

Substance Abuse In The Elderly

The Doctor Is In Series

As the body ages, tolerance to alcohol decreases. At the same time, many people often have multiple prescriptions for medications that, when combined, can cause problems.

This program profiles older persons dealing with these issues, and shows some innovative programs created specifically for the elderly.

28 minutes, order 2-3137-IN

Substance Abuse In Teens: Spotting It And Dealing With It

Presents subtle and sometimes obvious warning signs that young adults are abusing drugs and alcohol. Recognition sooner rather than later is obviously better, but it's never too late to pick up those pieces and take effective action.

Especially prepared for parents, here are the warning signs, risk factors, and possible reasons why young people use drugs. Guidance is provided to help parents respond and why they may need to seek help.

29 minutes, order 8-1246-IN

Teens And Inhalants: One Breath At A Time

The misuse of common household substances by adolescents through "huffing" or inhaling, is often the first foray into experimental drug use among teens. Young adults learn to dispel peer pressure, learn coping skills for problem solving, and are educated to the dangers and lethal risks of "huffing".

10 minutes, order 8-1245-IN

Teens And Marijuana: Do You Believe In Magic?

This program dispels the myths of marijuana use by presenting factual information about marijuana. It discusses the physical effects on the body from marijuana use

including damage to the lungs, brain and reproductive system. Users often develop an "amotivational syndrome" which leads to loss of life goals and lack of achievement. Also covered is the addiction cycle and how to break through an addict's denial of their addiction, to face reality of their life as the first step towards their recovery.

Curriculum Correlations:

BC Career & Personal Planning Gr 8 & 9 Personal Development - Substance Abuse

Prevention: "demonstrate an understanding of the effects and consequences of substance use and abuse for themselves and others; describe the support available in the home, school and community to deal with substance abuse problems."

ON Health & Physical Education Gr 6 Healthy Living - Substance Use and Abuse:

"describe the short and long-term effects of cannabis and other illicit drugs". **Gr 7 Healthy Living - Substance Use and Abuse:**

"outline a variety of issues related to substance use and abuse." **Gr 8 Healthy Living - Substance Use and Abuse:** "outline the possible negative consequences of substance use and abuse." **Gr 9 Healthy Living - Substance Use and Abuse:**

"describe the physiological and sociological effects of substance use."



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A presenter's guide is available as a PDF file from the CLC website for those purchasing or previewing the video. To download the PDF guide, from your Internet browser enter the following URL:

<http://www.canlearn.com/guides/1-2633ATM.pdf>

Please be patient - the download time depends on the speed of your Internet connection. Need help? Email us at info@canlearn.com

22 minutes, order 1-2633-IN

To Find Our Way & First Steps

Two programs on one video present graphic dramatizations that portray the effects of domestic violence on a Native American family. The stress building and explosive battering portions of the cycle of violence are realistically played by Lakota Sioux People.

To Find Our Way

Bill's repeated episodes of alcoholism and wife battering leave intense physical and emotional scars on the family.

First Steps

Now out of jail, Bill must now take his first steps toward a life without violence. He discusses the ways of his ancestors and encourages indigenous families to return to the values and mutual respect that were once prominent in their society.

"... very well put together ... geared to a Native audience. It's very believable." Helen Craftchick, Outreach Prevention Worker, Mississauga Family Resource Centre, Blind River, Ontario.

31 minutes, order 1-8493-IN

The Truth About Teen Alcohol Use 101: A Social Norm Approach

The social norms approach of this groundbreaking video shows high school students that, regardless of what they assumed was going on, most of their peers do not drink. Interwoven with lifesaving facts about alcohol poisoning, student interviews reveal surprise and relief that their own non-drinking behaviour is identical to that of a majority of their peers.

Curriculum Correlations:

AB Career & Life Management (Senior High) Personal Choices:

"assess the effects of substance use and abuse - tobacco, alcohol, drugs - on health."

BC Career and Personal Planning Gr 10 Personal Development - Substance Abuse Prevention:

"evaluate responses to pressure regarding substance use and abuse."

ON Health & Physical Education Gr 10 Healthy Living - Substance Use and Abuse:

"describe the physiological and sociological effects of substance use;"

AND Gr 11 Healthy Living - Personal Safety and

Injury Prevention: *"analyse the leading causes of injury and injury-associated deaths among adolescents (e.g. unwise risk taking, alcohol and drug abuse, life stresses)."*

A teacher's guide is available as a PDF file from the CLC website for those purchasing or previewing the video. To download the PDF guide, from your Internet browser enter the following URL:

<http://www.canlearn.com/guides/1-2704ATM.pdf>

Please be patient. The download time depends on the speed of your internet connection. Need help? Email us at info@canlearn.com

24 minutes, order 1-2704-IN

The Truth About Alcohol

This is an upbeat, informative and to the point program which begins with an overview of how many lives are affected by alcohol, especially teens.

In addition to a brief history of alcohol demonstrating how it's use has risen, the program discusses the power of advertising and the media and how they create false and misleading messages in order to sell their product.

Many of the myths about alcohol are dispelled through the tape with the presentation of graphics, statistics, dramatizations, and hard facts.

A presenter's guide is available as a PDF file from the CLC website for those purchasing or previewing the video. To download the PDF guide, from your Internet browser enter the following URL:

<http://www.canlearn.com/guides/2-5134SG.pdf>

Please be patient - the download time depends on the speed of your Internet connection. Need help? Email us at info@canlearn.com

12 minutes, order 2-5134-IN

The Truth About Drinking

The Teen Files Series

Teens who are current drinkers see first hand what the future may hold for them if they continue to drink. Viewers experience the potential consequences of alcohol use from every perspective: how drinking impairs a person's coordination, vision and reaction time; how the brain and other organs suffer permanent damage from alcohol use; how a drunk person really drives; and how drinking can lead to months in a rehabilitation center.

The grim reality is that alcohol is the number one killer of teens. By the close of the program, all the young participants are moved to stop their reckless drinking behaviour.

Curriculum Correlations:



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Career and Personal Planning Gr 8 & 9 Personal Development - Substance Abuse

Prevention: *"to develop in students the ability to make responsible decisions regarding substance use as they develop healthy lifestyles; demonstrate an understanding of the effects and consequences of substance use and abuse for themselves and others; evaluate peer, cultural, mass media and social influences related to substance use and abuse; demonstrate and use decision-making skills."*

**ON Health & Physical Education Gr 9 & 10
Healthy Living - Substance Use and Abuse:** *"explain the effects and the use and abuse of alcohol; identify facts and myths related to use; identify the major factors that contribute to use; demonstrate and use decision-making skills."*

A presenter's guide is available as a PDF file from the CLC website for those purchasing or previewing the video. To download the PDF guide, from your Internet browser enter the following URL:

<http://www.canlearn.com/guides/1-2256ATM.pdf>

In order to read this PDF you may be asked for a PIN number. Enter "1-2256", without quotation marks. Please be patient - the download time depends on the speed of your Internet connection. Need help? Email us at info@canlearn.com

30 minutes, order 1-2256-IN

The Truth About Drugs

The Teen Files Series

Explores the lives of several young people who have been forever changed by drug use. It shows the immediate consequences of illegal drugs, and illustrates in vivid detail how easily a life can be changed or destroyed after just one drug use episode.

The effects of heroin, cocaine, Ecstasy and other drugs are discussed, as well as techniques for turning away from risky drug-related situations.

The stories presented in the video are chillingly unpleasant, but they are all important. By hearing from young people who have made critical mistakes, viewers will be inspired to make healthier choices.

Curriculum Correlations:

AB Career & Life Management (Senior High) - Personal Choice:

"assess the effects of substance use and abuse - tobacco, alcohol, drugs - on health."

BC Career and Personal Planning 8-12 Personal Development - Substance Abuse Prevention:

"to develop in students the ability to make responsible decisions regarding substance use as they develop healthy lifestyles; demonstrate an understanding of the effects and consequences of substance use and abuse for themselves and others; evaluate peer, cultural, mass media and social influences related to substance use and abuse."

**ON Health & Physical Education Gr 9 & 10
Healthy Living - Substance Use and Abuse:** *"explain the effects, the use and abuse of drugs; identify facts and myths related to use; identify the major factors that contribute to use; demonstrate and use decision-making skills."*

A presenter's guide is available as a PDF file from the CLC website for those purchasing or previewing the video. To download this PDF guide, from your Internet browser enter the following URL:

<http://www.canlearn.com/guides/1-2517ATM.pdf>

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30 minutes, order 1-2517-IN

Watch What You Drink

Explore the dangers of Rohypnol, the odourless and colourless drug implicated in cases of sexual assault and rape, usually involving women who were unaware that it had been added to their drinks and were often unable to remember what had happened to them.

15 minutes, order 1-9099-IN

What Is Your Drug I Q ?

Two young narrators lead audience through a series of true/false questions that test their knowledge on alcohol, marijuana, LSD, cocaine, heroin and inhalants. Rumours and half-truths surrounding each drug are quickly dispelled as viewers learn the facts.

Starting with alcohol, and followed by the other drugs of abuse, viewers are challenged with seldom-asked questions. Along with the questions posed in each drug section, viewers also increase their knowledge of the social effects of drug abuse and the short and long-term effects each drug has on the mind and body.

17 minutes, order 2-5122-IN

What's Wrong With Ecstasy And Other Club Drugs

This program gives students the low-down on the lethal dance partners to be found at many raves: Ecstasy, methamphetamine, Ketamine - known as "Special K", GHB, and other club drugs. Live footage from a rave, interviews with ravers, drug-free students and medical personnel, all illustrate the prevalence and dangers of club drug use.

Curriculum Correlations:



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AB Career and Life Management (Senior High) Personal Choice:

"assess the effects of substance use and abuse - tobacco, alcohol, drugs - on health."

BC Career and Personal Planning 8-12 Personal Development - Substance Abuse Prevention:

"to develop in students the ability to make responsible decisions regarding substance use as they develop healthy lifestyles; demonstrate an understanding of the effects and consequences of substance use and abuse for themselves and others."

ON Health and Physical Education Gr 9 & 10 Healthy Living - Substance Use and Abuse:

"explain the effects, the use and abuse of drugs; identify facts and myths related to use; identify the major factors that contribute to use; demonstrate and use decision-making skills."

A presenter's guide is available in PDF format from the CLC website for those purchasing or previewing the program. To download the PDF guide, from your Internet browser enter the following URL:

<http://www.canlearn.com/guides/1-2707SG.pdf>

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25 minutes, order 1-2707-IN

What's Wrong With Metamphetamine

The nightmare of methamphetamine abuse comes through "crystal" clear, as a former addict tells of the serious physical, emotional and social consequences he suffered from using the drugs. Medical and law enforcement personnel graphically outline the future of the "crystal" abuser - a downward spiral that can include irreversible brain damage, a criminal lifestyle and prison.

Curriculum Correlations:

AB Career & Life Management (Senior High) Personal Choice:

"assess the effects of substance use and abuse - tobacco, alcohol, drugs - on health."

BC Career and Personal Planning 8-12 Personal Development - Substance Abuse Prevention:

"to develop in students the ability to make responsible decisions regarding substance use as they develop healthy lifestyles; demonstrate an understanding of the effects and consequences of substance use and abuse for themselves and others."

ON Health and Physical Education Gr 9 and 10 Healthy Living - Substance Use and Abuse:

"explain the effects, the use and abuse of drugs; identify facts and myths related to use; identify the major factors that contribute to use; demonstrate and use decision-making skills."

A presenter's guide is available in PDF format from the CLC website for those purchasing or previewing the video. To download the PDF guide, from your Internet browser enter the following URL:

<http://www.canlearn.com/guides/1-2708SG.pdf>

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28 minutes, order 1-2708-IN

This listing is correct as of Saturday February 18, 2006 but is subject to change without notice. If this listing appears to be out of date, please contact us for up-to-date pricing and availability. This is Subject Nbr 222. For a brief master list of all available subjects, request document number 800. For an ORDER FORM, request document number 801

