



Youth Tobacco Prevention Video Guide

Dear Educator

The ***Right Decisions, Right Now: Be Tobacco Free*** video and video guide are provided as a supplement to the ***Right Decisions, Right Now: Be Tobacco Free*** evidence-based youth tobacco prevention program, which is available for free download at www.rightdecisionsrightnow.com or by placing an order through the web site.

The video is free-of-charge and downloadable along with this educator video guide to walk educators through the process of using this video in conjunction with the classroom activities provided in the ***Be Tobacco Free*** materials.

The video provides examples of real-life situations that students, in grades 5-9 may face on a daily basis. Each situation places the students in a position of making decisions to respond to and resist peer pressure.

The video offers three segments for each grade (5/6, 7, 8/9) and focuses on health consequences, interpersonal skills and intrapersonal skills.

It is strongly recommended that the video be used in conjunction with the ***Right Decisions, Right Now: Be Tobacco Free*** materials that are evidence-based and reviewed and rated by the National Registry of Evidence-Based Programs and Practices (NREPP). NREPP is a service of the U.S. Department of Health and Human Services Substance Abuse & Mental Health Services Administration (SAMHSA). Full results of the review can be found at www.nrepp.samhsa.gov.

The video was created by Premier and funded by R.J. Reynolds Tobacco Company.

General Overview of the RDRN: Be Tobacco Free Video

The ***Right Decisions, Right Now: Be Tobacco Free*** (RDRN:BTF) video has a graphic “comic book” look and feel overlaid on video footage. This educational, live-action video provides examples of real-life situations that students in grades 5-9 may face in their daily lives. Each of the situations places the students in the middle of a scenario where the main character is faced with a decision, and at the moment where they may either succumb to peer pressure/influence or resist it, pauses to reflect the situation. The action is stopped at this critical point and the main character is pulled out of the situation where he/she voices his/her thoughts about the situation and walks through the decision-making process (goals, choices, consequences and decision) that is integral to the RDRN:BTF curriculum. ***(Go to page 13 of the Overview Booklet provided with the curriculum for a step-by-step review of the Decision-Making Process.)***



The RDRN:BTF video provides a total of 9 segments with a breakout of 3 segments for each grade level covered in the program (grades 5/6, grade 7, grades 8/9).

The 3 separate video segments for each grade are designed to complement the 3 categories focused on in the study guides: *health (Keeping Healthy section)*, *interpersonal skills (How Friends Fit In section)* and *intrapersonal skills (How I Am section)*. (Go to page 9 of the Overview Booklet in the curriculum for an overview of the activities and subjects focused on in each of these 3 categories)

Length of individual video segments by grade(s)/category

Category	Grade 5/6	Grade 7	Grade 8/9
Health Consequences	3 min. 53 sec.	3 min. 3 sec.	3 min. 35 sec.
Interpersonal Skills	2 min. 30 sec.	2 min. 55 sec.	3 min. 11 sec.
Intrapersonal Skills	3 min. 12 sec.	3 min. 51 sec.	3 min. 28 sec.
TOTAL	9 min. 34 sec.	9 min. 49 sec.	10 min. 13 sec.

Objectives of Video

- Educate students about the health consequences of tobacco use
- Generate classroom discussion regarding the health consequences of tobacco use and the issues students may face with peer pressure and peer influence
- Assist students in developing decision-making skills
- Empower students with the knowledge and refusal skills to make decisions that will positively impact their lives and their health
- Encourage students to look at a situation, consider the consequences of their actions and think about what's right for them

Introducing the Video(s)

The RDRN:BTF video is best used as a complementary tool to reinforce the messages and activities outlined in the classroom curriculum. While the video could be used as a stand alone component, it is also incorporated as part of the overall RDRN:BTF curriculum and complements the classroom activities. You can go to www.rightdecisionsrightnow.com/educators_new/betobaccofree.asp to download the entire RDRN:BTF curriculum.

Each grade contains 3 scenarios that address each of the categories listed below:

- **Health scenario:** primary focus is on the health consequences of using tobacco while illustrating struggles with peer pressure and peer influence.
- **Interpersonal scenario:** displays a conflict between two or more individuals focused on issues of peer pressure.
- **Intrapersonal scenario:** portrays internal conflict through the character's actions focused on issues of peer influence.



Before You Start the Video: What You Need to Know

- Prior to playing each video segment, review the “Getting Started: Incorporating the Video” section at the top of the page under the video length box. This information will help to explain where to introduce each of the videos in conjunction with the RDRN:BTF curriculum.
- Introduce each scenario to the class by providing the students with a description of the characters, setting, and situation.
- Play the first portion of the video segment which sets up the scenario and leads up to the decision the character is facing.
- Stop the video when the “Pause Video” graphic appears.
- Discuss the scenario with the students and the decision that the main character is faced with making. Encourage students to share their thoughts and feelings about the situations in each of the scenarios. Starter questions have been provided under the “Pause Video: Suggested Classroom Discussion Starters” heading to get the conversation started with students. Ask additional questions to extend the conversation.
- When the discussion is over, press play to continue the video segment and watch how the main character moves through the decision-making process and comes to a decision that’s right for them
- At the conclusion of the video segment, discuss how the character handled the situation using the decision-making process and the refusal skill they illustrated in their response. Starter questions have been provided under the “**Conclusion of the Video: Suggested Classroom Discussion Starters**” heading to get the conversation started with students. Ask additional questions to extend the conversation or ask students to role-play alternative endings to the scenario using the refusal skills they have learned.