

PREVENTION FOR YOUTH

Includes: School Grades 7 – 12

Alone in the Dark (Video 1190) 1994; 27 min

Audience: students 15 to 18 years; parents

Synopsis: In this dramatization, Tasha is a high-school student who is pushing the limits, giving up on sleep to attend school, hold a part-time job and party with her friends. Her history teacher reports to her parents that Tasha has fallen asleep during a class and she is grounded on the eve of a big graduation party. Rescued from this punishment by her boyfriend, who has waited until Tasha's parents have gone out for the evening, they leave for the party, planning to get home by 11:00. Events conspire to prevent the plan from working. The video uses a dream-like sequence where a supernatural observer intervenes to show Tasha the consequences of her actions. She awakes in her history class with all her decisions still to be made.

Booze Cruze: Young People and Alcohol (Video 1575) 1998; 18 min **ADF**

Audience: students 14-18

Synopsis: Set in an Australian city showing two students gathering information for a school project on alcohol. They visit a physician, a bartender and find other sources of information about use, health issues and safety relating to alcohol use.

First Break (Video 2249) 1997; 51 min **NFB**

Audience: senior secondary students; adults

Synopsis: The title refers to the first episode of mental illness and for most people this occurs in late teens or early twenties. The three young people in this program, along with their families discuss their experiences and deal with the misconceptions about mental illness. The impact of these disorders on the family is clearly evident. Three different mental disorders are presented. Simon was diagnosed with schizophrenia, Ariadne has bipolar disorder and Shely had a single psychotic episode. The nature and frequency of illness is discussed, as is the prospect of recovery.

Flipping the World (Video 2267.2) 2000; 30 min **NFB**

Audience: students 13 to 18 years old; youth workers

Synopsis: Inspired by the documentary **Through a Blue Lens** (Video 2267.1) seven high school students meet the *Odd Squad*, a group of police officers who produced the film on the streets of the east end Vancouver. One aim of *Flipping the World* is for the young people to understand their own drug use and in the process find empathy with those in recovery and others still involved in destructive use.

Identifying Depression, Preventing Suicide (DVD 1418) 2004; 24 min

Audience: teachers; youth

Synopsis: Using student interviews and professional commentary, this program is intended to raise awareness and understanding about youth suicide. Of the two cases presented, one led to a suicide, though all the indicators were present. The other is with a female student who experienced increasing levels of depression, but felt unable to ask for help. A teacher's guide is available.

Listen to Us Series, 1991

Audience: This four-part series is a video resource package designed for use by professionals working with troubled teenagers and their families. **NFB**

• **Telling it All** (Video 2213.1) 32 min

Topics of discussion include family crisis and breakdown, the influence of peers control issues, coping mechanisms, and teenager ambivalence and disillusionment.

• **About Group Homes** (Video 2213.2) 18 min

About Group Homes, this part presents the insights of young people who have lived in group homes discuss their experiences, both good and bad.

- **Three Personal Stories** (Video 2213.3) 45 min
Chelsea, Naseem and Sandy
- **Four Personal Stories** (Video 2213.4) 55 min
Robyn, Nathan, Vinnie and Eric

One Survivor's Message: Don't Kill Yourself (Video 1421) 1997; 24 min

Audience: youth; adults

Synopsis: The unnamed young man in this video describes the events leading up to his unsuccessful suicide attempt when he was sixteen. He describes the troubled circumstances, his parent's divorce - with a new man in the house who was not his father, and starting high school. He lost self-esteem and felt he was not meeting expectations. He was also experimenting with alcohol and other drugs, becoming abusive and involved in petty crime. His narrative is punctuated with dramatic vignettes and voice-overs and factual statements. After things slowly changed, starting with finding a counsellor he could trust, and that he was eventually happy that he had failed to end his life. He also explains how he came to his recovery, how he found values that gave his life new meaning in places he had never looked before.

Problem Solving with Peer Counselling, 1990

Audience: teachers; counsellors; students

- **1078.1** (45 min) Synopsis: Anthony is a high school student whose grades have been slipping. He feels tremendous pressure from his teachers and father, who regrets his own missed opportunities. Another student, Johnny, is challenged to a fight after school and doesn't want to go through with it, but doesn't want to back down either. In each case a peer counsellor helps the troubled person see his problem, and possible solutions more clearly. Each vignette also poses a series of questions that could help clarify issues and approaches for would-be counsellors.

- **1078.2** (45 min) Synopsis: The vignettes focus on peer pressure and sex; substance abuse and referral. Thomas is a high school student whose friends are pressuring him to have sex before he's ready. Another student, Liz, is beginning to develop alcohol-related problems, including memory loss, strained friendships and poor performance at school. In each case a peer counsellor helps the troubled student see his or her problem and possible solutions more clearly. Each vignette poses a series of questions that could help clarify issues and approaches for would-be counsellors.

- **1078.3** Synopsis: The two vignettes focus on depression and intervention, and future planning. Danielle, a high school student, shows signs of depression. Another student, Michael, is apathetic about his future beyond high school and is drifting into an unplanned future. In each case a peer counsellor helps the troubled student to see his or her problem and possible solutions more clearly. Each vignette poses a series of questions that could help clarify issues and approaches for would-be counsellors.

Rite of Passage (Video 1446)

Audience: youth

Synopsis: Drawn together from all over Australia, a group of young people, many of them with childhoods suffering physical or sexual abuse, some have attempted suicide, have committed themselves to a week of adventure. Participants in this program paddle kayaks up to five hours a day, trek through dense scrub, bicycle over mountainous terrain and successfully complete a challenging rappelling exercise. The object of the trek is to provide a physically demanding setting where they may confront their self-destructive behaviours and learn to direct their energy into a positive expression of self. For many of them this journey will provide a place where trust, self-confidence and resiliency can be enhanced; it will not be easy and some will not be able to finish.

Surviving High School (Video 1447) 2000; 59 min

Audience: students; teachers

Synopsis: Yuma City High School in California is ordinary in many respects, with its share of cliques, in-groups, out-groups, geeks, scrubs, preps and jocks. Though not severe, a "Teen Files" program was brought in to document a program that deliberately put students together from the

different groups as a challenge to their attitudes and assumptions. Students traded places, some being placed in other school where they were not known. The program culminated in an outdoor group exercise with demanding physical challenges that required students to co-operate rather than compete in order to successfully complete the tasks.

Through a Blue Lens (Video 2267) 1999; 52 min

Audience: senior students; drug exposed youth; adults

- Note: This video contains graphic images and language that may be offensive to some viewers.
- See also an edited high school version, **Flipping the World**.

Synopsis: The "Odd Squad" a group of seven Vancouver police officers took a video camera through the worst areas of the "Downtown East Side" to bring to light the lives of injection drug users. The object was to create a prevention tool that would bring the reality of severe addiction home to youth. The documentary allows the drug users themselves to convey their message, talk about how they ended up on the streets.

XS Stress: Teens Take Control (Video & DVD 1504) 2004; 29 min

Audience: youth

Synopsis: Meet the "punk," the "faggot," the "bad kid;" three youths, Sarah, Jarrel and Kira, tell their stories and offer a kind of guide surviving on the margins of adolescence. Along with the normal challenges and demands of changing friendships, family issues, schoolwork these three are on the receiving end of discrimination from other students. Spoken word performer Kyra Shaughnessy and a diverse selection of other voices provide a running report from the teens of today.

Youth Suicide and Prevention (Video 1493) 1994; 17 min

Audience: youth; parents; families

Synopsis: This concise video was produced by the Vancouver Crisis Centre to aid in the understanding of youth suicide. There are testimonials from four young people who contemplated suicide and the ways they found help for situations that seemed hopeless. They also present personal issues of cultural values, gender and the death of a friend by suicide. A dramatisation illustrates techniques that may be used with someone who seems suicidal. It shows what to be aware of, how to respond, being persistent and be open to ask the question about suicide. Family members are interviewed who lost their fifteen-year old son to suicide. Grieving, they wonder what they could have done, why they did not see the signs or did not take things more seriously.