
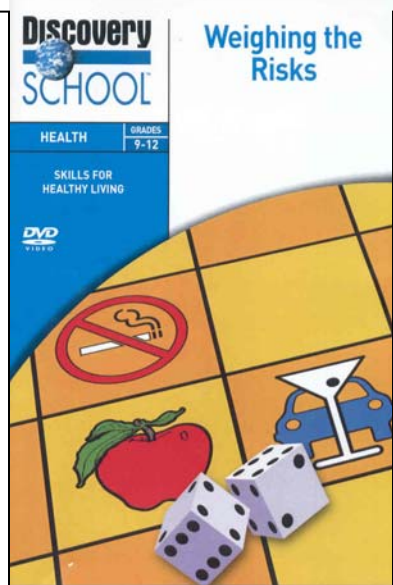


The following is a list of resources that are available to check out at no cost. Brochures and pamphlets are free and would not need to be returned. Many resources go beyond just the topic of tobacco so please take a look to see if anything would fit your needs. Simply contact us at: 701-642-7744 to request materials.

 <p>Discovery SCHOOL HEALTH GRADES 9-12 SKILLS FOR HEALTHY LIVING DVD</p>	<p><u>Handling Stress</u></p> <p>A big part of growing up is taking on more responsibility, which means knowing how to care for your own health and where to go to get helpful, accurate health information. The pressures of adolescents face can be overwhelming. In this video, teens share their feelings and strategies for handling stress and learn that good study habits, rest, peace of mind, and other factors can contribute to reducing stress.</p> <p>30 minutes Grades 9-12</p>	 <p>Discovery SCHOOL HEALTH GRADES 9-12 SKILLS FOR HEALTHY LIVING DVD</p>	<p><u>Weighing the Risks</u></p> <p>Teens often face a lot of pressure to try drugs and alcohol. Listen to several teens who have learned, sometimes the hard way, to say no. This video addresses how drug use and abuse lead to physical, emotional, social and legal consequences.</p> <p>30 minutes Grade 9-12</p>
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The following **REALITY MATTERS** series is available on DVD for grades 6-12

BIG DECISIONS: It's not just one choice that people make-to be healthy or not. It's a series of thousands of choices, made every day: Do I wear a seatbelt? Do I try to make a new friend? Do I drink just because everyone else is? This video focuses on the decisions kids make every day and how to make the best ones possible.

24 minutes

TAKING CARE OF ME: The teen years are an especially vulnerable time, filled with questioning and self-doubt, as well as a great deal of stress. This video explores the many influences and experiences that shape an individual's emotional health, as well as specific tools for managing stress and maintaining a positive self-image.

24 minutes

RISKY BUSINESS: With adolescence comes new independence. And with that freedom comes choice and the temptation to break the rules. Kids often believe that they are invincible. This program looks at some of the devastating results that occur when kids take risks without fully considering the consequences.

24 minutes

STRESS AND ANXIETY: How much stress are teenagers under today, and what are the specific issues that bother them? Examine the range of ways kids respond to peer pressure, academics stress, and terrorism. Then explore coping mechanism and the range of available treatments for anxiety depression, and grief.

30 minutes

Additional Videos and DVDs

TARGETED! How Tobacco and Alcohol Companies Try to Get You Hooked Grades 7-12

The tobacco and alcohol industries are famous for their attempts to target teenagers, most of whom are too young to legally purchase these addictive products. By targeting young audiences, these industries hope to recruit a new generation of faithful customers, despite the potential harm their products may cause. This video explores the phenomenon of targeting young consumers, and will surely be an eye-opener for students who may prefer to think that they're not being manipulated by ads and media images. *Targeted!* unveils some of the most common "tricks of the trade" that tobacco and alcohol companies use to market their products. **23 minutes**
Includes Teacher's Resource Book and Student Handouts

NO IFS, AND, OR BUTTS: SMOKING KILLS Grades 7-12 **24 minutes**

This hard hitting video present the facts about tobacco in a clear and dynamic way. Viewers will bring away new information and compelling ideas about cigarettes, herbal bidis, and spit tobacco-vivid concepts that may help them avoid temptation in the future. This video features Brandon Carmichael a Fargo, ND teen who becomes stricken with Buerger's disease due to his smoking. **Includes teacher resource and student handouts**

UP IN SMOKE: The extreme dangers of smoking tobacco Grades 7-12 **28 Minutes VHS**

A straight-forward examination of the real damage that smoking tobacco can do to the human body. Through interviews with laryngectomees, the video shows in vivid detail the harms smoking can do.
Includes Teacher's Resource Book and Student Handouts

TEEN FILES FLIPPED: TOBACCO Grades 6-12, Adult **21 Minutes DVD**

This video explores the themes of addiction and the dangers of tobacco through the lives of tow ambitious teenagers. Kyle, a self-proclaimed "nicotine freak" dependent on smokeless tobacco, hopes to become a professional baseball player, while Ashlee, chronic cigarette smoker, hopes to make it as an actress in Hollywood. Each of them is unconcerned about their dangerous habit, declaring themselves to be "invincible". For 24 hours, reality is controlled and belief is suspended as these two teenagers find their worlds upended and "flipped". Believing that they won an opportunity to live out their fantasies, they instead discover the destructive realities of tobacco as they watch their lives go up in smoke.

BULLYING: You Don't Have to Take it Anymore Grades 7-12 **22 Minutes DVD**

Bullying is one of the most enduring problems in schools today and is a reality in the lives of many children--whether they are bullies, victims, or witnesses. The video uses dramatic scenarios to demonstrate the differences in the ways girls and boys bully. Experts in the field of bullying help students better understand what bullying is, how it affects victims, and what can be done to improve the situation. Students will quickly grasp what bullying is, when they should seek help, why bullies seek power, and the different ways in which bullies attempt to intimidate and abuse their victims. Most importantly, the video discusses various strategies that can be adopted by school officials, teachers, parents, students, and bullies themselves to put an end to this emotionally scarring phenomenon.

Includes: Teacher's Resource Book with Student Handouts

THE REAL TRUE AND FALSE ABOUT ALCOHOL, MARIJUANA, & INHALANTS Grades 5-9

The impression many middle school students have about drugs is that "everybody's using them." That misinformation may influence students to take their first step through the gateway provided by alcohol, marijuana, or inhalants. Hosted by high school students, this engaging, fact-filled program uses a lively "pop quiz" format that guides middle schoolers through the myths and truths of specific drugs. The younger students are relieved to hear that the social norm for the vast majority of teens is that, when it comes to alcohol and other drugs, they "don't need 'em, don't want 'em, and don't use 'em." **15 minutes DVD**

SMOKING: TRUTH OR DARE? Grades 4-12, Adult **34 minutes VHS**

A total of 4 million teens smoke and chew tobacco. This program supports Health and Life Skills units on behavioral choices and personal health, tobacco education. This video portrays teens that use tobacco. They are shown what immediate health consequences they are going through whether they know it or not and what their life may be like by introducing them to other adults who are currently suffering from a wide range of tobacco's deadly effects.

SMOKING AND BIOFEEDBACK **9 minutes** Grades 7-12

This video teaches students about the immediate physiological effects of smoking by: having two teen smokers participate in demonstrations that show the real impact of cigarette smoking has on the heart rate and hand-steadiness.

SPIT TOBACCO: Extreme Dangers of Chewing & Dipping Tobacco Grades 7-12

Many teens assume spit tobacco is a safe alternative to cigarettes; not knowing that any tobacco use is a health hazard. For instance spit tobacco introduces 10 times more cancer causing agents into the bloodstream than cigarettes. This is a straight-forward examination of what spit tobacco can do to the body. **28 Minutes**

Includes: Teacher's Resource Book with Student Handouts

THE TRUTH ABOUT TOBACCO This presentation features Patrick Reynolds who is the grandson of the tobacco company found, R.J. Reynolds, but the family brands, Camel and Winston, killed his father and eldest brother. After turning away from his family's former business, Mr. Reynolds became one of the nation's best-known advocates against tobacco and smoking. Through this presentation he helps you resist tobacco advertising and peer pressure and stay tobacco free. **20 Minutes**

YOU DON'T HAVE TO SMOKE TO BE COOL: Peer Pressure and Smoking Grades 7-12

Video 1- 20 minutes Video 2- 10 minutes

This video encourages adolescents to consider the short-term and long-term effects of smoking, illustrates the issues of peer pressure, points out how smoking can effect the individual and those around them, and enlightens adolescents to the importance of their physical health.

WOMEN AND TOBACCO: Seven Deadly Myths Adolescent or Adult Women 17 minutes

The video explores the myths about smoking and empowers women to become or stay smoke free. Guest appearance by Christy Turlington, former model and ex-smoker. Produced by the Center of Disease Control and Prevention

The following resources are found in brochure or pamphlet form unless otherwise noted. Please feel free request as many brochures as you would like.

Cessation Information

50 ways to resist the urge to smoke
50 things you should know about quitting smoking
Breaking the nicotine addiction
50 ways to resist the urge to smoke
I won't smoke today because...
How to help a friend or family member quit smoking
How tobacco affects your body (heart, lungs, brain, throat, skin & other body parts)
Tobacco and stress
Beyond willpower (5 tools to help you quit smoking)
Quit smoking for one day
Top 10 steps to quitting smoking
Quitting smoking common problems, good solutions
How to quit smoking ...again
X-smoker tips for quitting
Becoming a smoke-free business
A guide to ND's smoke-free law
A parent's guide to quitting smoking
Facts about... Tobacco use
Smoking & secondhand smoke contribute to nearly half of all strokes.
What you should know about addiction relapse
Treating tobacco use and dependence
How to quit spit tobacco
It's never too late to quit
ND tobacco Quitline
How to stop smoking and breathe free
Helping smokers quit
Stop smoking stay trim
Tick, tick, tick
Cessation Technique Overview
Quit smoking the lives you save... could be theirs
Smoking can you quit!
I quit! What to do when you're sick of smoking, chewing or dipping
Do you want to be a former smoker?
Before you quit smoking a 2-week plan
Smoke and stroke two things you can live without

manage cravings

cigarette
substitutes

Spanish

Los heroes no nacen. Se adiestran.
El tabaco licencia para matar
En nuestra casa no se fuma. Gracias.

Native American

Keep tobacco use traditional
Becoming a smoke-free family
Kick the habit
American Indians should know about stroke
Anthology of traditional tobacco stories

Smokeless tobacco and pregnancy
Coping with withdrawal
Tobacco. Use it in a sacred way (Stickers)
Tobacco. Use it in a sacred way (booklets)
Respect traditional tobacco
Your life is our future. You can stop smoking today!
Please no smoking in our home

Door knob hanger

Teaching

The decision is yours
Get into your kid's head.
Help your teen quit smoking
Talking tobacco what to say & how to say it
Tobacco and your mouth The oral health team's view of what tobacco does to the oral cavity
Yes, we mind... if you smoke. And so should you.
4 great ways to help your child stay smoke free
How smoking affects your body
Quit smoking now! A guide for smokers who want to quit
Tobacco prevention policies in North Dakota
Join the crowd say no to smoking
Protect your heart -- don't smoke!
Questions and answers about smoking and health
Facts about... Cigarette smoking
Saving Lives Tobacco Prevention works
Smoking, Diabetes and your health

American cancer Society

A guide for parents

American Lung Association
American Lung Association

Child - young

Why animals don't smoke
Tobacco jokes & riddles
See what happens if you smoke
Too smart to smoke
No butts about it... tobacco pollutes your air and your Earth
The top 10 reasons why it's no joke to smoke
It's your air say no to secondhand smoke
It's your health protect yourself from secondhand smoke
Smokeless tobacco
Mark McGwire baseball cards
Be smart! Don't start!

book markers
book markers
book markers

book markers

Chew

Minnesota twins poster
Cold hard facts about dip
50 things you should know about spit tobacco
Smokeless tobacco spit it out
Dangerous game: the truth about spit tobacco
Quit the spit keeping the lid on smokeless tobacco
A guide for quitting smokeless tobacco
Chewfree.com
Spit tobacco a guide for quitting
What everyone should know about spit tobacco
Smokeless tobacco and pregnancy
Smokeless tobacco

Choosing not to chew Spit tobacco

Women

Truth or Lies? Young woman and smoking

Smoking and Weight loss eight things you should know

Quit smoking without gaining weight

Women and smoking ten great reasons to quit

Dispelling the myths about tobacco

Announcing a companion toolkit for Women and Smoking

Odd brands - things

Tobacco pipes and hookahs

The truth about cigars

Bidis plus clove and other herbal cigarettes

Clove cigarettes: a taste to die for

Pregnancy - new baby

Ten best reasons not to smoke while you're pregnant

Pregnancy and secondhand smoke

Facts about... smoking and pregnancy

Tobacco and your pregnancy

Here's how you can help your pregnant patient quit smoking

Secondhand smoke and your new baby

You are not the only one who will breathe easier

"Give a gift to your baby"

Teen

Mind over matter The brain's response to nicotine

comic book

a magazine for

Rodale's Straight Talk teens

the high life

Social smoking what it is and how it hurts you

Tobacco don't be fooled

Revenge of tobacco a killer movie

Pressure to smoke a guide to saying no

Five ways tobacco companies try to trick you

Tobacco games and puzzles

Why athletes don't smoke

I'll never smoke because...

smoking five best reasons to never start

Why tobacco companies want you to smoke

A teen's guide to facts about tobacco

Tobacco and money what does smoking really cost?

A teen's guide to quitting smoking

Eight ways to say no to smoking without losing your friends!

Free stuff from tobacco

The filthy, disgusting, ugly, foul, hideous, horrible, ghastly, nasty, nauseating tobacco quiz

Tobacco license to kill

Tobacco how to say no to social pressure

Tips for teens the truth about tobacco...

Teens and tobacco think for yourself - reject the pressure to smoke!

If you're having problems with family members about cigarette smoking, ...don't let your relationships go up in smoke.

Free for students who want to quit smoking or chewing tobacco
Staying a nonsmoker When the pressure's on
No "safe" tobacco Myths about smoking
Tobacco-free: the winning edge Tobacco and athletics
The only thing worse than a red card is a black lung.
Sports and tobacco don't mix!
Sports and Tobacco Healthy and Fit

Secondhand

The Smoke Around You The risks of involuntary smoking American Cancer Society
Secondhand Smoke Your habit hurts others
Help protect the health of your community! What community members should know about outdoor tobacco-free settings
Protecting yourself & your family from... Secondhand smoke When you smoke, your family smokes!
Secondhand Smoke
Facts about... Secondhand Smoke American Lung Association
Does your baby smoke? American Lung Association of Minnesota
Protecting your pets from secondhand smoke
Secondhand Smoke a quiz for the whole family
How Tobacco affects your teeth, gums and mouth
Environmental tobacco smoke What it is and what you can do about it
If you live with a smoker
Secondhand smoke protect your air
Secondhand smoke asthma, cancer and other health risks
Secondhand smoke and your pets
Secondhand smoke how to protect your kids
Secondhand smoke is not healthy for living things
50 things you should know about secondhand smoke
Secondhand smoke and your new baby
Secondhand smoke is not healthy for living things
How to say no to secondhand smoke