

Words Can Work: Helping Kids Make Healthy Choices

To grow up safely, kids need to connect. Some kids get involved with alcohol and other drugs, and sexual risk-taking. Some kids *act out* emotional pain. Others internalize it. With poignant interviews with savvy young people who tell the truth about what stresses them out, this powerful, multi-media presentation gives you the information, the strategies, and the words to help kids make lifesaving connections and healthy choices. *Recommended for parents, caregivers, educators and healthcare providers.*

Underage Drinking: What's the Buzz?

First use of alcohol typically begins around age 13.¹ Thirteen percent of high school students surveyed admitted to drinking and driving during the previous month.² Kids drink alcohol, but rarely for the taste. So, what's the appeal? And why do some parents balk at having *talks* about alcohol? You'll see excerpts of *Alcohol: True Stories Hosted by Matt Damon*, including young people talking about the reasons they use alcohol, and others describe why they avoid it. Plus, you'll hear from parents who wouldn't face their child's alcohol use until it was too late. You'll hear the latest research, and how the entire community can work to reduce underage drinking. Blake gives you the facts, leading you into lively, life-saving discussion.

1. NIDA must use whole words.

2. U.S. Centers for Disease Control and Prevention.

Sexual Health: Right From the Start

Nearly 80 percent of parents surveyed admitted that they don't talk enough with their kids about relationships and becoming sexually active.¹ Sure, these conversations can feel awkward. But telling the truth is key to keeping the door open to ongoing conversations about sexual health. Excerpts from *Raising Healthy Kids: Families Talk About Sexual Health* show you when and how some families begin these important talks. You'll learn what the latest research says, and how you can help kids make smart choices, postpone sexual intercourse, and grow up to enjoy healthy, responsible relationships. *Recommended for parents, caregivers, educators and healthcare providers.* (Please Specify: *For Parents of Young Children* or *For Parents of Preadolescents and Adolescents.*)

1 Kaiser Family Foundation.

Drugs: My Kid Doesn't Use!

Twenty-five percent of 8th graders have already used an illegal drug.¹ Forty percent of U.S. teens say they expect to use an illegal drug in the future.² Why *not* your kids? Excerpts from *Drugs: True Stories* show you why some young people readily use drugs with grave consequences, while others avoid them. Parents tell how and why they used denial as a way to cope. Blake gives you the latest research on young people and drugs. You'll learn how to spot the warning signs, and know when it's time to act. Get the facts and be a credible source of information so you can talk with kids about drug use before trouble starts. *Recommended for parents, caregivers, educators, and healthcare providers.*

1, 2. Partnership for a Drug Free America.

Also available to speak: 21-year-old Joel and his father, Herb, a former school superintendent, featured in the DVD *Drugs: True Stories*, tell how denial affected their entire family; how Joel's abuse of alcohol and marijuana led to addiction to the prescription painkiller OxyContin®; and how Joel finally began his recovery which continues today. *Recommended for young people, parents, caregivers, educators, and healthcare providers.*

Steroids: Win at any cost?

One in 25 high school students admits to using illegal anabolic steroids.¹ What are the real reasons behind the widespread abuse? Sometimes it's the need to win, no matter what. Other times steroid use is a symptom of the serious disorder, muscle dysmorphia. In a riveting, multimedia presentation, Blake discusses the harm caused by these dangerous drugs, and the ethics of fair play. Through excerpts from *Steroids: True Stories Hosted by Curt Schilling*, you'll hear from a former steroid abuse who says using the drugs is cheating, and from an accomplished athlete who builds his strength naturally. You'll learn to recognize the signs of abuse and how to start lifesaving conversations about steroid use.

1. U.S. Centers for Disease Control and Prevention.