



Health Resources

From the Bergen County Health Promotion Resource Center
September/October 2003

OBSERVE RED RIBBON WEEK THIS OCTOBER

The purpose of the Red Ribbon Campaign is to present a unified and visible commitment toward the creation of a drug-free America. A recent survey of students in grades 8, 10 and 12, brought encouraging news about the decline in teens' use of marijuana, ecstasy, and alcohol, emphasizing the importance of education concerning the dangers of drug abuse. Incorporated these videos into classroom lessons to coordinate with other activities in uniting for drug-free communities.

Ruined Lives: Just One Time

Intended for students in grades 9 - adults, this 2000 video tells the story of a young woman who tries "meth" for the first time and the consequences of that use. Interviews with individuals whose lives have been affected by methamphetamine abuse are included. The dangers of "meth," "speed," "ice," or "crystal" are emphasized. A study guide provides discussion questions and background information.

VHS, 30 minutes

Request: AV D18

Date Rape Drugs: What You Need to Know

Both teen and adult victims of drug-facilitated rape discuss how easily this crime can be accomplished and the importance of self-protection. Includes information on ecstasy, GHB, rohypnol and ketamine. Practical tips provide ways to decrease risks. A lesson plan includes handouts on ways to reduce risk and suggested actions for victims. Intended for grades 9 and older.

VHS, 22 minutes

Request: AV D17

Yoo Hoo

Yoo Hoo is a puppy who has to learn how to keep out of trouble by learning about things that could be harmful. Emphasis is on drugs and alcohol, but other health aspects are included. Refusal skills are demonstrated. This video, a New Jersey Network Project Tape, most useful for students in preK - grade 1.

VHS, 14 minutes

Request: AV D4

The Health Promotion Resource Center offers information and health promotion materials such as videos for loan and accompanying handouts on a wide range of health issues to residents of towns contracting with the Department of Health Services for health education. Residents are invited to call their health educator at (201) 634-2600, or the Resource Center at (201) 634-2703.

Policies for Borrowing Videos

- Up to two videos may be borrowed at one time.
- Videos may be borrowed for a period of 5 business days.
- A \$50 personal or business check or voucher (school or other) is required as a deposit for each video that is borrowed.
- School personnel can call to inquire about courier delivery.

Health Promotion Resource Center Bergen County Department of Health Services

327 E. Ridgewood Avenue, Room 301 • Paramus, New Jersey 07652-4895
www.bergenhealth.org • (201) 634-2703 • mdoremus@co.bergen.nj.us



Program conducted under the auspices of Bergen County Executive Dennis McNerney
and the Board of Chosen Freeholders



Health Publications

From the Bergen County Health Promotion Resource Center
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The brochures described below are free to residents of towns contracting with the Department of Health Services for health education. Please complete the form at the bottom of the page to receive a single copy.

Club Drugs Aren't Fun Drugs - Useful for students in high school health classes and parents, this brochure describes the effects of a variety of club drugs, their street names and information about usage. Because some of these drugs have been associated with sexual assaults, they are referred to as "date rape drugs."

Brush Up on Dental Health - A one-page check list of good dental health habits. Ideal to use with elementary school children, but appropriate for all ages.

Clearing the Air at Work - Intended for both employers and employees, this full-color brochure includes facts about environmental tobacco smoke (ETS), advantages of a smoke-free workplace and suggestions for making businesses smoke free.

Have Your Child Immunized - This one-page flyer includes the suggested immunization schedule for children from birth through 16 years of age. A helpful reminder for parents.

Please send me the following brochure(s):

- Club Drugs Aren't Fun Drugs*
- Brush Up on Dental Health*
- Clearing the Air at Work*
- Have Your Child Immunized*

Name: _____

School/Organization: _____

Street address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Fax: _____

Email: _____

Mail your completed form to:

Health Promotion Resource Center
Bergen County Department of Health Services
327 E. Ridgewood Avenue, Room 301
Paramus, NJ 07652-4895

Forms may also be faxed to 201-986-1068, *ATTN: Resource Center*
For information on multiple copies, call 201-634-2703.