



# Alcohol Abuse & Prevention

## *Educational Videos from the ESN Library (VHS and DVD format)*

Available on free loan to residents and professionals in Grundy, Kendall, or Will counties for up to two weeks. Call (815) 941-3231 or stop in the Education Service Network office in the Grundy Co. Admin. Ctr., 1320 Union St., Morris.

### ELEMENTARY K-4

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**Donnie Dinosaur in “Alcohol Is Bad News”** (Syndistar 12 min., VHS): Muppet-like characters act out educational video for early elementary students.

**Prevention Television: Alcohol and Other Drug Prevention for Grades 3-5** (Hazelden, 15 min., DVD): This flashy and fast-paced program features the “PTV” television network lineup of game shows, talk shows, and video games that get kids laughing, talking, and thinking about prevention.

### MIDDLE SCHOOL

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**Saying “NO” to Alcohol and Other Drugs** (Live Wire Media, 30 min., VHS): Volume 8 of the Big Changes/Big Choices video series featuring comedian Michael Pritchard delivers a thought-provoking look at ways teens can help themselves make healthy choices.

**The Real True & False About Alcohol, Marijuana, and Inhalants** (Discover Films, 15 min., VHS): High school narrators lead middle school students through a “Pop Quiz” format that asks “true-false” questions.

**Don’t Even Try It** (CHEF, 11 min., VHS): This video uses realistic vignettes to give step-by-step examples of how to stay in control and avoid trouble with tobacco, alcohol, and illegal drugs.

**This Is Your Brain on Alcohol** (Discover Films, VHS): Charismatic high school students show middle school students that alcohol use is not healthy and not cool; most kids do not use it; and those who do risk irreversible damage to their developing brains.

**The Truth About Alcohol** (Sunburst, 20 min., VHS): Provides middle school students with facts they need to know about alcohol.

### JUNIOR HIGH TO HIGH SCHOOL

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**Alcohol’s Seduction of Teens** (Dr. Peter De-Benedittis, 48 min., VHS): Popular speaker “Peter D” tells teens the truth about how alcohol marketers target young people and helps them resist the alcohol “culture” promoted by their media.

**Deadly Highs** (Discovery Channel School, 25 min., VHS 2004): The modern world makes it easy to become addicted to drugs and/or alcohol. This video explores the problems with easy availability and what individuals can do to protect themselves from addiction.

**Brandon Tells His Story** (Century Council, 28 min., VHS): Brandon Silveria was a 17-year-old high school student with a happy life and a promising future, until he made a bad choice about alcohol use. Brandon was permanently impaired because of that choice and tells his story in this video.

**Demon Rum** (PBS, 58 min., VHS): This documentary examines Prohibition as it affected the city of Detroit, Michigan, and the many issues surrounding prohibition that eventually led to the repeal of the 18th Amendment.

**Deadly Decisions** (Circuit Court of Cook County, 16 min., VHS): This video for drivers aged 16-21 focuses on impaired and aggressive driving, reminding young people that decisions made in an instant can last a lifetime.

**Drinking, Driving, and Drugs: A Deadly Mix** (Syndistar, 20 min., DVD): Presented in a documentary style that includes moving first-person stories of loss, this program introduces viewers to the profound dangers of driving under the influence of alcohol or other drugs.

## JUNIOR HIGH TO HIGH SCHOOL, CONTINUED

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**Drinking It In: Mixing Alcohol Images and Kids** (ImageMaster, 5 min., DVD): Short, fast-paced introduction to the bombardment of alcohol ads and images in kids' lives. Provides great segue into discussion as well as eye-opening feature for parent discussion.

**Drug and Alcohol Abuse Among Parents** (EVN, 27 min., VHS): "The Teen Show" visits ALA-TEEN, a non-profit organization designed to help teens who come from alcoholic households.

**Drinking and Driving** (AGC, 15 min., VHS): Presents the true story around the life and death of Lonnie Allen James, who died in an alcohol-related accident at the age of 18.

**Driving Drunk: Your Choice?** (NCADD, 19 min., VHS): Focuses on four real-life situations where someone made the choice to drive drunk and suffered long-term consequences.

**Drunk Driving: A Collision Course** (Syndistar, 18 min., VHS): Clearly explains the effects of alcohol on the body and the consequences of underestimating those effects.

**Everyone's Not Doing It! An Alcohol Prevention Video** (Hazelden, 12 min., VHS): Narrated by three teens, this video demystifies alcohol and challenges teens to think in new ways about what they hear and to make their own decisions.

**In The Mix—Alcohol: What You Don't Know** (Bureau for At-Risk Youth, 30 min., VHS): Uncovers the myths and truths about alcohol's effects on behavior and driving skills, as well as binge drinking. Features profiles of teens who are recovering alcoholics. Aimed at teens.

**Kids Talking to Kids** (Children of Alcoholics Foundation, 17 min., VHS): Features five youngsters who are experts on the subject of living with an alcoholic parent. They discuss things kids can do to improve their situation and cope with their parents' alcohol abuse.

**Social Norms: The Truth About Teen Alcohol Use 101** (Discover Films, 20 min., VHS): Video uses a social norms approach to help high school students understand that most of their peers do not drink.

**Staying on Track—An Alcohol Prevention Video** (Hazelden, 15 min., VHS): Demystifies alcohol for teens. Teens learn about risks and realities of alcohol use, abuse, and addiction.

**The Truth About Alcohol** (Syndistar, 12 min., VHS): Teens learn the facts about alcohol and its effects and consequences.

**Truth About Drinking** (AIMS, 46 min., VHS) Provides 6th through 12th graders with a realistic look at the consequences of alcohol use and abuse. Hosted by Leeza Gibbons.

## HIGH SCHOOL TO ADULT

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**A Stone's Throw** (FACE, 5 min., 1994, DVD): Short video makes excellent kickoff for discussion of adult alcohol use and its impact on youth attitude and behaviors.

**Alcohol and the Teenage Brain** (HRM Video, 19:32 min.): Presents the latest medical research on how alcohol impairs and damages the growing adolescent brain.

**Binge Drinking and Youth: What Everyone Needs to Know** (NCADI, 60 min., DVD Format): Panel of experts address the subcultures that support binge drinking, prevention issues, early intervention and treatment options, and personal stories of people in recovery.

**Faces of Addiction** (HBO, 34 min., VHS): Journalist Linda Ellerbee uncovers the faces of addiction amidst facts and figures about the problems caused by the need for heroin, cocaine, alcohol, or nicotine.

**Keeping Your Kids Tobacco, Alcohol, and Drug-Free** (CDC/SAMHSA, 30 min., VHS): Host Mark Hamill (*Star Wars*) guides viewers through a variety of practical information for parents and testimonials from kids.

**Lift It Up** (FACE, 7 min., VHS): A riveting seven-minute film that draws a straight line between alcohol and violence, this eye-opening and inspirational video tackles the controversial issue of the role alcohol plays in assault, murder, child abuse, rape, emotional trauma and physical violence.

**Lost Childhood** (Young Broadcasting, 30 min., VHS): Portrays the problem of growing up with alcohol use by visiting children at a summer camp for children of alcoholics and then visiting with them again years later.

**Poor Jennifer—She’s Always Losing Her Hat** (NCADI, 33 min., VHS): The poignant story of a young girl who struggles with the demands of life while so many around her do not recognize the effects of alcoholism in her home.

**Ready or Not: Talking with Kids about Alcohol** (Century Council, 30 min., VHS): This video takes parents through the five steps needed to successfully prevent underage drinking problems. *Also available in Spanish version.*

**Reflections from the Heart of a Child** (Hazelton, 30 min., VHS): Vividly portrays the impact of chemical dependency on the family as three young lives are ravaged by a father’s alcoholism and a mother’s inability to cope.

**Sixty Minutes: Party at Gregg’s** (CBS, 20 min., VHS): Leslie Stahl reports on the controversial trend of parents allowing teens to drink—even binge drink—alcohol in their homes.

**Smashed: Toxic Tales of Teens and Alcohol** (HBO, 20 min., DVD format): This documentary pulls no punches in its graphic presentation of the devastating consequences of underage drinking and impaired driving.

**This Place** (FACE, 20 min., DVD format): Powerful movie challenges viewers to recognize the many ways our society allows and even encourages children to drink alcohol.

**Underage Drinking: A Video Guide for Parents and Professionals** (HRM Video, 33:30 min., VHS): Provides straightforward information about why drinking is so harmful to adolescents. Emphasis is given to setting firm guidelines for children.

**Weighing the Risks** (Discovery School, 30 min., DVD): Teens may face a lot of pressure to try drugs and alcohol. This DVD features several teens who have learned, sometimes the hard way, to say no.

**Which Brain Do You Want?** (Amen Clinics, 47 min., DVD): This program reviews how the brain works, what happens when it “misfires,” the physical impact of drugs and alcohol on brain function, and ways to improve your brain.

### Responsible Service Training for Alcohol Servers and Sellers

The ESN Prevention Library offers a variety of resources to assist communities in the education of restaurateurs, bartenders, and retail employees in the safe and responsible sale of alcohol.

Communities and establishments interested in using the locally developed STEPS (Safety Training to Encourage Profitable Service) Curriculum, should contact Anita Young at (815) 941-3441. ESN maintains two STEPS training kits (one on DVD and one in VHS format) for checkout to users who are trained to deliver the curriculum.

In addition to the STEPS kits, here are the choices available:

**Simple Solutions for Store Owners** (FACE, 10 min., VHS): This training video helps owners and managers of alcohol outlets increase the likelihood that store employees will adhere to the practices and procedures involved with the sale of alcohol and ultimately reduce sales to underage and intoxicated individuals.

#### **BAR CODE Video Series from the National Restaurant Association Educational Foundation**

**How Alcohol Affects the Body** (11 min., VHS, 1996)

**The Law and Your Responsibility** (14 min., VHS, 1996)

**Service in Difficult Situations** (25 min., VHS, 1996)

**Techniques for Responsible Alcohol Service** (10 min., VHS, 1996)