

## FARGO CASS PUBLIC HEALTH - VIDEO CATALOG

Grade Level	Video Title	Year	Number of Copies & Format	Total Running Time	Summary	Notice
5-9	 <p style="text-align: center;">The Totally Disgusting Tobacco Gross Out</p>	2007	1 – DVD	18 minutes	As the title suggests, this video goes for the gross-out factor, presenting students with a graphic look at all things vile and disgusting about using tobacco products.	
5-9	Spit Tobacco Exposed	2000	1 - DVD	16 minutes	This program presents a strong and memorable message that the use of “smokeless” or spit tobacco can kill and kill quickly. Using interviews with users, former users and cancer patients, the video reveals that chewing tobacco is a disgusting habit that often causes serious health problems.	<b>40 page Teachers Resource Book (PDF file) included</b>
6-9	Smokeless Tobacco: A Wad of Trouble	2004	1-DVD	24 minutes	This eye-opening program states the unpleasant facts concerning the social and medical ramifications of using smokeless tobacco, and present proven techniques for breaking the addiction.	
6 – 9	 <p style="text-align: center;">I Can't Breathe. A Smokers Story.</p>	2001	4-VHS	19 minutes	Compelling, emotional story about a woman who started smoking as a young girl and as a result, died from a smoking related disease.	<b>Graphic content due to disease caused by smoking.</b>
6 – 9	Smoking: The Addictive Truth	2000	2-CD-ROM (Computer)	20-30 minutes	Students develop social resistance skills, discover key information to challenge current myths and beliefs about smoking and chewing, and explore personal and peer feelings and experiences that teens have every day.	<b>This CD needs Quicktime V3.0.2 in order to play.</b>

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6-12		Nicotine & The Brain	2005	1 – DVD w/ book	18 minutes	By describing how nicotine affects the brain, this program explains why nicotine is such a powerful and deadly addiction. Also covers methods to help people stop smoking.
7-12		Everything You Need to Know About Tobacco in 22 Minutes	2009	1-DVD	22 minutes	This riveting and information-packed video provides a summary of everything students need to know about the dangers of tobacco.
7-12		No lfs, Ands, or Butts: Smoking Kills	2001	1 - VHS	24 minutes 50 seconds	Brandon Carmichael of Fargo, North Dakota shares his story of learning he has Bueger's Disease. Kim Winter of the American Lung Association explains how cigarettes affect the lung. Also, others share stories of people they know who have suffered physically from smoking. (Includes: Teachers Manual)
7-12		Secrets Through the Smoke	2001	3 – VHS	55 minutes	Part 1- Background on Dr. Wigand and discusses the ingredients in cigarettes. Part 2 -Science of addiction and marketing practices of the tobacco industry. Part 3 - Highlights counter marketing campaigns, and tobacco settlement issues. (Includes: Teachers Guide)
9-12		Smokeless...Not Harmless	2002	4-VHS	5 minutes	A look back at the tactics used to sell smokeless tobacco over the past century. This video was produced for the third international conference on smokeless tobacco.

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9-12	Tobacco Road: A Dead End	2004	1 – DVD	30 minutes	Hard-hitting, graphic footage and interviews with people stricken with tobacco-related illnesses: lung cancer, heart disease and vascular disease	<b>Graphic content due to disease caused by smoking.</b>
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