

DRUG AND ALCOHOL AWARENESS RESOURCE LIBRARY

Title I Building: 472-1112

*(The Title I Building is located in the blue portable building behind Woodsfield
Elementary School)*

(Created 2007; Revised 2009)



- ❖ Thanks to our Safe and Drug Free Coordinator, Mrs. Jenna Rosnick, we were able to purchase and create the *Drug and Alcohol Awareness Resource Library*. These new materials are available to Switzerland of Ohio Local School District staff by contacting Mrs. Rucker at the Title I Building with a written request via the courier, FAX (472-0375), phone at 472-1112, or e-mail at norma.rucker@omeres.net.

The following materials are available to Switzerland of Ohio Local School District staff in the Drug & Alcohol Awareness Resource Library located in the Title I Building (the blue portable building behind Woodsfield Elementary). They may be borrowed by requesting them from Mrs. Rucker via the phone (472-1112), e-mail (norma.rucker@omeresanet.net), or a written request with the courier or FAX (472-0375). Requested materials will be sent to you via the courier as soon as they are available. We were able to provide these resources with Title IV Safe and Drug Free Funds.

1. *Binge Drinking: Facts and Consequences*

(Grades 7-12)

24 Minute DVD and VHS Video With Teachers Guide

For some teens drinking is meant to relieve stress or help them fit in socially. For others it is used to celebrate and have a good time. In this program real teens share their reasons for drinking and the consequences of their behavior.

2. *So You Think You Are Going To Live Forever*

(Grades 7-12)

35-Minute VHS Video

The compelling stories of life and death on the highway, as told by Lt. Pete Collins of the Mississippi Highway Patrol, touch the emotions of every viewer. He tells tales of senseless tragedies due to drinking and driving and of the young people who thought death on the highway was something that happened to others. This video should be seen by every parent and teenage driver who wants to live.

3. *Drinking and Driving: The Arresting Truth*

(Grades 7-12)

25-Minute VHS Video With A Leaders Guide Included

In this important video, teens learn the legal, physical and emotional consequences of drinking and driving. Sessions with police officers shatter many of the myths surrounding drinking and driving. Emergency room doctors hammer home the dangers of mixing alcohol with automobiles.

4. *Marijuana: The Burning Truth*

(Grades 7-12)

11-Minute VHS Video With Teacher's Guide

In this fast-paced, MTV-style video, real teens talk about the reasons they think marijuana use among their peers remains popular. The program explores the problems associated with pot smoking, including its effects on developing important skills, and on friendships and family relationship.

5. *Teens, Drugs, and Peer Pressure*

(Grades 7-12)

18-Minute VHS Video With Teachers Guide

This program explores a number of different true-to-life dilemmas that teens face every day. This program offers teens a variety of strategies for saying "no" that allow them to be true to themselves and their values without directly confronting or risking friendships.

6. *"Legal" But Deadly: Abusing Prescriptive Drugs*

(Grade 7 & Up)

19 Minute DVD and Teachers Guide

Oxycotin, Ritalin, Xanax, Vicodin and codeine-based cough syrup are making headlines as teens continue to abuse these "legal" drugs. This timely program highlights personal stories of teens who became addicted to prescription drugs and the resulting consequences.

7. *Abusing Over-The-Counter Drugs*

(Grade 7 & Up)

22-Minute DVD with Leaders Guide

Explore the most common abuses of over-the-counter drugs. This program demonstrates the chemical, biological and psychological damage that can result from abusing these readily available drugs. The story of Jennifer Darling, whose experimentation with the drug DXM resulted in her death, brings relevance and weight to the discussion.

8. *101 Ready-To-Use Drug Prevention Activities*

(Grades 2-6)

This invaluable classroom resource contains 101 educational and fun prevention activities. Chapters include: Making Good Choices, Tobacco, Alcohol, Drugs, and Red Ribbon Week Celebrations. Reproducible Student Activity Sheets are provided for easy use, and each activity is correlated to the National Education Standards for developing health-literate students.

9. *Project Drug Free K-3 Curriculum*
Project Drug Free 4-6 Curriculum
Project Drug Free 7-8 Curriculum

This curriculum has been developed using science research based strategies, implemented and evaluated over time with students, that have shown to be effective in the prevention of drug and alcohol abuse. It includes many interactive methods of teaching such as role-plays, internet research, and classroom debates. (Be sure to specify which curriculum level you need)

10. *7 Steps To A Smoke-Free Life*
(Soft Cover Book)

A proven plan for kicking the habit from the nations leading lung organization. This has helped hundreds of thousands of smokers quit. Without lectures, without gimmicks, and without compromise, this straight-forward, sympathetic book carefully guides you through the seven steps that will lead to a longer, healthier life.

11. *Bingo Games For Teens: Stress, Anger, Alcohol, Smoking, Self-Esteem, Social Skills, Healthy Relationships, Drug Prevention, Resiliency, and Recovery*
(Grades 7-12)

All “ten” bingo games include: sixteen laminated bingo cards, bingo chips, 5 sets of calling cards (75 total), facilitator’s instructions, and reproducible laminated handouts. (Please specify which Bingo game you need.)

12. *Bully Free Set*
(Grades K-8)

Includes 1 Book, 1 CD-ROM, and 2 Posters

This solution-filled, easy-to-use book contains more than 100 prevention and intervention strategies teachers can use in the classroom with victims and with bullies.

13. The Power of Choice – Set of 12 VHS Tapes
(Grades 9-12)

Michael Pritchard is a juvenile Probation officer turned comedian/youth counselor/public speaker. He traveled to high schools across the U.S. to talk with kids about how they make choices in life. The series consists of eleven half-hour programs that were televised on PBS. A Discussion Guide is included with each tape.

- #1 – The Power of Choice – 1 hour,
- #2 – Acting on Your Values – 30 min.
- #3 – Self- Esteem – 30 min.
- #4 – Coping with Pressures – 30 min.
- #5 – Drugs and Alcohol – Part 1 – 30 min.
- #6 – Drugs and Alcohol – Part 2 – 30 min.
- #7 – Drinking and Driving – 30 Min.
- #8 – Sex – 30 min.
- #9 – Friendship and Dating – 30 min.
- #10 – Depression and Suicide – 30 min.
- #11 – Communicating with Parents – 30 min.
- #12 – Raising your Parents – 30 min.

14. Big Changes, Big Choices – a set of video tapes
(Grade 5-9)

Michael Pritchard on stage before a middle school audience introduces the topic of growing up with humorous comparisons between childhood and adulthood. Each tape includes a Discussion Guide.

- #1 – The Three R's of Growing Up – 30 min.
- #2 – You and Your Values – 30 min.
- #3 – Enhancing Self-Esteem – 30 min
- #4 – Setting & Achieving Goals – 30 min.
- #5 – Dealing With Pressures – 30 min.
- #6 – Handling Emotions – 30 min.
- #7 – Preventing Conflicts and Violence – 30 min.
- #9 – Speaking of Sex – 30 min.

#10 – Friendship – 30 min.

#11 – Getting Along With Parents – 30 min.

15. Working it out at Madison – Set of 6 VHS Tapes
(Grades 9-12)

This award-winning teen guidance series provides real life solutions to personal and social conflicts experienced by young people everywhere. The videos are set in Madison High where an ensemble of talented young actors use realistic dramatizations to bring teen problems and challenges to life in an authentic setting. Each tape includes a discussion guide.

#1 – Working It Out – Conflict resolution through teen mediation. 30 min.

#2 – Class Act – Dropout prevention – 30 min.

#3 – The Boy Wonder – Children of alcoholics – 30 min.

#4 – Best Friends – Substance abuse, peers and prevention – 30 min.

#5 – The Circle – Alcohol abuse and recovery – 30 min.

#6 – Not Just Anybody – Dating pressures and violence– 30 min.

#7 – Breaking the Chain – Family and building healthy relationships – 30 min.

16. Working it out at Madison II – Set of VHS Tapes
(Grades 9-12)

This is a brand-new series of six teen guidance videos set at the fictional Madison high School. It handles controversial topics such as youth violence, growing up in a single-parent family, student workaholics, and body image with sensitivity and directness. Each tape includes a discussion guide.

#8 – The Firefighter – Single parenting and its effects on children – 25 min.

#9 – Meeting of Minds – Teacher/Student Relations – 25 min.

#10 – The Girl Most Likely to ... – Student Workaholics, Coping with Stress – 25 min.

#11 – On the Curb – Street Kids, Dropping Out, Parent/ Child Communications – 25 min.

#12 – Last Pick – Self-Esteem and Body Image – 25 min.

#13 – Tough Cries – Fighting, Violence and Peer Pressure – 25 min.

17. 101 Bully Prevention Activities

(Grades 6-8)

Writing exercises, games, role plays, art projects, surveys, and other engaging activities that will inspire and empower students to take action to reduce bullying. Students learn about the roles of bullies, targets, and bystanders. They also examine verbal, physical and emotional bullying, hazing, gossip, and cyber-bullying. Includes a CD-ROM of all the reproducible activities.

18. 200+ Ready-To-Use Reproducible Activity Sheets That Help Educators Take A Bite Out of Bullying & CD

More than 200 reproducible activities includes surveys, strategies to lessen or end bullying, bullying facts, and taking care of yourself. Includes CD containing files of each worksheet.

19. Bullying: Identify > Cope > Prevent

Reproducible 72 pg books. Available for

Grades: 3-4

Grades: 5-6

Grades: 7-8

To stop bullying, students must develop skills and strategies to allow them to identify, cope with, and prevent bullying. This series provides students with worksheets and

activities that promote positive attitudes and build the skills required to manage bullying.

Specify which book you need: Book for Grades 3-4, Grades 5-6, or Grades 7-8

20. First & Last Day of Middle School

(Grades 6-8) 13 minute DVD

A small built younger is subjected to a “swirlie” in the restroom on the first day of middle school. At first it is all fun and games at the expense of this little boy, but then something goes terribly wrong and the antagonists will be forever “haunted” by their behavior.

21. Internet Safety

(Grade 1-12)

42 Minute DVD

Hosted by John Walsh (America’s Most Wanted) and Julie Clark), this DVD is a kid friendly field trip through the world of E-mail, downloads, pop-ups and chat rooms that looks at the serious issues that can arise if kids don’t rely on their Safe Side Adults. Along with giving children an understanding of potential dangers, they will learn what to do if dangerous situations should arise.

22. What’s cool? The Popularity game

(Grades 6-8) Includes video, teacher’s resource book, and student handouts.

This video follows one boy and one girl through a typical day at middle school, showing many interactions that can make students feel either great or uneasy about themselves. As the processes of acceptance and rejection are shown, teens see how to build their own identities and maintain rewarding friendships without getting caught up in the popularity game.

23. Life Skills Literacy – Six Book Set

Reading Level:4.0 Interest Level: 9 & UP

Prepare your students for independence with authentic, realistic practice using essential language and concepts. Each book offers 24 lessons relating to the title topic with teaching suggestions, fascinating facts, Internet resources, and LEP suggestions. A dialogue, dilemma, or scenario, introduces each lesson. Vocabulary practice, critical-thinking discussion questions, and writing practice suggestions are included.

(Updated 9/09)