

Saskatchewan Learning
Health Education and Drug Awareness
Recommended Learning Resources – Secondary Level Grades (Grades 10-12)

The following resources have been recommended by Saskatchewan Learning to support several curricula. Each entry contains the citation (title, author, publisher, ISBN) along with an annotation and the suggested uses. The suggested and other use information illustrates the curricula the resource was recommended to support. A complete listing of online bibliographies and updates can be found at www.sasklearning.gov.sk.ca/branches/curr/iru/onlbib.shtml.

Recommended websites, including those from Saskatchewan Health, can be found on page www.sasklearning.gov.sk.ca/branches/comm/DrugEd.shtml.

Addiction (Print-Non-Fiction). Gerdes, Louise I., ed. (Opposing Viewpoints Series). Greenhaven Press, 2005. 189 p. ISBN 0-7377-2217-7.

Titles in this series are very useful for encouraging dialectic discussions. The causes of addiction, the seriousness of the problem, its treatment and the role of the government are the main areas discussed. When applying social psychology to the real world, this title will be of use. An index is included.

Suggested Use: Life Transitions 20/30; Community Issues and Ethics

Other Use: Psychology 20; Acting and Interacting in a Social World

Analyse Yourself: A Teen's Guide to Understanding Their Friends, Parents and Themselves! (Print-Non-Fiction). Gordon, Karyn. Castle Quay Books, 2002. 237 p. ISBN 1-894860-00-4.

(CAN) Although this resource is in the self-help genre, the subtitle certainly indicates it may be of interest to adolescents. With self-esteem as the focus, the author has used a format and writing style that will appeal to high school students. Whether the topic is friendship, anger, body image, or ways to feel good about yourself, the advice is practical and applicable. The index provides easy access to the contents.

Suggested Use: Psychology 20; Making Sense of Our World; Who Am I?; Psychology 30; Adolescence

Canada's Teens: Today, Yesterday, and Tomorrow (Print-Non-Fiction). Bibby, Reginald W. Stoddart Publishing Co. Ltd., 2001. 356 p. ISBN 0-7737-6181-0.

(CAN) Between 1975 and 2000, Reginald Bibby surveyed young adults. Following an analysis of this data, the author has presented an excellent statistical snapshot of what is going on with teens today. He then compares contemporary teens with teens during the 1980s and 1990s and also attempts to take a look into the future. Teen attitudes towards violence, sexuality, drugs, Canada and religion are examined along with their value and concerns. The results of the surveys are given in several tables with an easy-to-read discussion of the findings. An index is included.

Suggested Use: Psychology 20; Who Am I?; Psychology 30; Adolescence

Canadian Profile: Alcohol, Tobacco and Other Drugs = Profil Canadien: L'alcool, le Tabac et les Autres Drogues (Print-Non-Fiction). Centre for Addiction and Mental Health, 1999. 399 p. ISBN 0-88868-329-4.

(CAN) The statistics presented in this report illustrate the nature and extent of use and abuse of alcohol, tobacco and other drugs in Canadian society. The discussions that accompany the statistics are easy to read. The report's focus is to create a better understanding of the problems caused by substance abuse. The many charts and tables help to make this resource an excellent learning tool.

Suggested Use: Life Transitions 20/30; Community Issues and Ethics

Other Use: Psychology 20; Acting and Interacting in a Social World

Core Concepts in Health. Brief 9th ed. (Print-Non-Fiction). Insel, Paul M. and Roth, Walton T. McGraw-Hill Ryerson Limited, 2002. 420 p. ISBN 0-07-253068-5.

This resource focuses on health and wellness concerns that are of great importance to teens. Topics covered include the goals of wellness, stress, mental health, relationships, sexuality, substance abuse, nutrition, fitness, weight management and safety. Each chapter contains a running glossary, a chapter summary and web connections. Fact boxes provide additional information about current issues, mind/body/spirit, diversity and being a critical consumer. The colour photographs, charts and graphs make this an appealing book for both teachers and students. Included are a table of contents, an index and a study guide.

The enclosed CD-ROM is interactive and provides students with learning aids and wellness tools.

Suggested Use: Life Transitions 20/30; Health Self-Care; Teacher Reference

Other Use: Wellness 10; General Reference; Teacher Reference

Donna's Story (Video). National Film Board of Canada, 2001. 51 min. Order no. C9101 025.

(SK) In this video, Donna, a Cree woman from Saskatchewan, discusses how she left the streets to start a new life. As a counsellor to women inmates, Donna supports other young women in their attempt to avoid a life of addiction and prostitution. It is Donna's hope that her work will help break the cycle of poverty and abuse.

Previewing is highly recommended prior to use.

Suggested Use: Life Transitions 20/30; Community Issues and Ethics; Conflict in Relationships

Other Use: Law 30; Criminal Law

Other Use: Native Studies 30; Social Development

Initiatives: Aboriginal Content and Perspectives

Ecstasy: First Pill or Last (Video). AGC United Learning, 2002. 20 min.

This program dispels some of the myths regarding club drugs such as ecstasy and provides accurate, timely information that will help viewers to make informed decisions about these dangerous drugs. It also relays the tragic story of a teenager whose death was caused by overdosing on ecstasy and the impact that her death had on family and friends.

Suggested Use: Life Transitions 20/30; Community Issues and Ethics

Other Use: Health Education: Grade 7; Alcohol and Other Drugs

Other Use: Psychology 20; Acting and Interacting in a Social World

Fighting Invisible Tigers: A Stress Management Guide for Teens. Rev. & updated ed. (Print-Non-Fiction). Hipp, Earl. Free Spirit Publishing, Inc., 1995. 153 p. ISBN 0-915793-80-6.

This appealing book addresses the pressures and problems encountered by teenagers and provides information on life skills, stress management and methods of gaining more control over their lives. It offers insightful advice on numerous topics such as being assertive, building supportive relationships, making decisions, staying healthy and even growing a funny bone. The text is enhanced with several black-and-white illustrations. Included are a table of contents and an index.

The companion resource, A Leader's Guide Fighting Invisible Tigers: A Stress Management Guide for Teens, includes background information on teen stressors and suggests several classroom activities.

Suggested Use: Psychology 20/30; Acting and Interacting in a Social World

Other Use: Health Education: Grades 6-9

Other Use: Wellness 10; Stress Management

Flipping the World: Drugs Through a Blue Lens (Video). National Film Board of Canada, 2000. 30 min. Order no. C9199 302.

(CAN) In this program, the Odd Squad, a detachment of the Vancouver Police, films drug addicts on the east side of the city. The Odd Squad then works with seven high school students who view the footage and meet some of the addicts who are either still using drugs or are in a recovery program. Throughout this process, the students experience a shift in attitude toward drugs and the people who use them.

A brief teacher's guide is included on the video jacket.

Suggested Use: Life Transitions 20/30; Community Issues and Ethics
Other Use: Health Education: Grade 7; Alcohol and Other Drugs
Other Use: Psychology 20; Acting and Interacting in a Social World

For John (Video). National Film Board of Canada, 2003. 53 min. Order no. C9103 075.

(CAN) In 1998 a young man from the Mohawk community in Kahnawake, near Montreal, committed suicide after years of drug addiction. It wasn't until 2002 that his family was able to overcome their grief, break their silence, and discuss the difficulties that John was facing and how his life spiralled out of control.

Suggested Use: Life Transitions 20/30; Community Issues and Ethics
Other Use: Psychology 20; Acting and Interacting in a Social World
Initiative: Aboriginal Content and Perspectives

Gatherings Volume XI: Flight Scape: A Multi-Directional Collection of Indigenous Creative Works (Print-Anthology). Belmore, Florene, ed. (The En'owkin Journal of First North American Peoples Series). Theytus Books Ltd., 1999. 304 p. ISBN 0-919441-93-9.

(CAN) This book is one of a continuing series that presents First Nations prose and poetry about varied topics. This compilation includes poetry and short stories that deal with issues such as racism, residential schools, drugs and alcoholism. These poignant tales nurture an understanding of the problems and challenges faced by Inuit Peoples and are authentic, current and very readable.

Please note that some of the selections contain sensitive language or situations. Teachers are reminded to ensure that the selections they choose match the objectives of the themes and issues at each particular grade level.

Suggested Use: English Language Arts 10: Equality; Multigenre; English Language Arts 20: Multigenre; Recollection; English Language Arts A30: Aboriginal Voices; Multigenre
Other Use: Native Studies: Grades 10-11
Initiative: Aboriginal Content and Perspectives

Halfbreed (Print-Non-Fiction). Campbell, Maria. Formac Publishing Company Limited, 1973. 184 p. ISBN 0-88780-116-1.

(SK) In this forthright account of her life as a Métis woman, Campbell describes her childhood in Northern Saskatchewan, a disastrous marriage to a non-Aboriginal man, and her struggle to escape the downward spiral associated with drug addiction in the slums of Vancouver. Through her narrative, Campbell provides intimate understanding of the roles alcohol and racism have played in the lives of the Métis people and the need for self-confidence and human dignity. First published more than two decades ago, this ground-breaking autobiography is a graphic portrait of survival, presenting realistic images of the author and her people's culture.

Suggested Use: English Language Arts: A30
Initiative: Aboriginal Content and Perspectives

Health: The Basics. 3rd Canadian ed. (Print-Non-Fiction). Donatelle, Rebecca J., et al. Pearson Education Canada, 2004. 482 p. ISBN 0-13-120687-7.

(CAN) A good overview of several health-related issues is presented in this Canadian edition of an American resource. The range of topics is very broad covering such things as managing stress, sexuality, fitness, drug abuse, disease, and consumerism. The use of photographs is very effective and the statistics and information have been Canadianized. An index is included.

Suggested Use: Life Transitions 20/30; Health Self-Care; Teacher Reference

Other Use: Wellness 10; General Reference

Healthy and Well (Print-Non-Fiction). Campbell, Judith. (Lifechoices Series). Prentice Hall Inc., 1996. 96 p. ISBN 0-13-244195-0.

(CAN) In an attractive magazine format, this resource contains a collection of articles, case studies, quizzes, charts, graphs and cartoons. The information presented focuses on how young people can achieve both a healthy mind and a healthy body. This resource includes information on stress management, healthy eating, physical fitness, AIDS, substance use and abuse, and sexually transmitted diseases. A brief glossary of terms is provided.

Suggested Use: Life Transitions 20/30; Health Self-Care; Teacher Reference

Other Use: Wellness 10; General Reference

Hear These Voices: Youth at the Edge of the Millennium (Print-Non-Fiction). Allison, Anthony. Dutton Books, 1999. 170 p. ISBN 0-525-45353-9.

In a series of case studies, 15 “at risk” young people from around the world share their experiences of trying to survive in the new millennium. For these teenagers, the reality of the world they live in consists of AIDS in San Francisco, prostitution in Thailand, religious differences in Northern Ireland, alcoholism in the Ukraine and homelessness in South Africa. These are, however, not depressing stories. The young people who are profiled talk about how they have coped with their struggles and made an attempt to overcome them. The stunning black-and-white photographs add to the appeal of the resource.

Suggested Use: Life Transitions 20/30; Community Issues and Ethics; Personal Self-Knowledge; Relationships

Other Use: Psychology 20/30; Adolescence

Other Use: Social Studies 20; Human Rights

Highs!: Over 150 Ways to Feel Really, Really Good... Without Alcohol or Other Drugs (Print-Non-Fiction). Packer, Alex J. Free Spirit Publishing, Inc., 2000. 151 p. ISBN 1-57542-074-0.

Stress is a factor that affects virtually everyone in our society. This resource provides an informative and entertaining look at what stress is all about and how to relieve stress through natural means. The author discusses the benefits of each of the techniques in decreasing stress. He also provides suggestions on how to carry out the activities and lists agencies to contact for professional instruction. One shortcoming of the book is that the agencies listed are American. The activities discussed cover a very broad range from breathing exercises to the benefits of exercise, sports, healthy eating, intellectual pursuits and connecting with friends, family and pets. An index is included.

Suggested Use: Life Transitions 20/30; Life Balance; Personal Self-Knowledge

Other Use: Psychology 20; Acting and Interacting in a Social World

Other Use: Wellness 10; Stress Management

Legal Counsel: Frequently Asked Questions About the Law: Book Four: Criminal Law (Print-Non-Fiction). Vandor, Les. ECW Press, 2002. 92 p. ISBN 1-55022-553-7.

Part of the Legal Counsel: Frequently Asked Questions About the Law Series, this volume presents an easy-to-use question and answer format to criminal law. Some of the topics covered include firearms, sexual offences, gaming, illicit drug use and fraud. The detailed index allows for easy access to the information contained within the answers.

Suggested Use: Law 30; Criminal Law

One Mother's Journey (Video). Independent Moving Pictures (KIN), 1996. 24 min. No order number is required.

(SK) An aboriginal mother travels with her children and parents to join a Unity ride on horseback from Saskatchewan to Wyoming. She discusses the effects of residential schooling on her life, her challenges as a young single mother, her drug dependency and the healing process she and her family have experienced.

This program is closed-captioned for viewers with hearing disabilities.

Suggested Use: Native Studies 30; Social Development

Initiative: Aboriginal Content and Perspectives

The Shadow Line: Deviance and Crime in Canada. 3rd ed. (Print-Non-Fiction). Gomme, Ian McDermid. Nelson Thomson Learning, 2002. 451 p. ISBN 0-17-622252-9.

(CAN) Written from a sociological perspective, this resource offers the teacher some interesting insight into the causes of crime. While the first two sections are fairly academic and discuss the theories of deviance and crime, the last sections examine crime statistics and the actual crimes. Individual chapters are devoted to murder, sexual assault, prostitution, drug abuse, organized crime, business crime and mental illness. Objectives are presented in each of these latter chapters along with a general introduction. More specific information is also presented on several subcategories within these topics. Review and discussion questions close each chapter. An index is provided.
Suggested Use: Law 30; Criminal Law; Teacher Reference

Through a Blue Lens (Video). National Film Board of Canada, 1999. 53 min. Order no. C9199 117.

(CAN) The images are powerful and the language is course, but the effect of this video is moving. Seven police officers, who patrol Vancouver's Downtown Eastside district, began to document the lives of drug addicts on their beat. Using these videos, the officers have gone into schools with a strong anti-drug message. Not only is this video a powerful and effective educational tool concerning the perils of drug use, but it also relays a compassionate image of the addicts themselves. Previewing is essential before classroom use.

Suggested Use: Life Transitions 20/30; Community Issues and Ethics

Other Use: Law 30; Criminal Law;

Other Use: Psychology 20; Acting and Interacting in a Social World

What Do You Stand for?: A Kid's Guide to Building Character (Print-Non-Fiction). Lewis, Barbara A. Free Spirit Publishing, Inc., 1998. 277 p. ISBN 1-57542-029-5.

This comprehensive, practical resource provides materials that help teachers to guide their students in building positive character traits. It offers practical features such as:

- descriptions of positive character traits
- profound, inspiring quotations and real-life stories
- dilemmas that challenge students to think about character traits and to practise problem-solving and decision-making skills
- activities that present opportunities to explore, experience and strengthen positive character traits.

What Do You Stand for? contains a table of contents, an index and lists of resources that include websites and American support organizations.

Suggested Use: Life Transitions 20/30; Community Issues and Ethics

Other Use: Health Education: Grade 6; Changes of Puberty; Decision-making Process; Personal Standards; Safety & Accident Prevention; Self-concept; Grade 7; Factors That Affect Decision-Making in Relationships; Grade 8; Conflict Resolution; Respect in Relationships; Grade 9; Safety at School, at Home, and in the Community; Teacher Reference

You Hear Me?: Poems and Writings by Teenage Boys (Print-Anthology). Franco, Betsy, ed. Candlewick Press, 2000. 107 p. ISBN 0-7636-1158-1.

In their own frank, explicit words, teens speak about love, anger, sex, conformity, drugs, family, loneliness and being gay in writing that ranges from free-verse poetry to brief prose. The hopes, dreams, fears and desires of young men from different cultures and backgrounds shine through in selections that are openly honest, raw and sometimes tender. The book provides a good model for writing-especially for sometimes-reluctant writers.

Please note that some of the writing in this anthology contains sensitive material. Teachers should preview the selections and consult their school division policy before using this resource.

Suggested Use: English Language Arts: Creative Writing 20; Poetry

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