

AIM HIGHER VIDEO RESOURCE LIBRARY

This is a list of VHS tapes AIM Higher has to loan to schools and organizations. Please let me know if you have any questions or are interested in borrowing one of the tapes. Heather Wiensch, MHSA Office, 1 South Dakota, Helena, MT 59601 406-442-6010

STEROIDS

<u>TITLE</u>	<u>LENGTH OF TAPE</u>	<u># OF TAPES AVAILABLE</u>
<p>Steroids "Shortcut to Make Believe Muscles" Excellent video on effects of steroids and also includes a section on proper weight training. Very precise and to the point. Audience: Athletic teams, schools, and body builders</p>	32'	2
<p>NFL Panel, Drug Ed Series Steroids An exclusive NFL panel of doctors and experts discuss the use and abuse of steroids. Good explanation of what steroids do to body chemistry, drug testing psychological impact of steroids, health hazards and side effects, injury problems, and ethical considerations.</p>	60'	1
<p>21 Jump Street Excellent tape with actors depicting students in girls' gymnastics and football, how they deal with steroids and all the problems that they must confront physically and emotionally.</p>	55'	1
<p>Anabolic-Androgenic Steroids in Football Produced by Football Canada, featuring the University of Alberta and Edmonton Eskimo Staffs. This production covers in depth the steroid issue, and also some excellent interview with athletes, trainers and doctors. Audience: Young athletes</p>	30'	2
<p>Champions at Any Price This is an excellent presentation on the hazards of steroids use. It not only lists the important physical side effects of steroids, but emphasizes the tragic psychological effects that come to plague people. There are some excellent personal testimonies with professional and amateur athletes, as well as doctors and trainers. It ends with a superb review of proper nutrition for athletes.</p>	22'	2
<p>Benny and the 'ROIDS' This tape portrays a high school student wanting to be starting middle linebacker on his high school football team. Even though he has followed his coach's program all summer he is still unable to stop oncoming ball carriers. He then decides to start taking steroids, and over a two-month period you begin to see the changes as the steroids begin to take effect. The story ends with him being kicked off the team. Audience: Grades 7-12, Health & Physical Fitness classes, high school coaches & trainers, parents of junior high & senior high athletes.</p>	25'	2
<p>Steroids and Students: The Seductive Dangers Use this illuminating interview show for staff development sessions, parent workshop or individual study. Educators are informed about the dangers associated with steroid use by student athletes through a conversational interview format. Panelist: a former NFL Football player and former steroid user, a physician, a principal, a coach and a university professor. Audience: staff development sessions, college programs, parent workshops, and individual study.</p>	30'	1
<p>Steroids and Students: An Educator's Ethical And Legal Responsibilities Use this illuminating interview for staff development sessions, parent workshops or individual study. The ethical and legal responsibilities of educators, who condone or promote student steroid use, are described using a conversational interview format. Panelists: a former NFL football player and former steroid user, a physician, an attorney, a principal, a coach and a university professor. Audience: staff development sessions, college programs, parent workshops, individual study.</p>	30'	1
<p>NCAA Drug Testing Program A synopsis of the NCAA process for testing athletes for alcohol and other drug use.</p>	9.35'	1

<u>TITLE</u>	<u>LENGTH OF TAPE</u>	<u># OF TAPES AVAILABLE</u>
STEROIDS – The Hollow Victory	20'	1
This educational video presentation addresses the perils of anabolic steroid abuse for athletic enhancement. It is a direct appeal to the competitive conscience of the inter-scholastic and inter-collegiate athlete. Nationally known medical experts, athletes and coaches are featured in this program addressing topics like what it takes to be a winner, what a true victory is, the ethical and moral issues concerning the use of steroids and the medical complications of steroid abuse. Audience: athletic teams, parents, PTA, booster clubs, preseason meetings, health class.		

TARGET NATIONAL STEROIDS SEMINAR-NOVEBER 1989

Keynote address	20'	1
Dr. Herbert Klebers keynote address to the seminar.		
Are Steroids Really Dangerous	20'	1
Panelists include Charles Yesalis, Ph.D., Alan D. Rogol, Ph.D., and Cindy Olavarri		
Testing for Steroids - Should We	20'	2
Panelists include David L. Black, Ph.D., Frank Uryasz, Sylvester James, and Dick Stickle.		
Young People Use Steroids – Why	20'	2
Panelists include Joe Reese, Mike Hall, and Andrew A. Jacobs, Ph.D.		
How Can We Curtail Steroid Use?	20'	2
Roger Svendsen, M.S., Tom Murray, Ph.D., Susan S. True.		

ALCOHOL & DRUG

<u>TITLE</u>	<u>LENGTH OF TAPE</u>	<u># OF TAPES AVAILABLE</u>
Alcohol/Drug Abuse Profile	15'	2
This video delivers a compelling message with “kids talking with kids” about the importance of not using alcohol and other drugs. The video is unique in that it does not moralize or lecture.		
Don’t Drop the Ball Again	40'	1
“How could that ball have been dropped?” Have you ever said this or heard someone else say this? After watching this video, you will be able to see how drug use can result in mistakes on the playing field as well as at the worksite or in school. Audience: coaches, trainers, doctors, players, parents and employers.		
Say No To Drugs – It’s Your Decision	18'	1
Dave Winfield of the New York Yankees discusses alcohol and drug issues and how young people can deal with it.		
“No Matter How You Say It...Say No” starring Isiah Thomas	11'	11
Isiah Thomas of Detroit Pistons goes through some real life sequences in teaching kids how to say no and make the right choices.		
Crackdown III – Parents and Teachers	50'	1
Scott Valentine talks about crack and cocaine to students. Suggests ways to help get student off drugs.		
The Invisible Line	31'	2
This video tells the story about a teenager who started drinking alcohol, advanced to pot, and finally cocaine. The transitions from user to abuser to addict was almost imperceptible. This production does not mince words; not does it use them for shock value. If you would prefer this tape with no profanity please request the church version. Audience: high school, parents of teenagers.		
Winners without Drugs featuring Grant Teaff	60'	2
A disciplined life-style must be established. This video supports the concept that the person who has well-defined goals and objectives will have such a handle on life that drug use is not even considered an option. Audience: Grades 7-12, teachers, coaches, PTA groups, parents, church youth groups.		

Downfall – Sports & Drugs

28'

2

Is a documentary about athletes that shows students in grades 7-12 the real consequences of illicit drug use, and the joy and pride of living drug free. Stories of how alcohol, cocaine, marijuana and steroids destroy your health, opportunities, career, self respect and finally the happiness of those who love you most. It ends with a look at the lives of athletes who made the choice to live drug free.

All My Tomorrows

17'

1

This is the personal story of Peggy, a girl who, just once, mixed alcohol and barbiturates. The violent and instant reaction to the combination of drugs and alcohol shattered her life forever. Audience: mature pre-adolescent, teenage and young adults, and adults.

Sons & Daughters/Drugs & Booze

29'

1

95% of all adolescents experiment with alcohol and other drugs. Why? How do parents know if their child is using? Where do they go for help? Using scenes from everyday life, this film offers realistic, pragmatic advice to parents whose children may begin or have already begun to use alcohol or other drugs.

MISCELLANEOUS

<u>TITLE</u>	<u>LENGTH OF TAPE</u>	<u># OF TAPES AVAILABLE</u>
TIP Marketing Tape	10'	1
Explanation of the newest technology in getting kids to understand the importance of choices and coping skills in dealing with alcohol and drugs. Detail how the technology works.		
“Youth League Sports: More Than Just Playing”	15'	2
This tape explains why so many children drop out of sports and suggests ways for coaches, teachers and parents to keep students in sports.		
The Rally	28'	1
Intended to provoke discussion within coaches, parents and student groups as well as between groups. A production involving parents, coaches and students and their views on school training policies and all the issues confronting one in the field of substance abuse. Excellent quality and would be a unique idea for a preseason meeting at any school.		
Go For Your Dreams	11”	2
This video features Nancy Hogshead, Olympic Gold Medal Swimmer, speaking to students concerning the many choices they will make in life, especially choices regarding alcohol use.		
Smokeless Tobacco: Is It Worth The Risk?	13'	1
Without becoming “preachy” this video presents information in a way that encourages smokeless tobacco users to quit, by pointing out the consequences of continued use. The final scenes depict a young cancer victim that brings a sense of urgency to the message to stop using smokeless tobacco before it is too late. The video realistically portrays in a non-judgmental and non-threatening way in which smokeless tobacco users can find help and illustrates how difficult it can be to stop.		
The Spitting Image	25'	1
A Smokeless Tobacco Teleconference discussing the consequences of using smokeless tobacco. The consequences include your health, what the laws are, and also a discussion on peer and family pressures.		

<u>TITLE</u>	<u>LENGTH OF TAPE</u>	<u># OF TAPES AVAILABLE</u>
The Performance Edge	7'	2
A fast-paced MTV-type video, intercut with colorful animation and driving rock music, the video shows how the effects of alcohol and tobacco spell defeat, and how not using alcohol and tobacco gives them “The Performance Edge” they need to win. Because of its heavy reliance on visuals the video can be especially useful where language comprehension can be a problem. Audience: students, teachers, and coaches.		

Father Martin Tapes (Cassettes for each Father Martin tape also)

Alcohol, “What it is and What it does”	17’	2
A condensed version of Father Martin’s original chalk talk. Gives explanations as to 1) Why people drink alcohol and 2) What happens to the body when you drink alcohol.		
Opportunity to Influence	19’	2
School staff members have the perfect opportunity to educate on the dangers of chemical addiction. This video will help school personnel sort out their rights and responsibilities.		
Silence Condone	19’	1
Parents have responsibilities and right. Parents shouldn’t be afraid of their children, speak up.		
The Right Triangle	23’	2
All must cooperate to create a drug free life style in our society.		
Your Choice	19’	2
Students have inner strength to refuse.		
Values	17’	2
Some principles to live by - alternatives to alcohol, drugs, etc. These values are basic to all.		
When the Cheering Stops	26’	1
Presented by Rocky Mountain Regional Brain Injury Center regarding head trauma and treatment/prevention of head injuries.		
I was the Son...The Bob Steenlage Story	30’	1
A personal testimony by one of the country’s top NCAA wrestlers. His story relates to the problems of growing up as the son of an alcoholic and how the participation in the sport helped him overcome much adversity in his life. A powerful story.		
“Play it Safe: Disease Prevention in Sports”	12’	1
A good informational video on how to prevent blood-borne and other infectious diseases in high school sports programs. Includes discussion of HIV-AIDS, Hepatitis B and other infectious diseases more common in sports. Gives detailed information on procedures to follow to give your sport a healthy environment and to protect your participants.		
How to Help Your Patients Stop Using Tobacco	25’	1
Informational video on intervening with people who use smokeless and regular tobacco. Includes interviews with Dr. Koop and procedures to follow in preventing tobacco abuse as well as a good discussion on the pharmacology of nicotine addiction.		
C.O.P.E.		1
“Student Activities”		1
“Tip Dart”		1
“Cross Age Mentoring”		2
“AIM HIGHER EXPLANTORY TAPES”		1
DRUG TESTING IN SCHOOL ACTIVITIES		1