

THE PARTNERSHIP *presents*
BREAKING POINTS

SCREENING GUIDE

Thank you for your interest in the **BREAKING POINTS** documentary. The documentary and this screening guide will help you share information with parents and other concerned adults about the stress and pressures our teens face today and the dangerous behavior of self-medicating to manage it all.

Below is background on the film and suggestions for hosting a screening so you can share the film with friends, family and community members. This guide provides suggestions for using the materials included in your purchase to help make your screening a success.

What is **BREAKING POINTS**?

BREAKING POINTS is a 30-minute documentary that explores the stress our teens face every day, as well as the unhealthy ways that many of them cope, including abusing prescription stimulants. The film includes candid perspectives from high-school and college students, as well as nationally recognized experts, challenging the misperceived “safety” and effectiveness of using prescription stimulants without a doctor’s prescription. It serves as a catalyst to begin discussions about what parents and communities can do to support teens struggling to manage stress. The film was created in collaboration with director Tucker Capps (of A&E’s “Intervention”) and the Partnership for Drug-Free Kids’ national action campaign, The Medicine Abuse Project. **This film is intended for adults, as content may be educative for teens.**

How can I use **BREAKING POINTS** to educate others?

The **BREAKING POINTS** documentary and this screening guide are designed to help you drive awareness of unhealthy teen stress and stimulant abuse among your friends and family, in your communities and schools and to anyone who has an interest in learning more. You can become a **BREAKING POINTS** event host by screening the film and using this guide to help you talk about the themes in the film and the dangers of self-medication as well as efforts that your school or community are doing or could do to help.

You can screen **BREAKING POINTS** in any setting — from a casual gathering with friends and family in your living room to a more formal screening at a local auditorium with panelists and a moderated discussion. Those interested in hosting a larger screening and need technical assistance, or would like to inquire about a Partnership expert at your screening, can contact Partnership for Drug-Free Kids at webmail@drugfree.org.

Take the Pledge to #endmedicineabuse.

Learn more at drugfree.org/MedicineAbuseProject



Tools available to help you host your screening:

- **A discussion guide** to help you have a productive discussion about the film (see p.4).
- **Three action/tip sheets*** (Mind Your Meds, How to Talk with Your Teens about Stress and Tips for Promoting Teen Well-Being & Healthy Stress Management).
- **A drug fact sheet*** (Fact Sheet/Rx Stimulants and Benzodiazepines).
- **A customizable press release*** to help promote your screening in your community which you can localize and distribute in advance of your event.
- **BREAKING POINTS** movie poster*.
- **Customizable invitation*** to send to your guest list.
- **Suggested social media posts** to help you promote your event (see p. 3).

* Included as a download with your purchase

Once you've set a date, here's what you'll need to get started:

- A place to meet. This can be your home, a library, church hall, school or community meeting room, a café or local restaurant. You simply want enough space for everyone to be seated comfortably. The screening and discussion can also be held in your place of work as a “lunch and learn” presentation, or at a meeting of a club or organization of which you are a member.
- A computer connected to a video monitor or projector or HDMI adapter and television.
- The **BREAKING POINTS** documentary. Please note that we do not recommend streaming the film, as there may be complications and/or slow Wi-Fi connections that will interrupt how the film plays. Instead, we recommend downloading the film onto your desktop or burning a DVD.
- Copies of the three action/tip sheets for your guests.
- Copies of the drug fact sheet.
- If you are having a large group at a public location, you may also want to consider inviting three or four community leaders (school guidance counselors, therapists, doctors, elected official, etc.) as well as a parent and/or teen with personal experience to serve on a panel and discuss what is being done in your community to address healthy teen stress management. Members of the press can also attend and potentially cover the event.

Time to invite your guests:

Invite your guests in the same way that you would invite them to any other gathering — by phone, e-mail and social media – or in any way that works best for you. Included with your purchase is an invitation that you can customize with the event details. Be sure to let your guests know when and where the event will happen. Here's an example:

*“Please join me and some friends to watch and discuss a new short documentary called **BREAKING POINTS** on [date/time]. It was created by the Partnership for Drug-Free Kids to shed light on the important issue of teens, stress and some of the unhealthy ways they cope.”*

Let your guests know why you want to meet and why it is important to you to bring your friends and family together to discuss the dangers teens self-medicating to manage stress.

- If you're hosting a large screening, consider setting an RSVP date. Determine if this should be a few days or a few weeks before your event in order to best prepare.
- Email your screening date and information to webmail@drugfree.org and Partnership for Drug-Free Kids will list your event on its **BREAKING POINTS** webpage, drugfree.org/breakingpoints.

How do I talk about my **BREAKING POINTS** event on social media?

If you're looking to invite people other than your close friends or family, we encourage you to use Facebook, Twitter and other social networks to promote your event to a wider audience. Here are some suggested posts:

For Facebook:

- You're invited to join us on (DATE) at (LOCATION) for a special screening of **BREAKING POINTS**, a short documentary by the Partnership for Drug-Free Kids that explores the stress and pressures our teens face every day, as well as the unhealthy ways that many of them cope. The screening will be followed by a special Q&A to discuss the issue of medicine abuse and teen stress management in general. For more information, (INSERT INSTRUCTIONS HERE).

For Twitter:

- You can help #endmedicineabuse. Join us on (DATE) for a screening of @drugnews new film **BREAKING POINTS** (INSERT LINK FOR MORE INFO).
- Help #endmedicineabuse. Join us for a special film and Q&A; learn more (INSERT LINK FOR MORE INFO).

At Your Event:

Thank your guests for coming and make introductions, as appropriate. Introduce the film and let your guests know:

- The film includes candid perspectives from high-school and college students, as well as nationally recognized experts.
- Give a quick overview of the event. For example, the film will run about 30 minutes in length followed by a 20-minute discussion and 10-minute Q&A session.
- The teenagers and people featured are real people – not actors.
- Remind your guests that the film is brought to you by the Partnership for Drug-Free Kids, a non-profit dedicated to reducing substance abuse among adolescents by supporting families and engaging with teens. Please ask guests to consider making a donation to the Partnership so that we can help more families. Visit us at drugfree.org/donate.
- We encourage you to email photos from your events to webmail@drugfree.org so that Partnership for Drug-Free Kids can track the events and showcase your commitment to #endmedicineabuse with our national audience.

Discussion Guide

After showing the film, discuss it with your guests. Every conversation about the film will be different, and you can adapt your discussion to fit the needs of your attendees. The following are some questions to help you start the conversation:

QUESTION: “What are your immediate responses? In just a few words, what do you think or feel about what you just saw?” Try to get as many people to respond as possible, and try to keep them to brief responses. One guest’s strong opinions may prevent others from sharing their views. Ask guests to hold their questions until everyone has shared their initial response.

QUESTION: “What was the most surprising thing that you learned about teen medicine abuse from the video?” Ask audience members to share what they know about teen prescription drug abuse. Some of the points you want to address are:

- Many teens are taking prescription stimulants without a prescription to study, get ahead and cram for tests.
- Two-thirds of teens who report abuse of prescription medicine are getting them from friends, family and acquaintances.
- Teens in the film expressed that they don’t think medicine abuse is a big deal.
- Not enough parents are talking to their kids about the dangers of medicine abuse.

QUESTION: “The film sheds light on the many stresses and pressures teens face every day. What are some things our community is doing to help support teens and promote healthy coping skills?” You may want to start by talking about simple solutions like breathing, stretching, getting a good night sleep and going for walks. Then, discuss how you might be able to implement programs in your schools such as time management seminars, later school start times, mindfulness workshops and yoga.

QUESTION: “In the film, teens talk about taking prescription drugs without a prescription. What have you heard about medicine abuse in our schools and in the community?” Some points that you may want to address:

- Teens are typically good at hiding medicine abuse until their use gets out of hand.
- Teens are abusing prescription stimulants while at school.
- Many parents don’t know if their child is abusing medicine because the signs of medicine abuse aren’t always as “obvious” as the signs of other illicit drug use.

QUESTION: “What is happening in our community to address the problem of teen medicine abuse and what more should we be doing? How can we get additional programs implemented?” Some additional questions that you may want to raise:

- Are there currently programs in the schools to teach teens about the dangers of medicine abuse? If not, would people support urging schools to use some of the free resources on drugfree.org/medicineabuseproject (school curricula, posters, materials to send home for parents, etc.)?
- Are there others in the community who would benefit from seeing **BREAKING POINTS** and, if so, how to go about making sure that more people see the film?
- Is your local media covering the issue of teen medicine abuse? Can you write letters to the editor or pitch stories to local reporters about the problem or good work that your community is doing to address it?

- Are your elected officials speaking out about this problem? Can you set up meetings to talk about your concerns and ask local leaders to work with you and/or other local leaders to address medicine abuse?
- Are there permanent prescription drug take-back locations (to drop off unused or expired medicines) that are convenient to where you live? Download the Safe Disposal Guide [here](#).

Some tips to have a good discussion:

- Encourage communication by avoiding criticism. Nothing shuts down open dialogue like embarrassment.
- Use a “pivot” when necessary. Pivoting means changing the topic back to the issue that you want to talk about. If an audience member makes a statement that is not germane to your conversation, you “pivot,” by saying “that’s really interesting – I’d like to hear some other responses to our main question.”
- Feel free to mention any related local or national news to make your discussion timely.

Motivating Action:

After you feel that everyone has had the opportunity to share their views, it is important to empower them with real, actionable tools that they can use to address medicine abuse. The Tools to Take Action handouts consist of four documents. Share and discuss each document with your guests.

- Action 1: Mind Your Meds
- Action 2: How To Talk With Your Teens About Stress
- Action 3: Tips For Promoting Teen Well-Being & Healthy Stress Management
- Fact Sheet: Rx Stimulants and Benzodiazepines

Additional Resources:

- If a question arises about the dangers of self-medication or the **BREAKING POINTS** documentary that you cannot answer, if you would like to offer direct feedback on the presentation or have any questions about medicine abuse or Partnership for Drug-Free Kids, please email webmail@drugfree.org.
- In 2013, we produced our first short-form documentary, OUT OF REACH, focused on the abuse of prescription painkillers. Co-created by Tucker Capps and Cyrus Stowe, a teen filmmaker, “OUT OF REACH” captures the issue of teen prescription drug abuse in Cyrus’s school and community. To view the trailer for the film, and receive tools for hosting a screening, please visit: medicineabuseproject.org.
- Our Parents Toll-Free Helpline 1-855-DRUGFREE (1-855-378-4373) is a nationwide support service that offers assistance to parents who want to talk to a trained and caring specialist about their child’s drug use and drinking. Learn more at drugfree.org/get-help/helpline/.
- To learn more about medicine abuse and access additional resources, visit The Medicine Abuse Project at drugfree.org/MedicineAbuseProject and follow #endmedicineabuse on social media.

Partnership for Drug-Free Kids works to reduce substance abuse among adolescents by supporting families and engaging with teens. Visit us at drugfree.org.