

# HVSSSC

## Hudson Valley Student Support Services Center

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FACT SHEET

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### TOBACCO CURRICULUM and VIDEOS

The Resource Center at Hudson Valley Student Support Services Center (HVSSSC) has a **Tobacco** section with a full range (K-12 and college level) of curriculum and videos available for schools to borrow. The topics cover such areas as tobacco education/prevention, cessation, classroom activities, and media literacy.

Many of these resources are **available as long term loans**; some others have a lending period of two weeks, but extended renewals can be requested. School staff can call 255-4874 (HVSSSC) or 255-8989 (New York State Center for School Safety) to arrange a time to review materials or to have an item mailed to their school.

Additional resources: Ulster County Health Dept., contact Amiee Zimmerman, MSed, CHES, Public Health Education Assistant at 845-340-3086, or [azim@co.ulster.ny.us](mailto:azim@co.ulster.ny.us)

Health Information Project, funded by NYS OASAS, connected to Mid-Hudson Library System. Loan teen-recommended DVDs and list of teen-rated web sites. 845-471-6060 or <http://hipmidhudson.org>

Catalog ID	Title	Media	Copyright	Audience	Annotation
SA 31 A-F	Life Skills Training: Promoting Health & Personal Development Teacher's Manual	Curriculum	1989	Gr. 3 – 9	Activities & materials to provide students with the facts & the skills to resist peer pressure
SA 50	Tobacco Action Curriculum	Video/ Curriculum	N/A	Ages 10 –12	Interactive health program with several complementary components. Six experience-based activities that explore issues related to tobacco use and identify ways they can apply what they learn to their personal lives & family
SA 51 A & B	Teens Against Tobacco Use TATU	Video/ Curriculum	1996	Ages 14 – 17	(A) program recruits teens to teach younger children to avoid tobacco. (B) binder with tobacco ads.
SA 52	Project ALERT	Binder	2000	MS	Program addresses tobacco, drug, and alcohol
SA 72	Dirty Business	Video	1988	JHS – HS	Teaches students about effects of advertising on their so-called “independent choices”.
SA 73	Tobacco Talk	Book	1991	- 10 yrs	Health and social hazards of tobacco use
SA 80	Intervening with Teen Tobacco Users	Book	1996	Gr. 7 – 12	Info in this guide will enable facilitators to conduct an involuntary Tobacco Education Group TEG & motivate adolescent tobacco users to cut down or quit.
SA 81	Helping Teens Stop Using Tobacco	Book	1996	Gr. 7 – 12	Comprehensive tobacco cessation curriculum addressing both smoking & smokeless tobacco
SA 86	Project T.N.T. Towards No Tobacco Use	Curriculum	1998	Gr. 5 - 8	Designed to change normative beliefs and perceptions of prevalence, teaches decision making, refusal skills. Ten core sessions, interactive.
SA 88	Tobacco Explorer	CD-Rom	N/A	JHS-HS	Interactive computer program that presents the facts about tobacco
SA 94	Kicking Nicotine: A How-To For Students	Video Program	1996	JHS-HS	This video program is aimed at helping students recognize that they have options about their use of tobacco

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SA 98	Smoke Screeners	Video Program	2000	MS-HS	Teaches media literacy skills, re glamorized portrayal of smoking in movies
SA 107 A&B	Eglin Long Horn of Nightshade County	Book	1998	Ages 10 – 12	A story about tobacco use and choosing to be tobacco free
SA 108	Elementary Resource Guide for a Tobacco-Free Life	Book		ES	A skills-based resource guide
SA 112 A&B	Smoke Screens	Books		MS-HS	Tobacco prevention program
SA 115	Smoking Stinks	Video	1994	K-3	Refusal skills, media messages; music, song, lively characters
SA 116	Poisoning Your Children	Video			Discusses the dangers of secondhand smoke
SA 117	Teens Talk Tobacco	Video	1998	Teacher & teens	Teen perspective on their tobacco use. Addresses prevention, peers, image, health, cessation
SA 119	Down in Smoke	Video	1998	MS-HS	Teens share experiences using tobacco. "No punches pulled..."
SA 121 A-H	Human Relations Media Video Set	Videos w/ fact and work sheets			A- Spit Tobacco Kills, B-Up in Smoke, C- Beyond Cold Turkey, D- No Ifs Ands or Butts, E- Leader of the Pack, F- How I Quit Smoking and Saved My Life, G- Secondhand Smoke, H- Spit Tobacco Exposed
SA 122	Scene Smoking			HS	Hollywood insiders speak out about artist's rights, social responsibility and 1 <sup>st</sup> Amend
SA 124 A-B	Intervening With Teen Tobacco Users/ <b>T.E.G.</b>	Curriculum	2000	Ages 12-18	Alternative-to-Suspension program, in pre-contemplative or contemplative stage of quitting tobacco. Designed to educate and motivate to action. Group- 8 sessions
SA 125 A-B	Helping Teens Stop Using Tobacco/ <b>T.A.P.</b>	Curriculum	2000	Ages 12-18	Voluntary cessation program Group- 8 sessions
SA 127	Quitting Tobacco	Curriculum	2002	Ag 13- 18	A youth cessation program
SA 128	S.T.O.P. Guide	Guide	1997	Educators	A comprehensive directory of smokeless tobacco prevention & cessation resources
SA 129	Tobacco: A Smashing Integrated Curriculum	Curriculum		MS-HS	An integrated unit of instruction on tobacco
SA 130	Smoke and Mirrors	Binder	1999	MS	
SA 131	You and Me Tobacco Free	Booklet	1990	Elem	Activities
SA 132	Down In Smoke	Video		HS	Teens talk about tobacco use
SA 133	Smoking	Video	2001	MS-HS	Effects of smoking on the body
SA 134	Tobacco X Files	Video		HS	Graphic imagery w/ cancer patients; current/former teen smokers; smoke, chew facts.
SA 135	Smoking: Getting Ready to Quit	Video		HS	Positive techniques that can make quitting easier
SA 136	Search for a Safe Cigarette- NOVA PBS	Video		MS-HS	Journey inside lit cig and see how heated tobacco creates 45 carcinogens; US tob history

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SA 137	Smoking: The Burning Truth	Video		MS-HS	Consequences of smoking.
SA 138 A&B	Smoking: The Addictive Truth	CD-Rom Guide	1998	MS-HS	About smoking and smokeless tobacco, resisting media, and people pressures.
SA 139 A&B	Mr. Hakk 'N Koff	Curriculum / Cassete		Gr. 4-6	Tobacco prevention curriculum activity and cassette.
SA 140 A&B	Smoking: Truth or Dare?	Video & Teacher guide		MS-HS	Demonstrates to teens who use tobacco exactly what tobacco is doing to their bodies.
SA 141	Teen Files: Smoking Truth or Dare	Booklet		MS-HS	A comprehensive teachers' lesson plan.
SA 142	STAT:Tobacco Free Youth Activity Guide	Book		MS-HS	Tobacco prevention activities.
SA 143	STAT: Youth Tobacco Squads Facilitator's Guide	Binder Guide		MS – HS	Facilitator's guide for use with SA 144
SA145 A-H	Get Real About Tobacco	Kit		K – 3	Curriculum kit designed to teach lower elementary students about tobacco – what it is, where it's found, and what it does. Kit contains 2 videos, (A&B), puppet poster (D), puzzle (E), hand poster (F), lung models (G) and (H) teacher's guide.
SA 146 A-H	Get Real About Tobacco	Mixed – Media		Gr. 4 – 6	K-12 Research based, tobacco prevention program based on CDC recommendations. Goals of program are to reduce the risk of students using tobacco, encourage those who are using to quit and to help students promote messages against the use of tobacco. A- Binder, B- Our Smoking Video, C-Chains of Smoke Video, D-Cassette, E-Poster, F-Poster, G- Handout H- Safe and Drug Free Schools and Communities Act, Principles of Effectiveness
SA 147 A-G	Get Real About Tobacco	Mixed Media		Gr. 6 – 9	K-12 Research based, tobacco prevention program based on CDC recommendations. Goals of program are to reduce the risk of students using tobacco, encourage those who are using to quit and to help students promote messages against the use of tobacco. A-Binder, B-The Quitters, C-Getting the Message Video, D-Not Just Blowing Smoke Video, E-Don't Even Try It Video, F-Poster, G-Poster, H-Handout
SA 148 A&B	Question Quest	Game / Cards	2003	Gr. 6 – 12	(A) Set of tobacco question and answer cards covering six categories. Five sets of Q &A cards (150 total), 25 for each category and complete instructions. (B) Game board
SA 149	In the Mix: Smoking, The Unfiltered Truth	Video	2000	7 – 12	Award winning video series talks to teens about their world and their issues

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SA 150	In the Mix: Soccer: Kickin Butts	Video	2000	Gr. 7 – 12	Award winning video series talks to teens about their world and their issues.
SA 151	The Uninvited Guest	Book	2004	K – 3	Becky's aunt is coming to her birthday party and she smokes. Becky has a clever plan to let her aunt know she is wanted at the party, but not her smoke.
SA 152	Coping with COPD	Book	2003	Adult	Hands-on guide to living and coping with COPD
SA 153	Our Path To Freedom	Book	2003	7 – 12	Twelve Stories of Recovery from Nicotine Anonymous members.
SA 154	Nicotine Anonymous: The Book	Book	2003	7 – 12	Story of addiction, Questionnaire, and 12 Steps of recovery program.
SA 155	Write Way to Stop Smoking	Book	2004	General	12 week program to quitting smoking
SA 156	The Tobacco Free Sports Playbook	Book	2001	MS-HS	Sports activities, how to make important health decisions related to tobacco use.
SA 157	Take Charge: Shut Out Big Tobacco Lies	Book	2002	MS-HS	Campaign for youth advocates to lead the fight for policies, programs, and practices that protect kids from tobacco
SA 158 A-I	Ascent	Program	2002	MS-HS	Research based smoking cessation program for teens A-Facilitator's guide, B-the Last Drag Video, C-Facilitator's Video, D-Teen Workbook, E-Pocket Diary, F-Parent Guide, G-Poster, H- 10 Coins, I-Certificates
SA 160 A-C	Secrets through the smoke	Video Program		MS-HS	Dr. Jeffrey Wigand, the movie The Insider, his experiences about the tobacco industry's manipulation of the truth
SA 161 A&B	Smoke Free TV	Video	1999	MS	Vignettes about health risks, associated with nicotine
SA 162 A&B	Minnesota Smoking Prevention Program	Curriculum	2004	MS	Comprehensive tobacco prevention program with 6 classroom sessions for MS and 4 booster sessions for HS
SA 163	NOT on Tobacco	Curriculum	2001	MS-HS	Cessation program for teens from Am. Lung Assoc.
SA 164	Anti-Tobacco Blitz	Binder with video	2001	HS	Guide to organize youth anti-tobacco campaign
SA 165	Alcohol, Tobacco, and Other Drug Prevention Activities for Youth and Adults with Disabilities	Book	1998		
SA 166A	What's Wrong with Nicotine	Binder	2000	MS-HS	Activities
SA 167	Youth Activity Guide	Binder	2000	youth	How to integrate youth into tobacco prevention progs.
SA 168	College Activity Guide	Binder	2000	college	How to organize anti tobacco campaign
SA 172 A&B	Thumbs Up Thumbs Down	Booklet/ Video		teens	Tobacco use in movies and TV
SA 176	Thangata	Video	2003	MS-HS	Social Bondage and Big Tobacco in Malawi (debt slavery of African tobacco farmers)