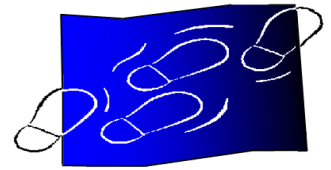


LSS Pathfinder



Drugs, Alcohol and Tobacco

2016-17

Many young people face challenges when it comes to facing social temptations like smoking, drinking alcohol, and using drugs. The following resources explore the hazards addictive substances can have on young people, and offer educators the opportunity for classroom or small group discussion.

To borrow these resources, book in the Library Resource Centre Online Catalogue, email inquiries to wsslibrary@wsd1.org, visit the LRC, or call 204-788-0203 (VOIP: 101343). We are located at Library Support Services in the Prince Charles Education Resource Centre at 1075 Wellington Avenue.

SEARCH TERMS:

Keywords: addictions, alcohol, drinking, drugs, FASD, smoking

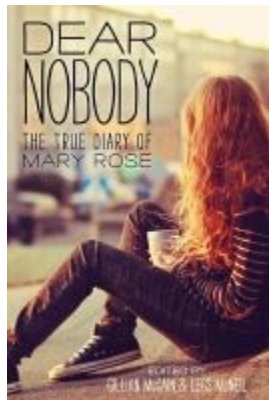
Subject Headings: alcoholism, drug abuse, fetal alcohol syndrome, substance abuse, tobacco use

Related Pathfinders: [Anxiety and Depression](#), [Grief and Loss](#), [Mindfulness](#), [Positive Behavioural Support](#), [Resiliency](#), [Social Skills](#)

CONTENTS:

Books for Students.....	Page 2
Supporting Healthy Choices and Decision-Making.....	Page 5
Alcohol.....	Page 10
Drugs and Drug Use.....	Page 12
Fetal Alcohol Syndrome.....	Page 21
Tobacco and Smoking.....	Page 22
Journal Articles.....	Page 24
Websites.....	Page 25

BOOKS FOR STUDENTS



eBook

Mary Rose. [*Dear nobody: The true diary of Mary Rose*](#). Naperville: Sourcebooks, 2014.

More than anything, Mary Rose wants to fit in. To be loved. And she'll do whatever it takes to make that happen. Even if it costs her her life. Told through the raw and unflinching diary entries of a real teen, Mary Rose struggles with addiction, bullying, and a deadly secret.

Audience: Grades 9 and up

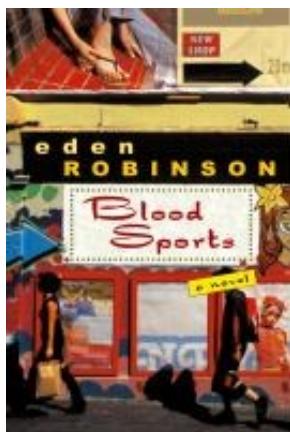


FIC CHI

Childress, Alice. [*A hero ain't nothin' but a sandwich*](#). New York: Puffin Books, 2000.

Benjie can stop using heroin anytime he wants to. He just doesn't want to yet. Why would he want to give up something that makes him feel so good, so relaxed, so tuned-out? As Benjie sees it, there's nothing much to tune in for. School is a waste of time, and home life isn't much better. All Benjie wants is for someone to believe in him, for someone to believe that he's more than a thirteen-year-old junkie. Told from the perspectives of the people in his life—including his mother, stepfather, teachers, drug dealer, and best friend—this powerful story will draw you into Benjie's troubled world and force you to confront the uncertainty of his future.

Audience: Grades 7 and up



FIC ROB

Robinson, Eden. [*Blood sports*](#). Toronto: McClelland & Stewart, 2006.

Tom, a young man, hardly innocent, has been caught up over the years in Jeremy's world of drugs, extortion, and prostitutes, while Jeremy, vindictive, vicious, either protects Tom or uses him, but always controls him. Added to the mix is Paulie, a junkie two years clean and Tom's girlfriend, and also the mother of his daughter. This lethal triangle shifts when word gets out Tom has been talking to the police, and men from the past who have a lot to lose reappear. Suddenly Tom and Paulie are pawns in a much larger game, with everything at stake.

Audience: Grades 9 and up

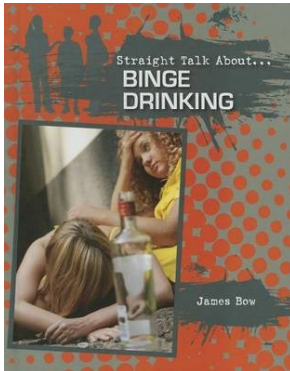


FIC SHA

Sharpe, Tess. [*Far from you*](#). New York: Hyperion Books, 2014.

After Sophie Winters survives a brutal attack in which her best friend, Mina, is murdered, she sets out to find the killer. At the same time she must prove she is free of her past Oxy addiction and in no way to blame for Mina's death.

Audience: Grades 9 and up



J 362.292 BOW

Bow, James. [*Binge drinking*](#). New York: Crabtree Publishing Company, 2015.

Binge drinking can lead to high-risk behavior and health risks, including alcohol poisoning, impaired judgment, mental and physical health issues, and alcoholism. This informative title discusses the social pressure to binge drink, symptoms, treatment, and prevention. Compelling testimonials provide a candid examination of the issue of underage alcohol abuse.

Audience: Grades 9 and up

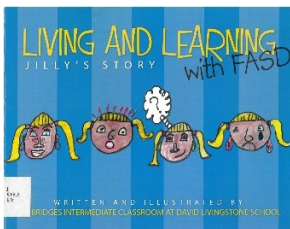


J 613.0432 OLS

Olson, Karen W. [*Healthy choices, healthy lives*](#). Penticton, BC: Theytus Books, 2009.

David is scared and full of questions when his favorite aunt was yelling. Through the love of his mommy, David understands auntie's alcohol problem and the importance of making healthy choices.

Audience: Primary

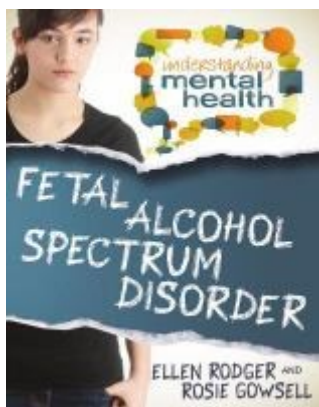


J 618.3 LIV

[*Living and learning with FASD \(fetal alcohol spectrum disorder\): Jilly's story*](#). Winnipeg: David Livingstone School, 2009.

An introduction to FASD for young students. Describes how FASD affects the brain, how many parts of the brain of a child with FASD can learn and grow like other kids, while other parts may stay the same and can never be fixed, and emphasizes that every child with FASD is unique.

Audience: Kindergarten to grade 4



J 618.3 ROD

Rodger, Ellen and Rosie Gowsell. [*Fetal alcohol spectrum disorder*](#). St. Catharines, Ontario: Crabtree Publishing Company, 2014.

FASDs are a group of disorders and conditions that occur in people whose mothers drank alcohol during pregnancy. This useful title gives an overview of the mental, behavioral, and physical impairments of FASD, as well as new research, treatments and methods for managing behavioral issues. A chapter on caring for others addresses children dealing with parents, siblings, or foster siblings with an FASD diagnosis.

Audience: Grades 7-8

SUPPORTING HEALTHY CHOICES AND DECISION-MAKING

155.532 MIR

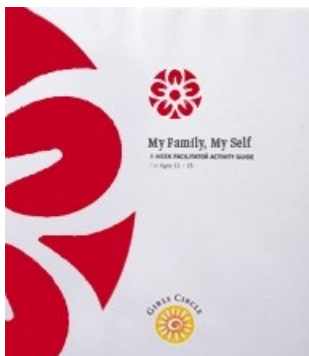


Miranda, Rainiero. [*Journey of the warrior: Empowering minority & disenfranchised youth: 18-session facilitator activity guide, for ages 13-18*](#). Cotati, CA: Council for Boys and Young Men, 2011.

Using the symbol of the Medicine Wheel of the indigenous people of the Americas and the metaphor of the journey of a great warrior, this guide takes young men further into a holistic process of growth and transformation that includes four areas of human development: emotional/spiritual, psychological, social, and intellectual. Activities both indoors and in the outdoors empower participants to recognize their interdependency and value within all of life's systems- social, personal, and in the natural world.

Audience: Teachers of grade 8-12 students

155.533 ARI



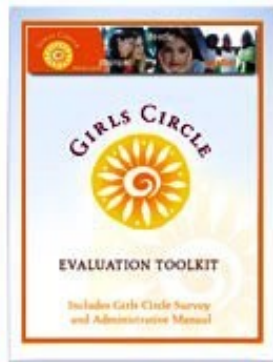
Arild, Jocelyn. [*My family, my self: 8-week facilitator activity guide, for ages 12-18*](#). Cotati, CA: Girls Circle Association, 2011.

This guide gets at the critical importance of girls' development within the context of their family relationships and offers girls the opportunity to safely and respectfully acknowledge and explore the many gifts and challenges of growing up within the family unit. Activities such as creating genograms, stress reducers, life maps, defining personal rights and boundaries, setting goals, and planning for obstacles along the way create a foundation of confidence for girls as they honor the significance of their family relationships - no matter the status - to foster healthy interpersonal skills now and in their future.

Audience: Teachers of grade 7-12 students

155.533 HOS

Hossfeld, Beth and Giovanna Taormina. [*Girls circle. Evaluation tool kit*](#). Cotati, CA: Girls Circle Association, 2012.



Contains all the materials you need to measure outcomes with your Girls Circle program in conjunction with any combination of the Girls Circle Activity Guides. This comprehensive Toolkit and Administrative Manual provides the Girls Circle Survey, a measurement instrument designed specifically for use within organizations using the Girls Circle model, and integrates a validated self-efficacy instrument. Measures the following: developing positive relationships with peers and adults; communicating feelings and needs effectively, i.e. using words; showing empathy; treating self and others with respect; exploring options before making decisions; making healthy choices regarding nutrition; self-care, and activities; avoiding sex or using protection if choosing sexual activity; avoiding drugs and alcohol; creating a positive female identity; setting goals for self related to education and the future; seeking adult help to reach goals.

Audience: Teachers of grade 5 and up

155.533 HOS

Hossfeld, Beth and Giovanna Taormina. [*Wise & well: 8-week facilitator activity guide, for ages 12-18*](#). Cotati, CA: Girls Circle Association, 2011.

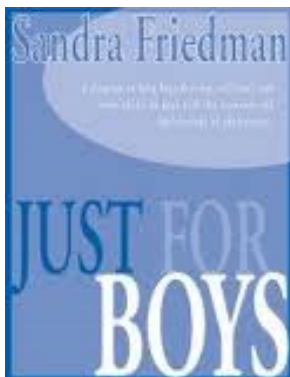


Teen girls are literally bombarded with potential risks to their safety in all areas of their lives - whether it is living in the technological age of cyberbullying and sexting, or dealing with the high prevalence of binge drinking and marijuana use, depression, anxiety, and more. This guide features activities practicing coping skills, decision making and "being in charge" in relation to drinking and drug use, and busting the stigma about mental health. Girls are encouraged to find their true inner resources.

Audience: Teachers of grades 7-12

305.23081 FRI

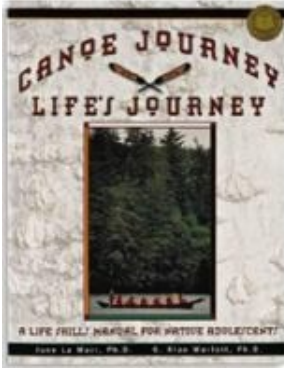
Friedman, Sandra Susan. [*Just for boys: A program to help boys develop resilience and learn skills to deal with the stressors and health risks of adolescence*](#). Sechelt, BC: Salal Books, 2007.



The group program "Just For Boys" addresses the societal pressures on boys to conform to a rigid and traditional definition of masculinity and the resultant health risks. It is based upon a belief that body image disturbances, eating disorders, substance abuse and other such risks are coping mechanisms and developed to deal with the personal and societal stressors in boys' lives. This resource manual can be used with boys in grades 5-8 in a group setting to help develop resilience and skills to deal with stress and to prevent boys from engaging in potentially risky behaviour.

Audience: Teachers of grade 5-8

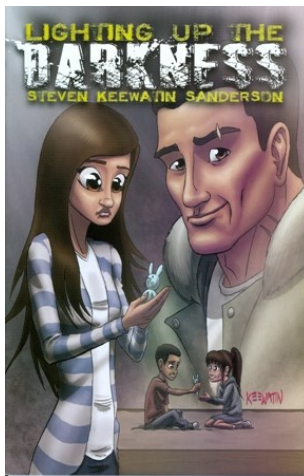
305.235089 CAN



[*Canoe journey, life's journey: A life skills manual for Native adolescents*](#). Center City, MN: Hazelden, 2007.

An eight-session life skills curriculum that provides Indigenous youth with the opportunity to develop skills that help them make positive choices in their lives while avoiding the hazards of alcohol, tobacco, and other drugs. Program emphasizes Indigenous cultural traditions, with a canoe journey offering a metaphor for life's journey. Overall goal is to provide tools to cope successfully with life challenges and risks, and to enhance participants' views of the value of a clean and sober lifestyle. A life skills manual for Aboriginal Adolescents focuses on substance use & abuse prevention.

Audience: Teachers of grades 7-12

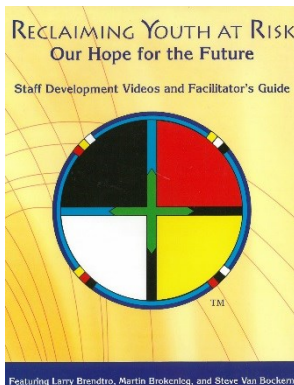


741.5 SAN

Sanderson, Steven Keewatin. [*Lighting up the darkness*](#). Courtenay, BC: Healthy Aboriginal Network, 2011.

Jenny returns to her community after living in the city with her aunt and uncle. While visiting family, she has a series of painful flashbacks to when she was a little girl. In and out of foster care, falling into street life, Jenny finally breaks free and discovers her own strength and self-respect.

Audience: Grade 7 and up



DVD [*Reclaiming youth at risk: Our hope for the future*](#). Bloomington, IN: Solution Tree, 1996.

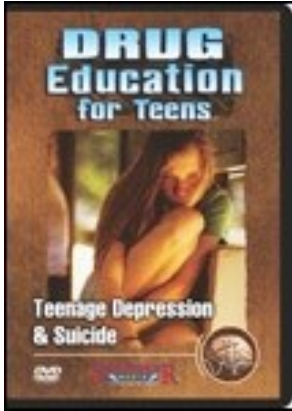
3 videodiscs (20 minutes each)

Based on the book by the same title, this video workshop takes viewers inside two schools and two residential treatment centers that have experienced great success in creating environments that allow young people to transform crisis into opportunity and failure into success. The first program in the workshop describes the characteristics and principles of a reclaiming environment. The second program describes two important needs that all young people share -- feeling accepted and competent -- and how behavioural problems result when those needs are not met. The third program describes two other critical needs and show how to teach young people the connections between independence, responsibility, and self-discipline, as well as the importance of reaching out to help others.

Audience: Educators, Counsellors, Administrators.

[BOOKING # DVD0644](#)

DVD [Teenage depression & suicide](#). Wynnwood, PA: Schlessinger Media, 2004.



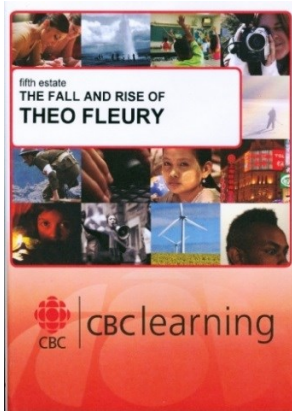
1 videodisc (25 minutes) + 1 teacher's guide (5 pages)

Program focuses on teenage depression and suicide. Explains that while the teenage years are a huge challenge and it is normal for teenagers to feel sad or stressed, when feelings of depression persist for a lengthy period and interfere with a person's ability to function, it becomes a medical/mental health disorder. Discusses the causes and signs of depression, the impact of depression on the brain, and its effect upon the individual and the people around them. Looks at the role of drugs and suicide in depression, emphasizing that suicidal individuals can be helped and that treatment is an important part of a therapeutic plan. Also considers a form of depression known as bipolar disorder or manic-depressive illness.

Audience: Grades 7-12

[BOOKING # DVD0449](#)

DVD [The fall and rise of Theo Fleury](#). Toronto: CBC: CBC Learning, 2009.

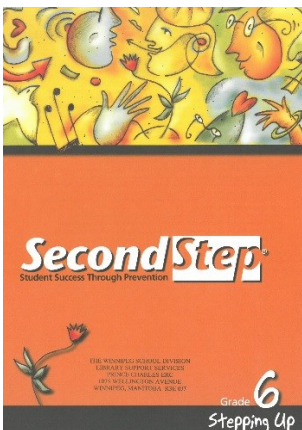


1 videodisc (43 minutes)

Only five foot six, Theo Fleury established himself as a major NHL star against the odds. By the end of his NHL career, however, he became almost better known for his repeated struggles with addiction. The former superstar candidly talks about his fall from grace, getting clean and sober and becoming willing to help others. He discusses the dark issues that haunted him during the glory years, including the sexual abuse he experienced as a teenager at the hand of notorious junior hockey coach, Graham James. Fleury's unsentimental recounting of those years and his vanquishing of his demons will be an inspiration to many, a cautionary tale for others.

Audience: Grade 10-12

[BOOKING # DVD0980](#)



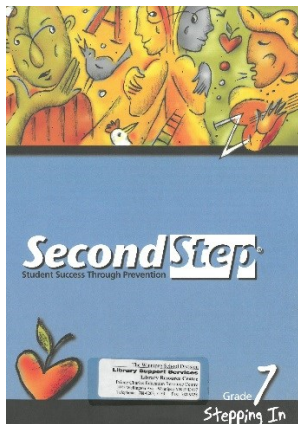
KIT [Second step: Student success through prevention: Grade 6, stepping up](#). Seattle, WA: Committee for Children, 2008.

1 binder, 2 videodiscs, 1 computer disk, 3 posters.

A prevention program designed to decrease aggression, bullying, and substance abuse and to increase students' social skills and school-related success.

Audience: Grade 6

[BOOKING # KIT1402](#)



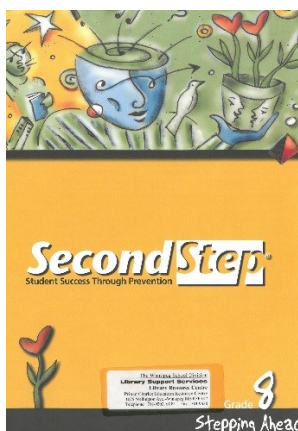
KIT [Second step: Student success through prevention: Grade 7, stepping in.](#) Seattle, WA: Committee for Children, 2008.

1 binder, 2 videodiscs, 1 computer disk, 4 posters.

A prevention program designed to decrease aggression, bullying, and substance abuse and to increase students' social skills and school-related success.

Audience: Grade 7

[BOOKING # KIT1403](#)



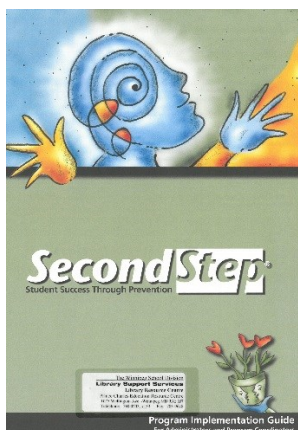
KIT [Second step: Student success through prevention: Grade 8, stepping ahead.](#) Seattle, WA: Committee for Children, 2008.

1 binder, 2 videodiscs, 1 computer disk, 4 posters.

A prevention program designed to decrease aggression, bullying, and substance abuse and to increase students' social skills and school-related success.

Audience: Grade 8

[BOOKING # KIT1404](#)



KIT [Second step: Student success through prevention: Program implementation guide \(grades 6-8\): For administrators and program coordinators.](#) Seattle, WA: Committee for Children, 2008.

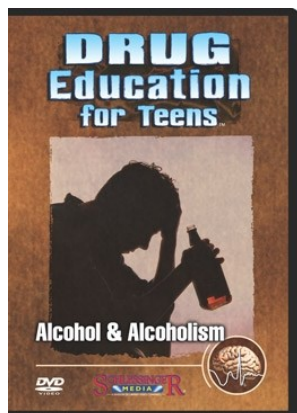
1 binder, 2 videodiscs.

Implementation guide designed to be used before adopting the Second step program, grade 6, 7, and 8, to understand what is involved in implementing the program and how it fits in with your school's vision for a safe, caring, respectful environment. Can also be used after program adoption to guide implementation.

Audience: Teachers of grade 6-8

[BOOKING # KIT1405](#)

ALCOHOL



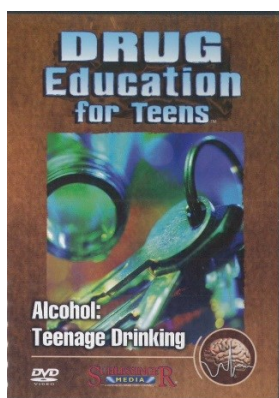
DVD [*Alcohol & alcoholism*](#). Wynnewood, PA: Schlessinger Media, 2004.

1 videodisc (25 minutes) + 1 teacher's guide (5 pages)

Program looks at alcohol, a drug belonging to a class of drugs known as depressants. Explains what alcohol is and how it is created, how the alcoholic content of beer, wine, and alcoholic beverages is determined, how alcohol impacts the human body, and what consequences a pregnant woman faces when she drinks. Considers the signs and symptoms of alcohol dependence, the development of addiction, and the treatment options available to those suffering from alcoholism. And, as well, the devastating impact of alcoholism upon users, family, and friends is revealed.

Audience: Grades 7-12

[**BOOKING # DVD0455**](#)



DVD [*Alcohol: Teenage Drinking*](#). Wynnewood, PA: Schlessinger Media, 2004.

1 videodisc (23 minutes)

Alcohol is the most abused drug in the world, and one that is often abused by teens with tragic consequences. This video provides the facts on how alcohol affects the brain and body, with vivid animations explaining how drinking impairs motor skills and judgement. Features interviews with teens who have experienced tragic consequences from drinking too much.

Audience: Grades 7-12

[**BOOKING # DVD1446**](#)



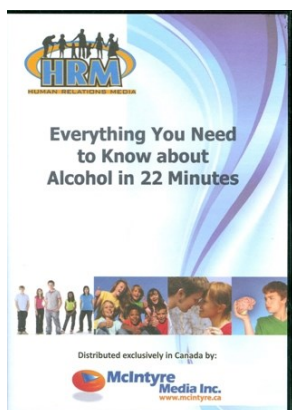
DVD [*Binge drinking blowout: The extreme dangers of alcohol abuse*](#). Chatsworth: CA; Woodstock, ON: Canadian Learning Company, 1998.

1 videodisc (27 minutes) + 1 teaching module (34 pages)

Binge drinking results in drunkenness with serious hangovers, but even greater is the danger of alcohol poisoning and death. This program examines the physiological effects of such poisoning, mixing alcohol and drugs, why kids binge drink, and why teens experience greater intoxication than adults. Actual cases of fatality and permanent injury are presented.

Audience: Grade 8 and up

[**BOOKING # DVD0260**](#)



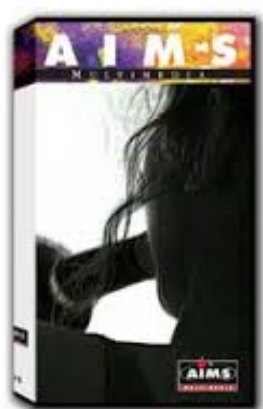
DVD [*Everything you need to know about alcohol in 22 minutes*](#). Mount Kisco, NY: Human Relations Media; [Orangeville, ON]: McIntyre Media, 2009.

1 videodisc (22 minutes)

Using vivid case studies involving teens, along with interviews with health experts, shows that teenage drinkers are more likely to experience health problems, school problems and social dysfunction. Shows the effects of alcohol on the liver, immune system, and gastro-intestinal system, and how binge drinking can lead to alcohol poisoning and death. Explains how alcohol impacts brain development during adolescence and permanently damages parts of the brain associated with memory. Details how a mother's drinking during pregnancy can cause Fetal Alcohol Syndrome and its impact on her child's entire life.

Audience: Grades 7–12

[**BOOKING # DVD1268**](#)



DVD [*The truth about drinking*](#). Woodstock, ON: Canadian Learning Company, 2003.

1 videodisc (30 minutes)

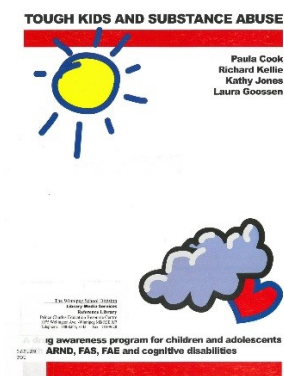
Teens who are current drinkers see firsthand what the future may hold for them if they continue to drink. Viewers experience the potential consequences of alcohol use from every perspective: how drinking impairs a person's coordination, vision and reaction time; how the brain and other organs suffer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

Audience: Grades 8-12

[**BOOKING # DVD0067**](#)

DRUGS AND DRUG USE

362.29 TOU



[*Tough kids and substance abuse: A drug awareness program for children and adolescents with ARND, FAS, FAE and cognitive disabilities.*](#) Winnipeg: Addictions Foundation of Manitoba Library, 2000.

Children and youth with FAS/E process information and learn differently than the general population. This curriculum provides them with supports to help them live independently in the community and explains the detrimental effects of alcohol, drugs, and gangs. Tough Kids and Substance Abuse is designed to offer teachers, social workers and youth care workers a program that targets three areas of education: the effects of alcohol and drugs on the body, the criminal implications of alcohol and drugs, and safety planning in case of emergency.

Audience: Teachers of grades 1-12

364.177 STR



[*Street drugs: A drug identification guide.*](#) Long Lake, MN: Publishers Group, 2010.

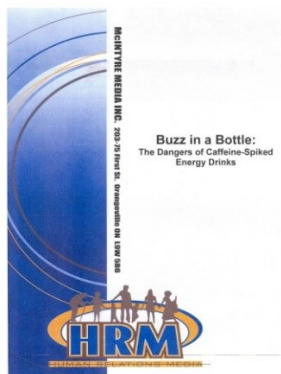
Recommended by Health Education Consultant.

Used by educators, professional law enforcement agencies, universities, hospitals, and many other professionals across America, Canada, Australia, and many other English-speaking countries. Get the latest information on OxyContin, YABA, Khat, DXM, Ketamine, and other street drugs. Includes many full-colour photographs.

Audience: Teachers, educators

DVD [*Buzz in a bottle: The dangers of caffeine-spiked energy drinks.*](#) Mount Kisco, NY: Human Relations Media; Orangeville, ON: McIntyre Media, 2010.

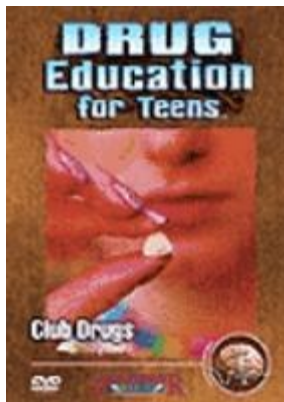
1 videodisc (17 minutes) + 1 teacher's resource book



With the lure of an over-the-counter jolt, kids are consuming more energy drinks than ever before and in many cases mixing them with alcohol. Through vivid interviews with teens and health experts, the video describes the many physical effects that these concoctions 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 and putting them at a greater risk for alcohol poisoning. This program arms kids with 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.

Audience: Grade 7 and up

[BOOKING # DVD1056](#)



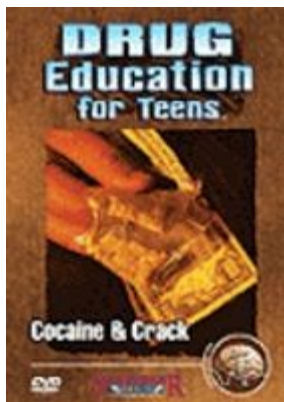
DVD [Club drugs](#). Wynnwood, PA: Schlessinger Media, 2004.

1 videodisc (24 minutes) + 1 teacher's guide (5 pages)

Program looks at designer drugs often taken by teens at clubs, parties, and all night raves. Discusses their physical and mental effects upon the user, the damaging and often lethal consequences of use, and the manner in which these drugs can alter the brain's chemistry. Focuses on such drugs as Ecstasy (MDMA), ketamine, and the date rape drugs Rohypnol (roofies) and GHB (gamma-hydroxybutyrate).

Audience: Grades 7-12

[BOOKING # DVD0454](#)



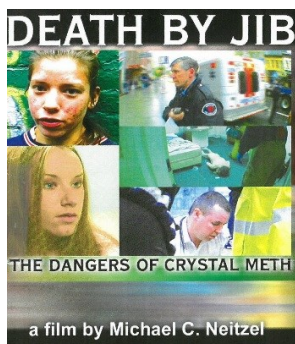
DVD [Cocaine & crack](#). Wynnwood, PA: Schlessinger Media, 2004.

1 videodisc (22 minutes) + 1 teacher's guide (5 pages)

Program looks at cocaine, a highly addictive and widely abused stimulant. Discusses its impact upon the individual and society as a whole, and the effects of using both the powder and crystal form of cocaine. Also explores the cycle of tolerance, physical dependence and addiction that abusers face, and details the physical and psychological damage that occurs as cocaine changes the brain's chemistry.

Audience: Grades 7-12

[BOOKING # DVD0453](#)



DVD [Death by jib: The dangers of crystal meth](#). Whiterock, BC: P.A.C.S., Toronto: Kinetic Video. 2005.

1 videodisc (19 minutes) + 1 resource guide (20 pages)

Program graphically portrays teens and young adults addicted to crystal methamphetamines, and the drug culture of Vancouver's Downtown Eastside neighbourhood. Included are a series of interviews with young addicts, and vignettes of their lives on the streets, complete with language that reflects this harsh reality. The video exposes the very real dangers of crystal meth and effectively gets its point across to the intended audience. Teachers will want to ensure adequate time after viewing for discussion. Please review before showing, coarse language, not appropriate for younger viewers.

Audience: Grades 9 and up

[BOOKING # DVD0114](#)



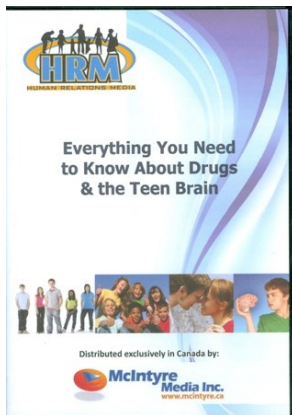
DVD [*Drug use and addiction*](#). Woodstock, ON: Canadian Learning Company, 2003.

1 videodisc (20 minutes)

Life-threatening consequences of recreational drug use and drug addiction are explored in this program. The program dispels the myth that recreational drug use is benign, and illustrates the devastating long-term effects of usage, including the trap of addiction, the consequences of overdose, and the deadly link to HIV/AIDS. Program features two teens that prefer the "high" life, and use drugs to achieve it. When they are "flipped" for a day, they suddenly find themselves confronted by the treacherous, destructive physical, mental, and social effects of use and addiction, and some of the legal repercussions.

Audience: Grade 8 and up

[**BOOKING # DVD0069**](#)



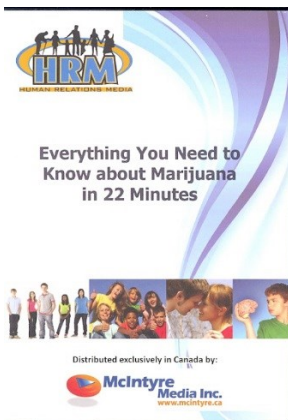
DVD [*Everything you need to know about drugs & the teen brain in 22 minutes*](#). Mount Kisco, NY: Human Relations Media; Orangeville, ON: McIntyre Media, 2012.

1 videodisc (23 minutes) + teacher's guide included on disc as a PDF.

Using the latest research, this fast-paced program explains why the teen years are a critical time for brain development - and why drug use of any kind can derail the brain's full potential when it comes to critical skills like thinking, remembering, learning and decision making. Viewers learn the anatomy of the brain and visit a state-of-the-art research lab to see clinical proof of the damage that drugs and alcohol cause. Students also learn the basic functions of the brain, the role of dopamine in the brain's reward pathway and how drugs impact that pathway, leading to addiction manic-depressive illness.

Audience: Grades 7-12

[**BOOKING # DVD1269**](#)



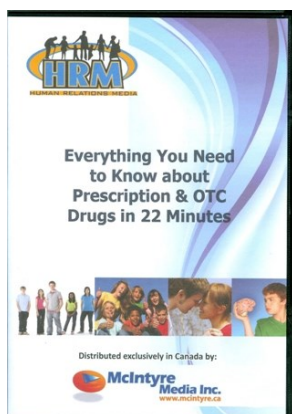
DVD [*Everything you need to know about marijuana in 22 minutes*](#). Mount Kisco, NY: Human Relations Media; Orangeville, ON: McIntyre Media Inc., 2012.

1 videodisc (22 minutes)

Doctors illustrate how pot can permanently damage the teen brain and contribute to mental illness. Viewers learn how marijuana use seriously impacts driver alertness, reflexes and perception skills.

Audience: Grades 7-12

[**BOOKING # DVD1245**](#)



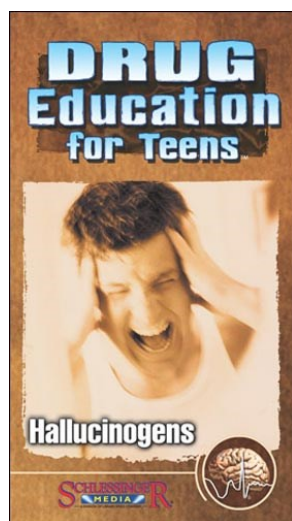
DVD [*Everything you need to know about prescription & OTC drugs in 22 minutes.*](#)
 Mount Kisco, NY: Human Relations Media; Orangeville, ON: McIntyre Media, 2012.

1 videodisc (23 minutes)

This video for teens dramatizes how prescription and over-the-counter drugs can be just as potent and addictive as illicit drugs like cocaine and heroin. We take a close look at the do's, don'ts, and dangers of these medicines including the potentially deadly impact of drugged driving. Students learn how abuse of 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.

Audience: Grades 7-12

[**BOOKING # DVD1270**](#)



DVD [*Hallucinogens.*](#) Wynnwood, PA: Schlessinger Media, 2004.

1 videodisc (24 minutes) + 1 teacher's guide

Program looks at hallucinogens, powerful substances that alter our perception of reality. Describes the history of hallucinogens, how they are used, how they work, and what impact they have on the drug user and everyone around them. Also notes the consequences of hallucinogenic abuse, focusing on such drugs as LSD, phencyclidine (PCP) and ketamine.

Audience: Grades 7-12

[**BOOKING # DVD0494**](#)



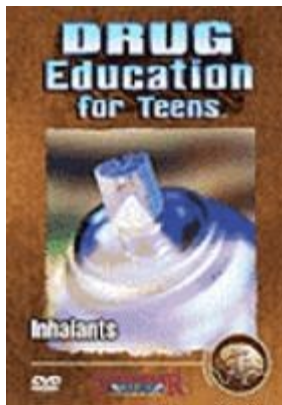
DVD [*Heroin & other opiates.*](#) Wynnwood, PA: Schlessinger Media, 2004.

1 videodisc (24 minutes) + 1 teacher's guide.

Program looks at a class of drugs known as opiates, among the most potent painkillers known to medicine, which if misused or abused, can lead to illness, addiction, and death. Discusses their impact upon the individual and society as a whole, their history, the manner of their use and how they work. Also explores the cycle of tolerance, physical dependence and addiction that abusers face, and details the factors which make it so very difficult to treat and rehabilitate them.

Audience: Grades 7-12

[**BOOKING # DVD0452**](#)



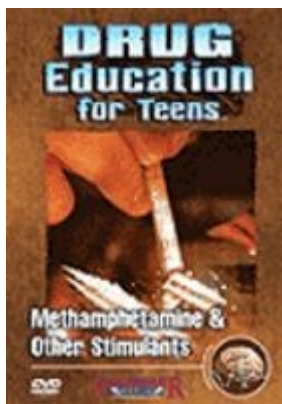
DVD [Inhalants](#). Wynnwood, PA: Schlessinger Media, 2004.

1 videodisc (21 minutes) + 1 teacher's guide

This program looks at a class of substances known as inhalants. Explains what inhalants are, why they are easy to obtain, and how and why people abuse them. Also reveals the dangerous impact these substances can have upon the human body and how to help, if you see what you believe are the signs and symptoms of inhalant abuse.

Audience: Grades 7-12

[BOOKING # DVD0456](#)



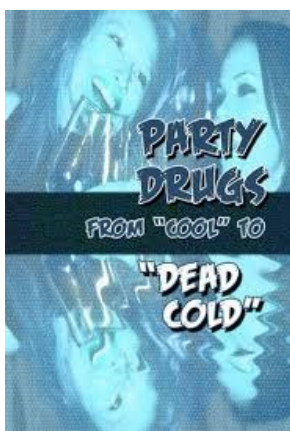
DVD [Methamphetamine & other stimulants](#). Wynnwood, PA: Schlessinger Media, 2004.

1 videodisc (27 minutes) + 1 teacher's guide (5 pages)

Program examines an extremely addictive class of drugs known as stimulants, with the more powerful stimulants providing a greater risk for misuse, abuse, and addiction. First looks at the history of stimulants and how they work on the mind and body, then considers methamphetamine use: its physical and psychological effects, the cycle of tolerance, dependence, and addiction associated with it, its impact upon the individual and society, and the life-long treatment challenges faced by drug addicts, their families, and the professionals who are attempting to help them.

Audience: Grades 7-12

[BOOKING # DVD0457](#)



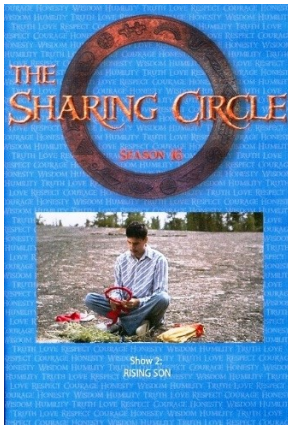
DVD [Party drugs: From "cool" to "dead cold."](#) Calhoun, KY: Nimco; Toronto: Kineticvideo.com, 2004.

1 videodisc (25 minutes)

Ecstasy, PCP, Rohypnol, GHB, Ketamine, Psilocybin, LSD, Fry. The club scene can appear to be a very "cool" lifestyle in the eyes of partiers and users, but mixing deadly drugs with a "rave" lifestyle can turn this "cool" appearance into a deadly reality. From Ecstasy and Rohypnol, to LSD, Ketamine and GHB, a host of club drugs are covered in this program to expose youth and young adults to the "real facts" concerning their harmful effects. Prevention and addiction expert, Stephanie Kreiling, guides viewers through the world of club drugs by explaining how these drugs invade the club lifestyle and work their way into the lives of helpless victims. Kreiling exposes viewers to how club drugs are becoming the primary interest of many club-goers; how these drugs are spreading and becoming more pervasive; and how these drugs progressively change people's lives. This program offers hope to those already addicted and reinforces the message that addiction to drugs can be either 100% preventable, 100% treatable, or 100% fatal.

Audience: Grades 7-12

[BOOKING # DVD0116](#)



DVD [Rising son](#). [Manitoba]: Meeches Video Productions, 2007.

1 videodisc (24 minutes)

A television documentary series designed to introduce viewers to issues of concern to Aboriginal people. "Rising Son" is the story of a young Ojibway man, Clarence Fisher, who finds strength in his people's traditional ceremonies as a means to overcome his drug addiction and to make it in the film and TV industry.

Audience: Grades 9-12

[BOOKING # DVD0853](#)

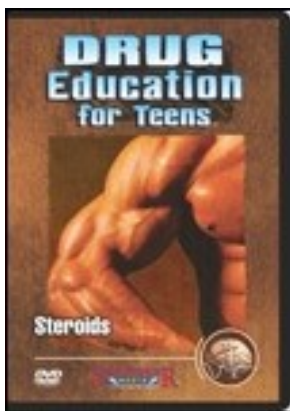
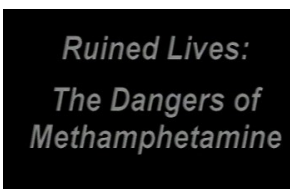
DVD [Ruined lives: The dangers of methamphetamine](#). Chatsworth, CA: AIMS Multimedia; Woodstock, ON: Canadian Learning, 2003.

1 videodisc (34 minutes) + 1 discussion guide.

Dramatizes the dangers of drug and alcohol abuse among teenagers with special attention to methamphetamine. Includes the dramatic story of a young woman who tries meth for the first time with tragic, life-altering consequences. Includes interviews with parents of teenagers who died of drug overdose and dramatic sequences showing drug sales, use, arrests, and death from overdose.

Audience: Grades 9-12

[BOOKING # DVD0255](#)



DVD [Steroids](#). Wynnwood, PA: Schlessinger Media, 2004.

1 videodisc (23 minutes) + 1 teacher's guide (5 pages)

Program looks at anabolic steroids, synthetic drugs taken to build muscle, increase strength, and cut down body fat. Examines what steroids are, how they work, how they're used, and what the physical and psychological effects of steroid abuse are. As well, the program notes the consequences of steroidal abuse, suggests how athletes can succeed in their sports without using drugs, and considers the dangerous practice of using steroidal supplements.

Audience: Grades 7-12

[BOOKING # DVD0451](#)



DVD [The reality of drug use](#). Woodstock, ON: Canadian Learning Company, 2001.

1 videodisc (20 minutes) and 1 teaching module (29 pages)

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.

Audience: Grade 6 and up

[BOOKING # DVD0068](#)



DVD [*The truth about drugs*](#). Chatsworth, Calif: AIMS Multimedia; Woodstock, ON: Canadian Learning, 2000.

1 videodisc (30 minutes) + 1 teaching module

Program 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.

Audience: Grades 8–12

[BOOKING # DVD0259](#)



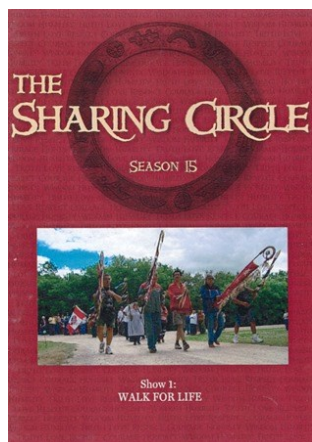
DVD [*Tranquilizers & other depressants*](#). Wynnwood, PA: Schlessinger Media, 2004.

1 videodisc (25 minutes) + 1 teacher's guide (5 pages)

Program looks at tranquilizers, prescription drugs which belong to a class of substances known as depressants. Discusses what tranquilizers are, how they work, what their effects on the mind and body are, and what the consequences of abuse are. Also explores the cycle of tolerance, physical dependence and addiction that abusers face, the difficulty of withdrawal from tranquilizing drugs, and what treatment options are available.

Audience: Grades 7-12

[BOOKING # DVD0450](#)



DVD [*Walk for life*](#). Winnipeg, MB: Meeches Video Productions, [2007]. **DVD**

1 videodisc (24 minutes)

Drug abuse is an ongoing problem that has plagued some Aboriginal communities. The latest and deadliest drug being abused by many is a prescription painkiller called Oxycontin. This is the story of one community and the unique plan they've come up with in order to face this problem. Using traditional teachings, the residents of the Northern Ontario Ojibway Community of Pic Mobert First Nation are taking a spiritual path to healing. They are doing this by renewing their practice of sacred ceremony and traditional culture. To begin this "treatment" for their addiction, Pic Mobert residents are embarking on a Walk For Life, a trek by foot over a thousand kilometers to a Sundance Ceremony in Manitoba.

Audience: Grades 7-12

[BOOKING # DVD1417](#)

KIT [Elementary comprehensive drug education kit](#). Winnipeg: Winnipeg School Division, 2002.

6 v. + 4 booklets + 4 pamphlets + 1 fridge magnet.

This resource kit for educators includes a facilitator manual, curricular connection matrix, sample lesson plans, learning activities and resources to support substance use prevention education.

Not published as a unit, materials compiled by ERC consultant. Manitoba Addictions awareness week resource kit contains poster, certificate, bookmark, stickers and notepad.



Comprehensive drug education kit. Elementary facilitator's guide (188 pages) -- Tough kids and substance abuse (292 pages) -- Choices-- F.I.T. fostering independent thinking: a substance abuse prevention resource for teachers grades 4-8 (106 pages) -- Tuning in to health: alcohol and other drug decisions, grade K-3 early years (various paging) -- Tuning in to health: alcohol and other drug decisions, grade 4, 5 and 6 (various paging) -- Manitoba Addictions awareness week resource kit -- Straight facts about drugs & drug abuse (booklet) -- It's up to me!: making healthy choices-- (booklet) -- It's up to me!: activity booklet (booklet) - - Whatever!: designing yourself (booklet) -- Getting high or getting by! (pamphlet) - - Questions and answers about alcohol (pamphlet) -- Alcoholism guidelines for: recognition, consultation, referral (pamphlet) -- Alcohol the drug (pamphlet).

Audience: K to Grade 6

[BOOKING # KIT1296](#)

(also available [KIT1282](#) which is identical but also includes a French guide)

KIT [Secondary comprehensive drug education kit](#). Winnipeg: Winnipeg School Division, 2002.

9 v. + 2 booklets + 1 portfolio + 4 pamphlets + 1 fridge magnet.

This resource kit for educators includes a number of resources to prevent substance use and abuse, including ready-to-use learning activities for students in Grades 7 to 12.

Not published as a unit, materials compiled by ERC consultant. Manitoba Addictions awareness week resource kit contains poster, certificate, bookmark, stickers and notepad.



Comprehensive drug education kit. Secondary facilitator's guide (188 pages) -- Semaine Manitobaine de sensibilisation aux dépendances: trousse de matériel de ressources -- Manitoba Addictions awareness week resource kit -- Exploring the issues: teens - alcohol and other drugs (152 pages) -- Choices-- F.I.T. fostering independent thinking: a substance abuse prevention resource for teachers grades 4-8 -- Tuning in to health: alcohol and other drug decisions for grade 7, 8 & S1 (various paging) -- Healthy choices: an addictions awareness unit for grades 7, 8 & S1 (various paging) -- Tough kids and substance abuse (292 pages) -- Comprehensive drug education kit: senior 3 & 4 module (249 pages) -- Whatever!: designing yourself (booklet) -- Straight facts about drugs & drug abuse (booklet) -- Addictions game for use with students in grade 7-S4 (portfolio) -- Getting high or getting by! (pamphlet) -- Questions and answers about alcohol (pamphlet) -- Alcoholism guidelines for: recognition, consultation, referral (pamphlet) -- Alcohol the drug (pamphlet). The "Quit before it is too late" kit resource referenced in the Facilitator's guide is no longer available.

Audience: Grade 7-12

[BOOKING # KIT1281](#)

FETAL ALCOHOL SYNDROME



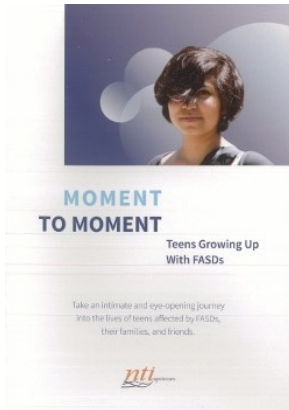
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Mitchell, Brandon (and others). [*Drawing hope*](#). Courtenay, BC: Healthy Aboriginal Network, 2011.

Note: This is a set of 5 copies of the same graphic novel, to be used as a class set. A DVD of the film version of this title is included in the set.

Graphic stories about living with FASD. Drawing hope is a collection of five comics, based on stories told by members of the Whitecrow Village community. The stories are about struggling in school, the importance of friendships and receiving support from friends and family.

Audience: Grades 5 and up



DVD [*Moment to moment: teens growing up with FASDs*](#). Portland, Oregon: NTI Upstream, 2015.

1 videodisc (56 minutes)

Under the best circumstances, teens face an uphill battle on their way to maturity. Teens affected by prenatal exposure to alcohol, including those within a diagnosis of Fetal Alcohol Spectrum Disorders (FASDs), endure untold additional challenges, trying to find a way to understand and interpret stimuli that are coming at them from multiple directions. Moment to Moment explores the lives of four adolescents with FASDs and the effects that prenatal alcohol exposure has had and continues to have on their journeys to finding independence, fulfillment, and understanding the world around them.

Audience: Grades 9-Adult

[**BOOKING # DVD1734**](#)

KIT [*Fetal alcohol spectrum disorder story sack*](#). Winnipeg, MB: Winnipeg School Division, 2007.

Compiled by the Special Education Department, Winnipeg School Division, the Story sack is designed by students with FASD. It is meant to help you understand how children with FASD learn differently.

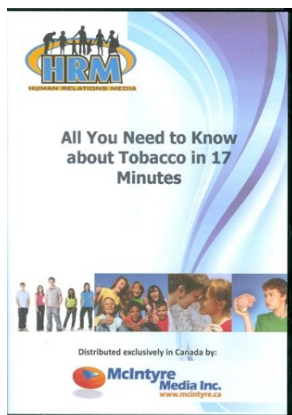


Listening and learning helpers (binder) -- FASD fine motor simulation (binder)-- O Canada (binder) -- My learning style books (binder) -- How Chase rides the school bus (binder)-- Washing hands (binder) -- Winter dressing (binder) -- How Chase rides the school bus safely (1 v.) -- But Michael makes me laugh (14 p.) -- Jeremy and Joey : a story about fetal alcohol syndrome (15 p.) -- Jocelyn's island (15 p.) -- My learning style (7 v.).

Audience: Kindergarten to grade 8

[**BOOKING # KIT1297**](#)

TOBACCO AND SMOKING



DVD [*All you need to know about tobacco in 17 minutes*](#). Mount Kisco, NY: Human Relations Media; Orangeville, ON: McIntyre Media, 2011.

1 videodisc (18 minutes)

Program targets all the essential details about tobacco - the top cause of preventable death in the U.S. Viewers learn about the toxic chemicals in tobacco smoke and are alerted to the hazards of second hand - and third hand - smoke. Long and short- term health risks are discussed, from shortness of breath to lung cancer. Program also emphasizes the unique dangers of smokeless and dissolvable tobacco products including snuff. Program also explores the misleading marketing tactics meant to lure young people into smoking.

Audience: Grades 5-9

[**BOOKING # DVD1267**](#)

Diary of a Young Smoker



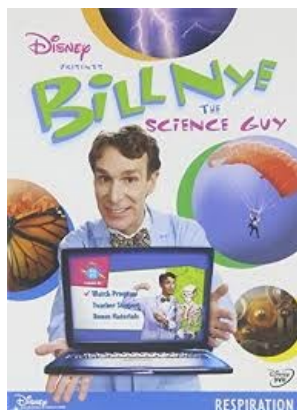
DVD [*Diary of a young smoker*](#). Hawthorne, NY: Sunburst Visual Media; Toronto: Kinetic Video. 2004.

1 videodisc (19 minutes) + 1 teacher's guide

Follow the story of Luke, whose diary entries give students a glimpse into the real world of a young smoker. Teens learn there are consequences of an addiction to cigarettes, including its effect on health, family, and friends, as well as an inability to quit!

Audience: Grades 5-9

[**BOOKING # DVD0111**](#)



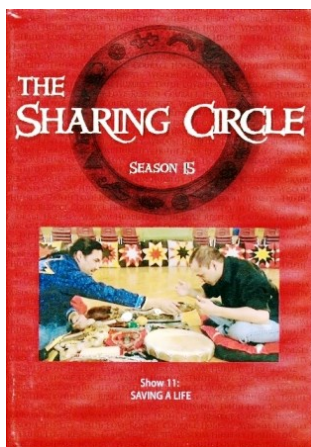
DVD [*Respiration*](#). Elk Grove Village, IL: Disney Educational, 2003.

1 videodisc (23 minutes)

Bill Nye discovers the importance of respiration when he jogs, bikes, swims and SCUBA dives. Kids measure how much air each breath contains and make a model lung. Bill demonstrates how cigarette smoke can infiltrate and injure lungs, and the importance of exercise for the body and lungs.

Audience: Grades 4-12

[**BOOKING # DVD0486**](#)



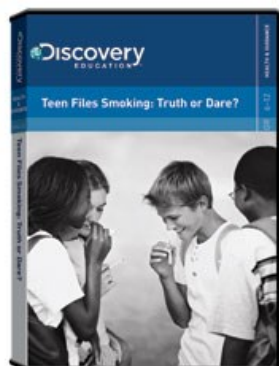
DVD [Saving a life](#). Winnipeg: Meeches Video Productions, Inc., 2007.

1 videodisc (24 minutes)

Tobacco. Smoking. The prayers of Aboriginal people lifted high on the winds to be caught by the Eagle and carried onward to our Creator. This episode is a documentary POV of the challenge, learning and growth that Ryan Black will experience in his latest and hopefully final attempt to stop smoking cigarettes. Featuring a brief history of the Tobacco plant, health statistics, viewpoints from elders, doctors, smokers and ex-smokers the program will delve deeply into the psychology of smoking processed tobacco as a habit and ultimately, a dangerously subversive addiction.

Audience: Grades 9-Adult

[BOOKING # DVD0892](#)



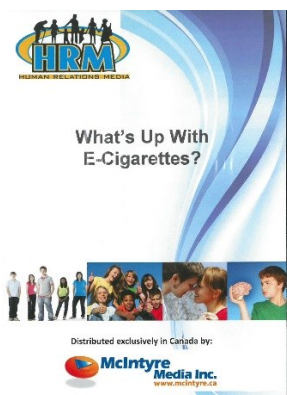
DVD [Smoking: Truth or dare?](#) Chatsworth, CA: AIMS Multimedia; Woodstock, ON: Canadian Learning, 2003, 1999.

1 videodisc (29 minutes)

A powerful program that graphically demonstrates to teens who use tobacco exactly what this deadly habit is doing to them. The damage smoking or chewing tobacco does to their bodies is not just something intangible that they might have to face forty or more years down the road. These young people are suffering the deadly effects of their tobacco use right now, and the consequences will only get worse.

Audience: Grades 7-12

[BOOKING # DVD0256](#)



DVD [What's up with e-cigarettes?](#) Mount Kisco, NY: Human Relations Media; Orangeville, ON: McIntyre Media, 2014.

1 videodisc (20 minutes) + teacher's guide included on disc as a PDF.

E-cigarette usage by middle school and high school students is exploding even though sales are prohibited to minors in 25 states. While many consider e-cigarettes to be safer than smoking, the FDA has said it is just too early to know the short and long term dangers. Program gives students all the facts that are known today and urges caution. There are reports that kids are using e cigarettes for other purposes such as inhaling vapors of marijuana.

DVD refers to United States laws. Newly introduced provincial legislation to regulate cigarettes is as follows: E-cigarettes will be prohibited in all enclosed public and indoor workplaces with very few exceptions. Selling e-cigarettes to minors is prohibited.

Audience: Grades 7-12

[BOOKING # DVD1647](#)

JOURNAL ARTICLES

- Azagba, Sunday and Mark Asbridge. "School connectedness and susceptibility to smoking among adolescents in Canada." *Nicotine & Tobacco Research*. 15.8 (2013): 1458-1463. Academic Search Premier. EBSCOhost. 08 Feb 2017.
- Currie, Cheryl L., and Cameron T. Wild. "Adolescent use of prescription drugs to get high in Canada." *Canadian Journal of Psychiatry*. 57.12 (2012): 745-51. Canadian Reference Centre. EBSCOhost. 08 Feb 2017.
- Draper, Michele et al. "Educational intervention/case study: Implementing an elementary-level, classroom-based media literacy education program for academically at-risk middle-school students in the non-classroom setting." *Journal of Alcohol & Drug Education*. 59.2 (2015): 12-24. Professional Development Collection. EBSCOhost. 08 Feb 2017.
- Larsen, Elizabeth Foy. "Good teens turned drug addicts (cover story)." *Scholastic Choices*. 32.2 (2014): 4-9. EBSCOhost. 08 Feb 2017.
- Thamotheraran, Sneha and Selby Conrad. "Gender-responsive considerations for substance-using adolescent girls (cover story)." *Brown University Child & Adolescent Behavior Letter*. 31. 12 (2015): 1-6. Education Source. EBSCOhost. 08 Feb 2017.
- Tze, Virginia et al. "Effective prevention of adolescent substance abuse — educational versus deterrent approaches." *Alberta Journal of Educational Research*. 58.1 (2012): 122-138. Education Source. EBSCOhost. 08 Feb 2017.
- Winsler, Adam et al. "Sleepless in Fairfax: The difference one more hour of sleep can make for teen hopelessness, suicidal ideation, and substance use." *Journal of Youth & Adolescence*. 44.2 (2015): 362-378. Education Source. EBSCOhost. 08 Feb 2017.

WEBSITES

Addictions Foundation of Manitoba (AFM). Web. 08 Feb 2017.

<http://afm.mb.ca/about-afm/>

AFM is a crown agency that is committed to being a foundation of excellence in providing addictions services and supporting healthy behaviour.

Back Off Tobacco: Tobacco Education for Manitoba Students. 2010. Manitoba Health. Healthy Living and Seniors; Web. 08 Feb 2017.

<http://www.gov.mb.ca/healthyliving/tobacco/bot.html>

A resource package for teachers. Provides lessons and information pages. Some lessons include curricular connections with mathematics, science and English language arts.

Centre for Addiction and Mental Health (CAMH). Web. 08 Feb 2017.

<http://www.camh.net/>

CAMH is a dynamic and accessible source of quality education for a diverse community of learners. CAMH strives to enrich knowledge to improve lives and wellbeing of people affected by mental health and substance use problems.

Fetal Alcohol Spectrum Disorder (FASD). 2014. Public Health Agency of Canada. Web. 08 Feb 2017.

<http://www.phac-aspc.gc.ca/hp-ps/dca-dea/prog-ini/fasd-etcaf/index-eng.php>

Initiative seeks to prevent FASD and improve outcomes for those affected, including their families and communities. This website provides information on FASD and its effects, current funded projects and funding opportunities, up-to-date resources and links to other FASD websites.

Drug Prevention and Treatment. 2015. Health Canada. Web 08 Feb 2017.

<http://www.hc-sc.gc.ca/hc-ps/drugs-droques/index-eng.php>

Seeks to raise awareness among youth of the dangers of experimenting with illicit drugs, and to assist parents in keeping their kids drug-free.

Heads up: Real News about Drugs and Your Body for Teachers. 2014. Scholastic. Web. 08 Feb 2017.

<http://headsup.scholastic.com/teachers>

Provides lesson plans, unit plans, discussion guides, and student activities.

Substance Abuse and Addictions. Manitoba Healthy Schools. Manitoba Health. Web. 08 Feb 2017.

<http://www.gov.mb.ca/healthyschools/topics/substance.html>

The Healthy Schools Initiative in Manitoba promotes the health and wellness of students, their families, school staff, and school communities. This page describes various drugs, their effects, and signs of their use.

Make Connections. Manitoba Addictions Knowledge Exchange. Web. 08 Feb 2017.

<https://afm.mb.ca/makeconnections/>

Resources for youth, parents, educators and service providers. Curriculum-orientated activities for grades K-12, as well as other helpful resources for addictions and addiction-related issues.

Medline Plus. U.S. National Library of Medicine; National Institutes of Health. Web. 08 Feb 2017.

<http://medlineplus.gov/substanceabuseproblems.html>

Find information on diseases, conditions and wellness issues. Learn about the latest treatments, information on a drug or supplement or view medical videos or illustrations. Provides links to the latest medical research and clinical trials on a disease or condition.

National Anti-Drug Strategy. 2015. Government of Canada. Web. 08 Feb 2017.

<http://www.canada.ca/en/health-canada/campaigns/national-anti-drug-strategy.html>

The National Anti-Drug Strategy provides a focused approach aimed at reducing the supply and demand for illicit drugs, addressing prescription drug abuse and addressing the crime associated with illicit drugs.

Physical Education/Health Education Grades 5 to 8 Curriculum Documents. Manitoba Education. 08 Feb 2017.

<http://www.edu.gov.mb.ca/k12/cur/physhlth/5to8.html>

Provides links to the curriculum documents for physical education and health education for grades 5 to 8, including blackline masters and lists of student learning outcomes.

Physical Education/Health Education Grades 9 to 12 Curriculum Documents. Manitoba Education. 08 Feb 2017.

<http://www.edu.gov.mb.ca/k12/cur/physhlth/9to12.html>

Provides links to the curriculum documents for physical education and health education for grades 9 to 12, including blackline masters and resource masters, and a number of recommended teacher resources and lists of student learning outcomes.

Youth Addictions Centralized Intake Service. Mental Health Services for Children, Youth and Families. Web. 08 Feb 2017.

<http://www.gov.mb.ca/healthyliving/addictions/youth.html>

A provincial service that offers information and support to parents regarding the Youth Drug Stabilization (Support for Parents) Act. Provides information to youth, their families and professionals regarding addictions services for youth in Manitoba.