

Alcohol & Drugs: Physiology

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

Alcohol And Your Body

Delivers the hard data on alcohol, the most widely abused drug in the world, and challenges the notion that drinking is a harmless social activity.

Shows how alcohol, even in moderate amounts, seriously impacts virtually every system in the body.

Includes the research and experience of top physicians and scientists as well as candid interviews with several recovering alcoholics.

Adult
29 minutes, order 1-8759-IN

Alcohol And The Mind

Presents the facts on alcohol consumption and the various ways in which it can inflict permanent damage.

Adult
30 minutes, order 1-8844-IN

Alcoholic Blackouts And The Brain

Alcohol abuse can actually cause part of your brain to "switch-off" causing a form of amnesia. When this happens it is called an alcoholic blackout.

Follow a young adult who attended a party and consumed ten beers in less than two hours. He drove the wrong way on a busy highway, crashing into a van and killing five people. Amazingly, he has no memory of the event, but lives with the consequences.

Ages 15 to 18, Adult
14 minutes, order 1-2531-IN

Hard lessons in chemistry, physiology, psychology and sociology, a selection of video resources.

NEW RELEASE

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.

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.

Video of the Week School Library Journal, Dec 05
Ages 12-18
22 minutes, order 9-0051-IN

Crack

The dangers of powdered cocaine and its more potent form - crack - are examined in this important and informative video.

Learn about the physical and psychological complications; major effects of withdrawal; effects on unborn children; and intervention and prevention.

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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Adult, Professional
10 minutes, order 2-5136-IN

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The Disease Of Alcoholism Update

Alcohol leads the list of today's most abused drugs. Dr. David L. Ohlms, a world authority on addiction disease, clearly explains why the medical community considers alcoholism a primary disease and not a symptom of some other condition. He presents significant new findings on the genetic and physiological aspects of alcohol addiction, providing fresh insights into its chronic, progressive, incurable nature. An essential media adjunct for alcohol/drug education and substance abuse classes.

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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Ages 16 to Adult
38 minutes, order 1-2695-IN

The Downside Of Uppers With Dr David Ohlms

Using clear language and the latest information on research and trends, Dr. David Ohlms illustrates the physical and psychological dangers of stimulants, primarily cocaine and

methamphetamine. He describes in easy to understand detail how stimulants affect brain cells.

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:

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Ages 16 to Adult
27 minutes, order 1-2574-IN

NEW RELEASE

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.

"This compelling, hard-hitting teen-focused anti-drug series features flashy MTV-style graphics and is hosted by hip-hop artist 'The Q.' It has all the ingredients to hold the attention of teenagers... Presented in an in your fac

style, the anti-drug message rings true and is sure to spark a dialogue in middle and high school health classes and counseling situations." School Library Journal, Dec 2005, Video of the Week!

Ages 15 to 18, Adult
19 minutes, order 9-0050-IN

Drugs, Alcohol, And Your Body

Youngsters' natural concerns become the driving force behind a lesson on the dangers. Animated body organs explain how they are impaired by drugs & alcohol. Also available in Laser Videodisc.

Ages 6-11
14 minutes, order 1-9917-IN

Drugs: How They Affect Body Chemistry

Clearly shows ways in which drugs - from aspirin to cocaine - affect and interact with the natural functioning of the human system.

Curriculum Correlations:

BC Science Gr 9 Life Science - Factors Affecting Body Systems: "explain how...common drugs can affect body systems."

ON Science Gr 11 Biology (SBI3U) - Internal Systems and Regulation: "describe how the use of prescription and non-prescription drugs can disrupt or help maintain homeostasis (e.g. describe the effects of acetylsalicylic acid, or ASA, on human systems)".

ON Technological Education Gr 12 Medical Technologies (TPT4C) - Human Physiology, Pathology and

Immunology: "describe the functioning of a healthy immune system and explain what happens in the body when its functioning is impaired."

Ages 12-18
22 minutes, order 1-8152-IN

The Drugs And Human Physiology Series

The Drugs And Human Physiology Series

Curriculum Correlations:
BC Gr 8 - 12 Career and Personal Planning - Personal Development (Substance Abuse Prevention): "to develop in students the ability to make responsible decisions regarding substance use as they develop healthy lifestyles; **Gr 8:** "demonstrate an understanding of the effects and consequences of substance use and abuse for themselves and others; **Gr 9:** "evaluate peer, cultural, mass media and social influences related to substance use and abuse." **Gr 10:** "evaluate responses to pressure regarding substance use and abuse". **Gr 11 and 12:** "evaluate the impact of substance use and abuse in society and the workplace."

ON Gr 9 Health and Physical Education - Healthy Living (Substance Use and Abuse): "explain the effects of use; identify facts and myths related to use". **Gr 10 Health and Physical Education - Healthy Living (Substance Use and Abuse):** "describe the physiological and sociological effects of substance use."

Alcohol and Human Physiology



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Learning Resources

Effects of alcohol on the body's major organs and systems.

Order 1-9769 24 mins

Cocaine and Human Physiology

Harm done to the brain, the lungs, and the heart; causes of cocaine-induced death described; effects on the fetus and infants of user mothers.

Order 1-9899 20 mins

Designer Drugs and Human Physiology: Crack, Cocaine

Weighs the ill-effects these drugs cause against the fleeting moments of enjoyment; recovering addicts warn that harm done to vital organs is permanent.

Order 1-8108 14 mins

Designer Drugs and Human Physiology: PCP, Ecstasy, Fentanyl

The physiological effects of introducing toxic ingredients into the bloodstream are shown to be devastating to the body's cardiovascular and neurological systems.

Order 1-8113 19 mins

Hallucinogens and Human Physiology

Looks at different forms of hallucinogens - synthetic and organic - and their impact on the body and brain.

Order 1-8635 16 mins

Marijuana and Human Physiology

Dispels the belief that marijuana offers only harmless recreation with hard facts about the drug and its effects on the body.

Order 1-9832 22 minutes

Over the Counter Drugs and Human Physiology

Describes the major categories of this group, explaining why administered and how they achieve their effects; explores damage caused by abuse.

Order 1-8279 14 mins

Psychoactive Prescription Drugs and Human Physiology

Explains the harmful and potentially life threatening effects of misuse or abuse; "tolerance" levels in relation to addiction; withdrawal symptoms.

Order 1-8278 18 mins

Smoking and Human Physiology

This award winner shows why smoking is an epidemic in slow motion. Explains how cigarette manufacturers must obtain seven thousand new smokers daily to replace those who have died.

Order 1-8842, 19 mins

Heroin and Human Physiology

Graphic description of the effects of heroin on the body, also warns against sharing of needles.

Order 1-9961 22 mins

Inhalants and Human Physiology

Illustrates the severe and sometimes fatal consequences of this form of substance abuse.

Order 1-8636 13 mins

Ages 16 to Adult
201 minutes, order 1-97690-IN

Eating Disorders / Steroids

The Teen Files Flipped Series

Kelli, convinced she's too fat to get a dancing job, obsesses over every bite of food, until she steps into another dancer's shoes for a day and discovers the potentially fatal consequences of anorexia. Dan believes steroids will help him build muscle and ensure his football career, but a day as an NFL wannabe teaches him they will destroy his career before it gets started – and his life.

Curriculum Correlations:

AB Physical Education Gr 10, 20, 30 - General Outcomes B10-5, B20-5 and B30-5: "Students will discuss the effects of performance-enhancing substances on body type and body image as a part of physical activity."

BC Career & Personal Planning Gr 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 of use; identify facts and myths related to use; identify the major factors that

contribute to use;" AND Gr 10 Healthy Living - Healthy Eating: "explain the risks of dieting and other unhealthy eating behaviours for controlling weight."

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:

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Ages 12-18, Adult
21 minutes, order 1-2675-IN

Marijuana

Host Delbert Boone explains how understanding the effects of marijuana use is the key to recovery. You will see how chemicals in marijuana collect in the walls of brain cells and impair the user's ability to reason, affect memory, coordination and perception. Resin from marijuana settles into the lungs, impairing respiration and potentially causing cancer.

Although targeted to a group of inmates in a correctional facility, the information in this program is relevant to anyone using marijuana or other drugs, including young people who feel pressured to start.

Adult, Professional
30 minutes, order 1-2525-IN



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Marijuana: Setting Things Straight

With the help of a med student, police officer and former drug users, learn the facts about marijuana use and its harmful effects on the mind and body. This video covers the history of marijuana use, its psychological, emotional and physical effects, and the legal consequences for those who are caught with marijuana.

Ages 15 to 18
17 minutes, order 2-5142-IN

Psychology Of Addiction

See how chemical substances move through the body to the brain, where psychological effects upon the addict include denial, rationalization, minimization and projection of the addict's problems.

Although targeted to a group of female inmates in a correctional facility, the information in this program can assist anyone suffering from an addiction or living with an addict to understand the psychology of addiction and begin the journey to recovery.

Adult, Professional
34 minutes, order 1-2526-IN

The Recovery And Human Physiology Series

Drugs
What abusers can expect during recovery and how to help them keep straight.

Order 1-8388 15 mins

Alcohol

Knowledge needed to make it through recovery; medical complications, special concerns of women, sexual dysfunction, malnutrition, and depression.

Order 1-8387 15 mins
Adult
30 minutes, order 1-83870-IN

Steroids: Bulking Up Can Kill

Details the consequences of steroid use. Common side effects include hair loss, acne, high blood pressure, increased cholesterol and cardiovascular disease. Emotionally, users can become paranoid, depressed and suffer from uncontrollable anger.

Profiles the experiences of Dan Barton, who dreamed of a career in football but never made it due to an obsession with steroids.

Curriculum Correlations:

AB Physical Education - Authorized Resource - Grades 10, 20, 30 - General Outcomes B10-5, B20-5 and B30-5: "Students will discuss the effects of performance-enhancing substances on body type and body image as a part of physical activity." and **AB Career and Life Management - Support Resource - Grades 10 to 12 Personal Choices:** "assess the effects of substance use and abuse - tobacco, alcohol, drugs - on health; describe how peer pressure and the expectations of others influence choices."

BC Career and Personal Planning Gr 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: "Students will explain the effects of use; identify facts and myths related to use; identify the major factors that contribute to use."

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Ages 15 to 18, Adult
15 minutes, order 1-9257-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:

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."



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Ages 12-18
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."

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30 minutes, order 1-2517-IN

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