



Just Say Something  
Substance Prevention  
Guide

864-467-4099

<https://justsaysomethingsc.org>

[virginia@justsaysomethingsc.org](mailto:virginia@justsaysomethingsc.org)

Title	Entered	Year	Length	Age-Lo	Age-Hi	Age Level	Subject	Summary
Abusing Over The Counter Drugs	5/12/2005	2004	22	12	22	middle school, high school, college	prescription drugs, over the counter drugs, DXM, addiction, drug abuse	Explores the abuse of "over the counter drugs" (OTC) and its effects which include physiological & psychological damage and death. Also examines the legal consequences of committing a crime while under its influence. Guide.
Alcohol and Drug-Free Teens	4/27/2015	2006	32	11	22	middle school, high school, college, adult	alcohol, drugs, addiction, prevention, peer pressure, self-esteem, decisions	Real teens tell stories about the physical, emotional, social & academic consequences of abusing alcohol & other drugs. Emphasizes that a drug-free lifestyle is a positive choice; drug-use interferes with achieving goals; teens can resist peer and internal pressure to try drugs; and being drug-free promotes better relationships. CD-ROM Guide.
Alcohol: True Stories	1/19/2010	2010	20	10	18	elementary school, middle school, high school, college, adult	alcohol, drinking and driving, drugs, DUI, addiction, decision making	Young people tell their powerful stories about drinking and driving, drug addiction, and avoiding alcohol use. Hosted by Matt Damon. Two copies. Guide.

Title	Entered	Year	Length	Age-Lo	Age-Hi	Age Level	Subject	Summary
All About Drugs	4/27/2015	1999	16	4	7	elementary school	alcohol, tobacco, drugs, prescription drugs, prevention, addiction, health	Staying healthy means taking care of your body & only taking prescribed medications. Drugs & medicines can be helpful but they can also be dangerous. Explores the dangers of non-prescription medications; why drugs should never be taken without parent or doctor permission; and drugs that are addictive or illegal, with emphasis on tobacco and alcohol. CD-ROM Guide.
All About Respect Video (Student Workshop)	8/14/2003	2003	28	10	14	elementary school, middle school	respect, self-esteem, friends	Helps teens think about the role of respect in their lives. Challenges teens to analyze situations and arrive at realistic definitions. Encourages teens to not only give respect to others but to earn it themselves. Student handouts and a guide.
All About Responsibility (Self Management)	4/27/2015	2002	22	8	10	elementary school	responsibility, self-esteem	for yourself is important to a youngster's sense of independence and self-worth. Follows a group of friends as they face the increasing responsibilities in their lives - to family, friends, school and in the community. CD-ROM Guide.

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Anger Control Board Game: A Program to Develop Anger Control Skills	10/19/2011	1988		12	18	middle school, high school	anger management, conflict resolution, violence	Teaches aggressive children and adolescents who have difficulty controlling their anger the cognitive skills necessary for effective anger control. For use with individuals or small groups. For two to six players. Includes a workbook and guide.
Anger, Rage, and You	4/28/2015	1995	23	11	14	middle school, high school	anger management, conflict resolution, violence	Explores techniques for dealing with anger before it gets out of control. Emphasizes the need to identify and handle misplaced / suppressed anger; problem-solve; and channel anger constructively. Helps youth differentiate between angry feelings & angry behavior; take responsibility for their actions; and get back in control. CD-ROM Guide.
B Careful When U Txt: The Dangers of Texting and Sexting	11/2/2009	2010	20	10	14	elementary school, middle school	texting, sexting, bullying, cyberbullying, decision making, responsibility	Explores the positives & negatives of cell phones, mobile email & handheld computers. Details the "do's and don'ts" of texting, including the laws on privacy and child pornography, setting & maintaining personal boundaries, dealing with unforeseen consequences, and underscores the need to "think before you click". Guide.

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Bath Salts: The Deadly Facts	10/19/2011	2012	19	12	22	middle school, high school, college	bath salts, cocaine, amphetamines, methamphetamines, meth, synthetic drugs, designer drugs, addiction	Examines the truth about the newest scourge to hit the drug scene. Bath Salts are an addictive, meth-like, substance which causes paranoia, psychosis & suicidal thoughts. It's available online, in gas stations, and in convenience stores. Also explores the tragic story of a youth who took his own life after a binge on bath salts. 2 copies. Guide.
Be Cool: Coping With Criticism	6/3/2008	1995	50	9	10	elementary school	conflict resolution, criticism, anger, violence	Shows the difference between helpful & destructive criticism and how to cope with both. Three scenarios show how kids respond to parent, teacher & peer criticism - some helpful, some not - and the consequences of a cold (victim-like) or hot (hot-headed) reaction. Guide.
Be Cool: Losing It - Talk Yourself Out Of It	6/3/2008	2000	29	9	12	elementary school, middle school	conflict resolution, criticism, anger, violence	Self-talk techniques show students how to avoid turning a problem they can handle into one they can't. Pre-teens exaggerate and distort events so much that it causes them to overreact and make the problem worse. Guide.

Title	Entered	Year	Length	Age-Lo	Age-Hi	Age Level	Subject	Summary
Brain Power: The NIDA Junior Scientists Curriculum Grades 2-3	8/11/2004	2003	41	7	8	elementary school	alcohol, marijuana, cocaine, crack, tobacco, drugs, addiction	The effects of drugs on the brain. Lays the foundation for future scientific learning & substance abuse prevention efforts. Includes a video, activity sheets, 42 trading cards & two posters. Guide.
Brain Power: The NIDA Junior Scientists Curriculum Grades 4-5 English/Spanish	8/11/2004	2003	41	9	10	elementary school	alcohol, marijuana, cocaine, crack, tobacco, drug abuse, addiction	An exploration of the processes of science and how to use them to learn about the brain, the nervous system, and the effects of drugs on the nervous system and the body. Includes a video, activity sheets, 37 trading cards & 6 posters. Guide.
Brain Scans: Alcohol And The Teenage Brain	10/6/2010	2002	22	12	22	middle school, high school, college	alcohol, addiction, alcohol abuse, underage drinking	Examines the effects of alcohol abuse on adolescents & uses national studies to connect long-term brain damage to underage drinking. Details how alcohol affects teens as young as 14 & 15 years old. Explores why alcohol harms younger brains more profoundly than older brains in both the short & long term. 3 copies. Guide.

Title	Entered	Year	Length	Age-Lo	Age-Hi	Age Level	Subject	Summary
Breakaway: The Anti-Aggression, Anti-Anger, Anti-Abuse Board Game	10/19/2011		30-60	12	16	middle school, high school	child abuse, neglect and trauma, game	Educates regular & exceptional students (with learning disabilities, language disorders, emotional impairment or mental retardation) about child abuse & neglect and nonaggressive responses to anger and frustration while facilitating communication. For two to six players. Guide.
Bullying: True Stories	11/4/2010	2010	20	10	99	elementary school, middle school, high school, college, adult	bullying, cyberbullying, conflict resolution, violence, anger	Explores bullying through true stories told by four young people who experienced it. Daniel tells why he stopped his bullying behavior; Daniel's target Courtney tells her story; Tre describes being shunned by a popular crowd; and Victor tells of being cyberbullied. Looks at what finally made it stop and how schools handled it. Guide.
Choking Game	11/1/2007	2006	19	10	14	middle school, high school	choking game, risk-taking, addiction, self-injury	Interviews with kids who have "played" the "game", siblings & parents of kids who have died, and experts & physicians provide facts on how dangerous it is. Also explains the difference between healthy and dangerous risk taking.

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Conduct Management Board Game: A Cognitive Skills Training Program	10/19/2011			12	18	middle school, high school	conduct management, conflict resolution, anger, violence, game	Teaches children and adolescents with conduct or oppositional disorders how to assess if peers are acting with hostile intent; understand the point of view of authorities in conflict situations; and how to control and find alternatives for inappropriate behavior. For two to six players. Includes a workbook, fact sheet, and guide.
Conflict Resolution: You Can Solve It	4/28/2015	2005	17	11	14	middle school, high school	anger management, conflict resolution, violence	How anger; hurt feelings; thoughtless words; name-calling & threats can cause conflict to erupt & escalate. It can be resolved by avoiding "conflict starters" & applying "conflict solvers" like reflective listening; expressing feelings; problem solving; apologizing; & accepting an apology. It can be defused through compromise & humor. Two copies. CD-ROM Guide.



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Counseling Series 5 Program DVD Set	5/6/2015	2010	150	7	18	elementary school, middle school, high school	health, drugs, sex, bullying, harassment, sexting, prevention, addiction, decision making	covers topics in health and drugs; sex education; bullying & harassment; and sexting and identifies age- appropriate solutions. Includes "Sexual Abuse: It's Not Your Fault" and "Your Body, Your Health & Drugs" for grades 2-5 and "Bullying: There's Always a Way Out"; "Sexting: Sex Plus Text Equals Trouble"; and "Sex Facts: Teens &
Dangerous Decisions: Learning To Think Before You Act	1/21/2010	2010	20	12	22	middle school, high school, college	choices, decisions, risk-taking, alcohol, underage drinking, drugs, sex, teen pregnancy, sexting, texting	Teens are exposed to underage drinking & drug use, driving under the influence, teen sex, the Internet & more but often lack the skills to understand the consequences of their actions. While risk-taking is a normal part of adolescence, it's important for teens to distinguish between healthy & unhealthy risks. Real teens who talk about decisions they regret show the importance of good decision-making skills. 3 copies.

Title	Entered	Year	Length	Age-Lo	Age-Hi	Age Level	Subject	Summary
Driver's Edge: Lessons from the Edge	3/24/2015	2008	60	14	99	high school, college, adult	driver's education, drinking and driving, alcohol, marijuana, drugs, addiction	A cutting-edge driver's education program uses the Indianapolis Motor Speedway as the ultimate driving backdrop while providing expert advice on skid correction; emergency braking; collision avoidance; car care; something special for parents & more. 3 copies.
DRUGO Game	9/2/1998			10	99	elementary school, middle school, high school, adult	facts about drugs game	An innovative, educational and entertaining game which helps players learn basic facts about the destructive nature of drugs. Includes 40 playing cards. Two copies in the library.
Drugs Are A Losing Game	8/13/2003	1999		8	99	elementary school, middle school, high school, college, adult	drugs, addiction, prevention, refusal skills, game	Allows 2 or more players to experience the miseries of drug use (i.e. rehab, jail time, loss of possessions, etc.) as opposed to the rewards of sober living. Players see the futility of playing with drugs & the wisdom of avoiding them. Instructions.
Drugs, Your Friends, And You	8/14/2003	1999	24	10	14	elementary school, middle school	alcohol, drugs, peer pressure, decisions, friends	Peer acceptance makes teens vulnerable to pressure to use alcohol or drugs. But teens can respect their best interests & say no - they have choices. Also provides specific techniques for dealing assertively with pro-alcohol/drug pressures. 3 copies. Guide.

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Drugs: True Stories	11/12/2013	2007	30	10	99	elementary school, middle, high school, college, adult	prescription drugs, addiction, alcohol, alcoholism, marijuana, drugs, treatment, recovery, substance abuse, denial	Explores the dangers & risks involved in misuse of prescription drugs thru real stories of addiction. Joel's alcohol & marijuana abuse led to prescription painkillers. Joel & his family describe addiction, denial & recovery. Trevor finds support to avoid drug use. Guide.
DUI: The Hard Truth	12/6/2007	2008	30	12	99	middle school, high school, college, adult	alcohol, drinking and driving, DUI, addiction, decision making	Reveals the horrifying details surrounding drinking & driving thru dramatic reenactments that hit home the indisputable truth that driving while drunk or impaired results in unforgettable pain, suffering & death. Graphic. 2 copies. Guide.
Dying High: Teens In The ER	1/2/2003	2003	25	13	18	middle school, high school	alcohol poisoning, drugs, decisions, risk-taking	Real glimpse into what happens when ER doctors treat teens for overdoses, alcohol poisoning, car wreck trauma and more. Reminds teens that risk-taking behaviors can lead to injury & death. Graphic scenarios. Guide.

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Everything You Need to Know about Marijuana in 22 Minutes	1/7/2014	2012	22	12	23	middle-college	marijuana, risks, health, addiction, spice, k2	Doctors illustrate how pot can permanently damage the teenage brain and contribute to mental illnesses. Viewers learn how marijuana use seriously impacts driver alertness, reflexes and perception skills. Guide.
Flirting or Hurting? When Is It Okay, When Is It Harassment?	1/8/2014	2010	20	10	14	middle	harassment, prevention	Uses dramatic scenarios, on-screen narrators and discussions to show young viewers the difference between real flirting and hurting. Guide.
Gossiping, Taunting, Bullying: It's All Harassment: Violence Prevention	4/27/2015	2001	24	11	14	elementary school, middle school	bullying, harassment, violence, conflict resolution, anger	Teens share their own experiences with bullying, taunting & teasing to help other kids recognize & stop harassment. CD-ROM Guide.
Great Drugosaur Expedition	9/26/2013	2002	18	8	12	elementary school, middle school	alcohol, tobacco, marijuana, hallucinogens, steroids, inhalants, cocaine, ecstasy	Drugosaurs became extinct because of their own foolish actions. Through each Drugosaur's humorous name and unforgettable story, children will associate drug abuse with destruction. Leader's and curriculum guides & an activity book.

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Help Your Teen Understand Bullying	10/7/2010	2006	24	18	99	adult	bullying, cyberbullying, violence, conflict resolution, decision making, self-esteem	Pre-teens don't understand that taunts & put-downs hurt others. Details the signs that a child is being bullied & what to do about it. Identifies bullying behaviors in kids & subtle, hurtful forms of bullying. Provides strategies for communicating expectations, empowering kids to resist bullying & how to deal with cyberbullying. Guide.
High On Painkillers: Addiction and Overdose	3/21/2013	2013	21	12	22	middle school, high school, college	prescription drugs, addiction, drugs, drug abuse, Oxycodone, Vicodin, Methadone	Prescription Painkillers (i.e. Oxycodone, Vicodin, Methadone, etc.) are the leading cause of accidental death. Teen stories of addiction depict the dynamics of painkiller addiction & the downward spiral that can lead to death by overdose. Former users, physicians & drug educators share the difficulties of coping with addiction. Guide.

Title	Entered	Year	Length	Age-Lo	Age-Hi	Age Level	Subject	Summary
High On Spice: The Dangers Of Synthetic Marijuana	1/28/2011	2011	14	12	22	middle school, high school, college	Spice, K2, marijuana, drugs, addiction, drug prevention, choices, decision making	Spice or K2, once sold as incense, is an herbal mixture sprayed with synthetic cannabinoids that is being used as a substitute for marijuana. Users experience scary, unpredictable, life-threatening effects & addiction. Interviews with drug counselors & the law emphasize the dangers of experimenting with substances containing unknown experimental chemicals. 2 copies. Guide.
How Could This Happen? A True Story about Binge Drinking and Death	1/7/2014	2013	18	12	23	grade 7-college	alcohol poisoning, drinking, binge drinking	Provides a close up look at Molly Amman's poisoning in 2011. Interviews with family members and friends make students aware of the dangers of alcohol poisoning and binge drinking. Guide.
I Can't Breathe Educator's Program	12/8/2000	2000	23	12	99	middle school, high school, adult	tobacco, smoking, prevention, addiction, nicotine*	Tells the emotional and compelling story about a woman who started smoking as a young girl and who is now dying from emphysema. Shows the real and devastating effects of smoking related illness. 2 copies. Moderator's guide.

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I Don't Have A Problem: The Path To Addiction	4/23/2015	2000	28	12	18	middle school, high school	addiction, drugs	One teen's descent into addiction offers powerful insight into the nature of the process and helps students begin to understand just how vulnerable they are. CD-ROM Guide.
I Was Cyberbullied	5/11/2012	2010	23	12	22	middle school, high school, college	bullying, cyberbullying, violence, conflict resolution, decision making, self-esteem	Uses real stories to provide tips & suggestions on how to avoid being victimized by this new form of bullying. "Bully Coach", Joel Haber tells how serious & damaging cyberbullying can be while touching upon recent cases involving suicide. Shows victims and perpetrators that cyberbullying is "a big deal". 2 copies. Guide.
Impact: Driving Drunk, Driving High	2/16/2002	1999	32	14	99	high school, college, adult	drunk driving, alcohol, drugs, DUI, decision making	The impact driving under the influence of alcohol or drugs has on society. Addresses the effects of alcohol & prescription drugs on a driver's judgment & motor skills. Details the consequences of making the choice to drive drunk or high. Guide.
Just Say No Game	2/14/1997			7	14	elementary school	alcohol, drugs and tobacco game	Game for 2-6 players which includes a game board, 120 playing cards, a Just Say No guide, dice and game pieces. Promotes the Just Say No message. Two games.

Title	Entered	Year	Length	Age-Lo	Age-Hi	Age Level	Subject	Summary
Keeping the Peace: Mediation: Win-Win Solutions (Student Workshop)	4/28/2015	2005	25	12	18	middle school, high school	conflict resolution, anger, violence, peer mediation	Teens learn the skills to help them take control of their lives and resolve conflicts responsibly, constructively, and peacefully. CD-ROM Guide.
Know Yourself: The Secret Of Self-Esteem	4/23/2015	1996	23	12	18	middle school, high school	self-esteem, character education	Helps teens identify their personality type. Understanding it and other personality types will help them get along better with others and make the right decisions. CD-ROM Guide.
Lauren Stalnecker "Lauren"	3/20/2015	1994	7	14	22	high school, adult, college	drug prevention, violence, decisions, drinking and driving, marijuana, drugs, music	Christian rock music inspires youth not to drink & drive or use marijuana & other drugs; engage in violence or intolerance; and not to put themselves down. 2 copies. Guide.
Lauren Stalnecker "Vision" DVD	3/20/2015	1995	6	14	22	high school, adult, college	drug prevention, violence, decisions, drugs, music	Christian rock music inspires youth to live a drug-free life; choose non-violence; and to stand up for what is right. Guide.
Legal But Deadly: Abusing Prescription Drugs	1/8/2014	2005	19	12	23	grade 7-college	prescription drugs, addiction, false beliefs, side effects	recent cases of teens that became addicted to prescription drugs and the resulting consequences. Highlights kids' false beliefs that because the drugs are prescribed they are safe. Guide.



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Let's All Get Along: Conflict Resolution	4/28/2015	2005	16	4	7	elementary school	anger management, conflict resolution, violence	Delightful songs and situations involving "Betsy the Bus Driver" help kids see how cooling down before saying something you might regret; listening; asking questions instead of jumping to conclusions; not using hurtful words; and compromising can resolve conflicts peaceably. CD-ROM Guide.
Make Time To Listen... Take Time To Talk Card Game (KEN)	2/15/2003	2003	60	10	99	elementary school, middle school, high school, adult	communication, parenting, drug prevention game	their children toward positive activities and friendships by spending just a few minutes of undivided time with kids. Includes 72 game cards. 2 copies.
Marijuana And The Teenage Brain	8/22/2013	2013	23	12	21	middle school, high school, college	marijuana, addiction, drugs, prevention, decision making	Explores the latest research on marijuana and the teen brain. Marijuana affects parts of the brain associated with coordination, cognition & intelligence (IQ), and mental illness. It is addictive but more so for teens whose brains are not fully developed. Recovering users describe why they started using and how use led to dependency & addiction. Guide.

Title	Entered	Year	Length	Age-Lo	Age-Hi	Age Level	Subject	Summary
McGruff's Kids Files: Tobacco	7/10/2007	2002	16	9	13	elementary school, middle school	tobacco, smoking, prevention, nicotine, addiction, media literacy	Explores the addictive properties of tobacco; the harmful chemicals it contains; its role in cancer, emphysema and heart disease; the dangers of secondhand smoke; and how cigarette advertisers target youth. Also, contains graphic images. Guide.
Me and My 500 "Friends": Staying Safe on Social Networks	1/8/2014	2012	20	12	23	grade 7-college	social networks, cyberbullying, harassment, "sexting"	Provides teens with an essential safety primer on using social networks. Through interviews with real young people, teens learn that social networks can be good for communication, but also pose significant risks. Guide.
Media Sharp: Analyzing Tobacco & Alcohol Messages	6/10/1999	1999	7	11	14	middle school, high school	media literacy, alcohol & tobacco advertising	Enhances youth's ability to access media messages about alcohol & tobacco, increases their understanding of their influence on behavior & heightens their resistance to them. 2 copies.
Meth Education Tool Kit	9/22/2006	2005	30	18	99	adult	meth prevention, ice, addiction, drug abuse	Tells the police, fire dept., EMS, hospitals, treatment facilities, public health, schools, public works, hotels, retail stores, real estate companies, courts, environmental control, and child services what to do about meth in the community. 3 copies.

Title	Entered	Year	Length	Age-Lo	Age-Hi	Age Level	Subject	Summary
Meth Epidemic	8/23/2006	2004	60	14	99	college, adult	meth, methamphetamine, drug abuse, addiction	Investigates big business surrounding meth, which swept the nation after two Mexican drug runners began smuggling ephedrine by the ton. Explores meth addiction & the conflict between the illegal drug trade and the legitimate \$3 billion cold remedy business. Guide.
Meth Video Series (Midwest HIDTA)	5/20/2005	2004	71	12	99	middle school, high school, adult	meth, methamphetamine, drugs, addiction	Details the devastating effects meth has had on the lives of four teen former meth users in 4 segments - "Amy's Story", "Life or Meth", "Life or Meth: What's the Cost?", and "Myths About Meth". 4 copies. Graphic.
Methamphetamine: Nowhere Fast	6/3/2008	2006	12	11	99	middle school, high school, college, adult	meth, methamphetamine, drugs, addiction	Meth is destructive. It's not difficult to make & that's why it's so dangerous. Dealers either want meth or money & are violent. Dealers suffer from paranoia & violent outbursts & commit horrible crimes. Kids who buy meth don't realize how dangerous buying & using it is.

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Natural High II	4/6/2015	2005	20	10	18	elementary school, middle school, high school	drug prevention, decision making	Encourages teens to be drug-free by profiling celebrities & athletes who live a drug-free lifestyle. Tony Hawk, 12-time world skateboard champion; Nina Heinberg; Travis Pastrana; Tori Allen; Laird Hamilton; Wendy Fisher; and celebrity Hip Hop dancers "Crazy Legs" & "Mr. Wiggles" host. Guide.
Natural High IV	4/6/2015	2009	25	10	18	elementary school, middle school, high school	drug prevention, decision making	Features "Natural High" DVDs II & III which encourage teens to live drug-free. DVD II profiles drug-free celebrities & athletes Tony Hawk; Hip Hop dancers "Crazy Legs" & "Mr. Wiggles" and many others. DVD III features musicians, and athletes Paul Rodriguez Jr., Pro-Skater; Timmy Curran, pro surfer and musician & many others. Guide.
Nicotine: Just Say No	7/10/2007	2007	12	10	14	elementary school, middle school, high school	tobacco, smoking, nicotine, prevention, addiction	Teens teach pre-teens about nicotine addiction - it's not a harmless "habit", it's a serious addiction with deadly consequences. If you use nicotine, chances are you'll use other drugs & it'll be tough to quit once you start. Using tobacco leads to addiction, which can affect the rest of your life. 2 copies. Guide.

