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Health

Health

Adolescence - Social & Emotional Development

8850401 38 Minutes 12+

VHS 1995 Magna Systems

The search for identity is one of the major tasks of adolescence. Their relationship with their parents, parenting style and values, peer support of growing independence, all influence this search, and is the focus of this video.

All Bets are Off for Grades 7-8

19338 12+

Binder 2002 Central Michigan U

The goals of this module are that students will: understand the risks and possible negative consequences associated with gambling; understand the different types of gamblers: social, problem and compulsive; understand the laws related to gambling; recognize signs of problem and compulsive gambling; know when and how to get help for a gambling problem; assess their own level of risk and set guidelines that will help them avoid gambling; analyze the influences that encourage or discourage gambling; and apply refusal skills to avoid gambling; synthesize information to create a gambling awareness campaign for peers.

Alvi's Awesome Lung Adventure

15856 - 4-5

Kit 2006 American Lung Assn

It is an innovative, hands-on display and curriculum that increases your students' knowledge of their lungs and encourages positive lung-health values. Children who complete the lessons should be able to: understand how the lungs work; identify components of the human respiratory system; recognize the various characteristics distinguishing healthy and diseased lungs; and make informed decisions concerning lifestyle choices that affect lung health.

Am I Fat?

14178 12+

Book 1992 ETR Associates

Suggestions for teachers, parents and other care providers of children under age of 10. Provides support for diversity in body size.

Asbestos Awareness Training

11501872 90 minutes 12+

VHS 1988 Stekelenbergs

This video includes training in asbestos and its various uses and forms. Shows the health effects, recognition of damage, deterioration and determination of asbestos - containing building materials and other information needed to understand the dangers of asbestos.

Best of the Best Part I - Health Literacy Performance Assessments

17201 12+

Binder 2002 WDPI

Performance assessments are standards-based strategies for determining what students know and how they are able to apply health-related concepts and skills they have learned.

Beyond the Image

7750007 16 minutes 6-12

DVD 2003 Beyond the Image

This DVD is an actual program, in and of itself. It will take viewers through their own personal process of looking at their body image, the influences on it and encourage self-reflection and body acceptance.

Blooming Health

24636 K

Book 1991 Lingui Systems

Teach health, safety, and nutrition vocabulary, and language and thinking skills with Bloom's Taxonomy! Teach your students important health and safety tips while improving language and critical thinking skills with Blooming Health. Your students will learn important, useful health concepts such as: personal hygiene, exercises for a healthy body, nutrition, dental care, the warning signs of sickness, basic safety tips, and the importance of rest and sleep.

Can You See my Pain?

7750117 30 minutes 7-12

VHS 2000 NEWIST

This video was created because self-injury has become both a very serious and widespread problem for teens, especially teen girls, during the last decade. At least one percent of our teen population today is involved in self-injury: in deliberate, repetitive, impulsive, non-lethal harming of themselves through intentional cutting, burning, scratching, bruising, bone breaking and other injurious acts.

Health

Chocolate for a Woman's Courage

17982 12+
Book 2002 Simon and Schuster
Has seventy-seven stories that honor your strength and wisdom.

Cutting - Understanding & Overcoming Self-Mutilation

14219 12+
Book 1998 Norton
The author unravels step by step the mindset of the self-mutilator, explains why the disorders manifests in self-harming behaviors and most of all, describes how the self-mutilator can be helped.

Discover Health

16264 6-8
Kit 2000 AGS
Is the basics of a healthy life for high school students. In a comprehensive health program for students who read below grade level. Addresses the important health issues that confront today's teens.

Don't Bet on It! For Grades 9-12

19343 12+
Binder 2004 Central Michigan U
The goals of this module are that students will: comprehend the risks and possible negative consequences associated with gambling; analyze the influences that encourage or discourage gambling; understand the laws related to gambling; understand the characteristics of different types of gamblers: social, problem, and compulsive; evaluate the warning signs of problem and compulsive gambling; know when and how to get help for a gambling problem; comprehend the potential for addiction to gambling and the phases a compulsive gambler experiences; assess their own level of risk; and synthesize information to create a school media campaign informing peers of the dangers of gambling.

Early Childhood Health and Safety Curriculum

15055 K
Workbook 1996 Denison
Covers: Health: germs and disease, medicines, nutrition, rest and exercise, dental health, Safety: fire safety, pedestrian safety, electricity, guns, Protective Behaviors: my body, feelings, touches, help from 911, and strangers.

Eating Concerns Support Group Curriculum

17176 12+
Book 1997 Community Recovery Press
Tells how to start an "Eating Concerns Support Group" and the advantages of such a group.

Fit, Healthy & Ready to Learn Part I

17076 12+
Book 2000 NASBE
Is designed to reflect the concerns and priorities of education policymakers and administrators. This guide primarily addresses broad policy issues; but does not detail how to best plan and manage the various components of a quality school health program nor does it purport to summarize all the exhaustive research findings about school health programs.

Food, Health and Exercise

11501220 24 minutes 7-12
DVD 2007 Human Relations Media
Studies indicate that nearly 25% of all school-age children are overweight and another 12% have been diagnosed as obese. Clearly, poor eating and exercise habits are a significant problem for today's youth. This newly updated program delivers a clear explanation for this growing dilemma and suggests healthy remedies. Introduction of the New Dietary Guidelines offers easy-to-follow tips for improving health. The New Food Pyramid touts smaller portions, healthier food choices, more exercise and basic information about nutrition and food labeling. Follow a typical teenager as he moves through his day of super-sized fast food, a busy schedule and little exercise. Contrast this typical teen with the myriad of ways to improve our health using the New Dietary Guidelines as a proven progression towards success.

Glasses for Susan - A New Day

11501351 13 Minutes 1-8
VHS 1972 Encyclopedia Britannica
Susan has poor vision, but she doesn't know it. Like many other youngsters who see the world out of focus, she blunders through a series of daily mishaps at school and at play. Finally, a teacher guesses her difficulty, and visits to the ophthalmologist and optician follow. Glasses open up a fascinating new day for Susan. Now she can see a poodle in a window and bright stars twinkling on a frosty night.

Health

Head Lice - An Itchy Problem

7750250 15 minutes K-6
VHS 1998 MarshMedia

Video designed to give students facts on how to guard themselves against this highly communicable parasite. Answers questions what are head lice? How do you get it? How to get rid of it? Students can play an active role in maintaining healthy scalps.

Health Advocacy Program

16228 7-12
DVD 2008 Attainment

The Health Advocacy Program (HAP) is an activity-based curriculum to teach adolescents and adults with developmental disabilities how to maintain a healthy lifestyle. Twenty lessons, each approximately one hour in length, provide basic information for improving nutritional health and physical and emotional well-being. The curriculum emphasizes healthy eating, but it also includes lessons on exercise, relationships, sexuality, stress, high blood pressure, diabetes and depression. The ultimate goal of HAP is to teach participants how to be their own health advocates. HAP lessons are objective-based, with step-by-step instructions, including teacher scripts. Also includes a staff training DVD showing HAP in action.

Health, Growth and Development

16358 5-12
Book 2007 Attainment

A comprehensive health curriculum for students in grades 5-12 who read at a second grade level or below. The text is adapted with Boardmaker symbols and simplified language so struggling readers can understand the content. It incorporates full-color illustrations, on laminated, reusable pages. Great for one-on-one, small group or full class instruction. The eleven lessons cover personal hygiene, how the body changes during puberty, wellness, physiology, sexuality and good touch/bad touch. They feature quizzes in multiple formats which are embedded throughout each lesson.

Healthy Hearts:

Binder 2005 WDPI

Addresses the goal of reducing cardiovascular disease in our students' lives. Covers: healthy heart, tobacco, nutrition, and physical activity.

Kindergarten	19644	12+
First Grade	19645	12+
Second Grade	19648	12+
Third Grade	19654	12+
Fourth Grade	19659	12+
Fifth Grade	19660	12+
Middle School	19661	12+
High School	19662	12+

Healthy Young, Healthy Aging

11501111 15 Minutes 7-12

VHS 1992 Churchill Films

When 17 year old Maria and her friend Louis play tennis against David and Julia, it doesn't look like a fair match. After all, David is 69 and Julia is 71. But Maria and Louis learn that being older isn't the same as being worn out, and what they do in their teen years will have a great effect on their lives 50 years from now. Watch Maria and Louise as they see themselves at 45 and 70. They learn that you're never too young to think about growing older.

Heartmath Solution

17215 12+

Book 1999 Harper Collins

Discover how you can immediately lower stress hormones, raise anti-aging hormone levels, improve your heart rate for maximum longevity, maintain emotional clarity in the midst of chaos, and achieve peak mental and intuitive performance.

Hello Hospital

11501380 14 Minutes K-6

VHS 1982 Coronet Film & Video

Children learn not to fear the hospital by finding out how things are done there.

Health

Hidden Scars, Silent Wound - Understanding Self-Injury

7750491 25 minutes 7-12
DVD 2003 Human Relations Media
This DVD investigates the phenomenon of self-injury. Self-injury refers to a pattern in which a person harms himself or herself by cutting or even burning parts of the body to relieve stress from pent-up emotions. Many people suffer from this usually secretive activity. Typically they have endured unusual and stressful events or abusive family situations, and have resorted to self-injury as an unhealthy coping mechanism. The DVD and print package demystifies this often misunderstood problem by offering candid interviews with “cutters” and their families, as well as commentary by noted experts in the field.

Hospital - 2nd Edition

11501396 10 Minutes 1-3
VHS 1989 Encyclopedia Britannica
Seen through the eyes of a young girl, the video introduces children to an environment that most of them know little about and many of them fear. The girl is given an extensive tour of the hospital by a technician. She also learns about the many jobs that hospital employees perform.

Hospital (Mickey's Field Trip Series)

7750066 10 minutes 1-6
VHS 1988 Disney Educational
The student becomes acquainted with the different parts of a hospital, learns about the duties and responsibilities of the various workers in a hospital, realizes that a hospital is a place to get well if you are sick or injured and becomes aware of the cooperation and teamwork needed to make a hospital run smoothly and efficiently.

Human Growth & Development Resource Packet

17162 12+
Kit 1999 WDPI
Was developed to help school districts develop, review or address issues related to their Human, Growth and Development program. Explores such issues as the state statute, research on teen sexual issues and behavior, samples of locally developed HGD materials and evaluation tools.

Keeping Clean - Handwashing for Health

11502686 17 minutes K-2
DVD 1999 100% Educational Videos
Students discover that keeping clean and avoiding harmful germs help them stay healthy. Students learn what germs are and that hands pick up germs from the environment and are a primary means for germs entering the eyes, nose, or mouth. Petri dish and black light experiments show the effectiveness of hand washing. DVD features include on-screen teacher's guide and vocabulary plus chapter selections.

Let's Investigate Health & Safety Grades 1-4

25726 1-6
Workbook 1984 Teacher Created Materials
Covers: health and safety subjects such as: first aid, travel, disasters, hazards, balance diet and nutrients.

Life Skills Academics - Health

18286 12+
Book 2003 Attainment
Covers five concepts, relating to everyday situations. Includes objectives, teaching suggestions and follow-up activities. Requires students to read stories, solve problems or analyze events the characters encounter. Covers: Oral communication, reading comprehension and sentence and paragraph structure.

Life Skills Health

16261 9-12
Kit 1999 AGS
Is the basics of a healthy life for high school students. In a comprehensive health and wellness program for students who read below grade level. Addresses the important health and wellness issues that confront today's teens.

Life Skills Health

19960 9-12
Book 2007 AGS Pearson
Life Skills Health—a textbook for striving high school students—discusses critical health concepts. Students learn how to maintain positive mental health, deal with emotions, prevent sexually transmitted diseases and common diseases, implement good nutrition and exercise plans, and more. The text sharpens students' abilities to set goals and make decisions. In addition, it explains how to sustain healthy relationships, communicate effectively, and access health resources. Throughout this book, simple sentence structure and assistance with difficult vocabulary work together to enhance comprehension. T

Health

Looking Good, Feeling Good - From the Inside Out (Exploring Bone, Muscle & Skin)

19879 7-8
Binder 2005 National Institute of Health
Students learn about the structures of the musculoskeletal and skin systems, the interactions between these body systems, and the factors that influence their functions.

Mental Wellness, Making it Happen

7750353 21 Minutes 9-12
VHS 1988 Aims Media
With adolescence marked by mood fluctuations, it can be difficult to tell the difference between mental wellness with normal problems and serious problems. A brief, non-threatening quiz offers teens the opportunity to evaluate their own mental wellness. A psychiatrist discusses specific ways teens can learn to cope with everyday conflicts through negotiation, compassion, self-esteem, and setting goals.

Michigan Model for Comprehensive School Health Education:

Book 2004 Central Michigan U
Provides instruction in the 10 traditional health content areas: safety & first aid, nutrition education, family health, consumer health, community health, growth & development, substance use & abuse, personal health practices, emotional & mental health, and disease prevention & control.

Grade K	16688	12+
Grade 1	16691	12+
Grade 2	16692	12+
Grade 3	16693	12+
Grade 4	16694	12+
Grade 5	16704	12+
Grade 6	16708	12+

My Body, My Buddy: Healthy Habits

11501585 15 Minutes K-3
VHS 1993 Rainbow
This video shows children the importance of personal hygiene, of eating the right foods and playing safety. Developing positive routines and talking good care of oneself should become second nature. Healthy habits learned early can last a lifetime.

Natural Energy Boosters

16980 12+
Book 1995 Parker Publishing
Shows how to regain your youthful energy with "power foods", easy exercises and a lifetime program for vibrant living.

Obese - Not Me!

11501182 20 minutes 3-5
VHS & DVD 2006 Sunburst
The combination of fast foods, jumbo-sized portions, inactivity and too much time spent playing video games and watching television, puts children at high risk for becoming obese. This program uses engaging vignettes to open kids' eyes to the realities of obesity and the things they can do to control their own general health and weight. After viewing the program students will recognize the three major behavioral causes of obesity, identify essential nutrients and what makes a healthy portion size, learn to read nutrition food labels on products to aid in making choices, understand the ill effects of obesity on body systems, and learn how to opt for healthier foods even at a fast-food restaurant. The accompanying pamphlet helps kids understand the new USDA Food Pyramid to help them make healthier food choices every day.

Pacemaker Health

19959 6-12
Kit 2005 Globe Fearon
Pacemaker Health is a straightforward, comprehensive program that makes key health concepts accessible to all your students. Designed for use in a variety of classroom settings, this completely revised program contains updated content covering essential health issues for today's student, including nutrition and exercise, hygiene and disease prevention, safety, body systems and reproduction, mental and emotional health, substance abuse, family living and relationships, communication, maturity and sexuality, and community health.

Protecting Custodians From Bloodborne Pathogens

16806 12+
Book 1999 Video Communications
Is designed to provide accurate and authoritative information regarding the subject matter covered.

Health

See My Pain!

14124 12+
Book 2005 Youth Light
This 128-page book provides a collection of strategies and activities to help children and adolescents who deliberately self-injure. For use with individuals or small groups, the reproducible activities help youth express their feelings, understand why they self-injure, engage in a healing process, and explore methods of coping and prevention.

Self-Care Essentials

16571 12+
Book 2001 Wellness Councils of Am
Covers: emergency care, our most common conditions, chronic conditions and taking medications. Is one of the nation's most respected resources for workplace wellness.

Skills for Healthy Living: Advocating for Better Health

11501450 30 minutes 9-12
DVD 2006 Discovery School
Inspires students not only to think about health dangers in their communities, but also to get involved and do something about them.

Skills for Healthy Living: Coping with Change

11501452 30 minutes 9-12
DVD 2006 Discovery School
Describes the many different changes that teenagers face at home, at school, and within their own bodies. Teaches students to develop strategies for coping with change as a way to foster healthy living.

Skills for Healthy Living: Dealing with Disabilities

11501453 30 minutes 9-12
DVD 2006 Discovery School
Illustrates how living with a health condition or disability may present a big challenge for some teenagers, but that it doesn't have to keep them from achieving their goals.

Skills for Healthy Living: Making Healthy Choices

11501456 30 minutes 9-12
DVD 2006 Discovery School
Emphasizes that decisions students make now can affect their health for the rest of their lives. Describes how to weigh all the possible outcomes before taking action.

Skills for Healthy Living: Taking Charge of your Health

11501460 30 minutes 9-12
DVD 2006 Discovery School
Challenges students to be responsible for their own health. Provides examples of how students can take care of themselves and where they can go to get helpful, accurate health information.

Sleeping Through the Rain

15701 12+
Cassette - New Visions
Works in concert with the Hemi-Sync sound patterns to bring the listener to the dreamlike state just before moving into sleep.

Talking About Health is Academic

17233 12+
Binder 1999 Education Development
Includes six workshop modules for promoting a coordinated approach to school health: An Overview; Getting Organized; Strengthen interdisciplinary Work; Introducing New Ideas; Focusing On a Specific Component; and The Student's Role.

Toddlers - The Second Year of Life

11501255 26 Minutes 7-12
VHS 1992 Magna Systems
Meet a cast of the cutest toddlers and learn about the physical and cognitive development that marks this stage of childhood.

Trim Kids

14340 12+
Book 2001 Harper Resource
Kids: Trying to Trim Down examines the importance of watching how much kids eat, monitoring a child's activity level, and understanding the cause of their overeating. Children discuss the difficulties they encounter because of their weight, everything from being teased to developing Type II Diabetes while parents talk about their difficulty in coming to grips with the problem and the sense of relief they felt when they decided to take action.

What Every Parent Should Know about Vaccines

14199 12+
Book 1998 McMillan
Answers questions parents most often ask pediatrics about vaccines. Helps parents make decisions that effect their children's health & safety.

Health

Why We Need Doctors

11501928 20 Minutes 1-6

VHS 1975 Coronet Film & Video

Sometimes when you go for a checkup, the doctor gives you a shot. You don't feel sick at all, in fact, you feel fine but the doctor sticks a needle in your arm. Through a lively and accurately animated text, the program tells just how shots and sometime special drops help to keep you feeling fine, how they prevent you from getting measles, mumps, polio, whooping cough and other diseases that used to make people very sick.

Dental Health

Big Mouth Goes to the Dentist

11501101 12 Minutes K-3

VHS 1982 Coronet Film & Video

Designed to gain the cooperation of children through a positive role model, it covers the dental exam, cleaning, fluoride treatment, X-rays, brushing habits and regular visits.

Complete Dental Health Kit

24722 1-9

Kit 1992 American Dental Association

Consists of large set of teeth, giant toothbrush, tooth survival book and two posters.

Easy Steps to Oral Health (ESOH)

7750500 15 minutes 12+

DVD 2006 Educational Message Services

Latest collection of 4 video segments packaged for families with children of different ages. The DVD includes the recently developed Fluoride Use Guidelines video featuring the animation of a living tooth and a visual explanation on how oral effects general or overall health. Set to play in single play mode or endless loops perfect for presentations and waiting room areas. Great to send home with families giving them the choice to watch those segments appropriate for their children of different ages. Contains: Cavity Free Families; Look at My Teeth; Fluoride Use Guidelines; and My Trip to the Dentist. In both English and Spanish.

Freddy Flossisaurus

16864 K-4

Puppet 2000 Zoo Animal Teaching Aids

Foster a happy atmosphere, creating the perfect opportunity to easily communicate oral health issues effectively. Adult supervision is required.

Geena's Tremendous Tooth Adventure

11502870 8 minutes 12+

VHS 1997 Crest School Program

Geena, a cartoon giraffe, has just gotten her first permanent tooth. She learns good dental and dietary habits to help her permanent teeth last a lifetime.

Goofy Over Dental Health

11502490 13 minutes 1-3

VHS 1991 Disney Educational

One night, young Kevin decides he does not need to brush his teeth before bed. Goofy leaves a magical toothbrush under Kevin's pillow and the boy is transported to the dental office of Dr. Molars. Here he learns that in order to have healthy teeth, you must brush, floss, eat healthy snacks, and visit a dentist regularly.

Healthy Teeth - 2nd Edition

11501285 10 Minutes 1-6

VHS 1991 Aims Media

Inventor and artist Leonardo de Vinci gives two modern-day youngsters a thorough lesson on tooth care, complete with magical drawings. Toothbrushes, dental floss, fluoride rinse and nutritious food magically appear from de Vinci's drawing pad, as he shows the children how to take proper care of their teeth.

Keeping Your Teeth Healthy - 2nd Edition

11501483 8 Minutes 1-3

VHS 1981 Encyclopedia Britannica

Informative and non-threatening introduction to the importance of proper dental care for the young viewer. The film illustrates routine procedures to protect teeth and prevent decay, and explains the relationship between good nutrition and healthy teeth. Shows how the necessary visits to the dentist's office can be a less frightening experience that is usually imagined.

Take Care of Your Teeth

7750436 19 minutes K-3

VHS 2002 MarshMedia

Annie zips into Annie's Place on her silver scooter, fully protected by her safety gear, including her new mouth guard to protect her beautiful teeth. After all, as she tells the Funsters, teeth are very important, for eating, speaking and overall appearance and good health. She begins by explaining the transition from baby to permanent teeth and then explains how Funsters can keep those permanent teeth through a lifetime program of good habits and safe behaviors: careful brushing and flossing, avoidance of sugary snacks, and common sense precautions to protect teeth from accidental injury.

Health

Teeth Count, Too

11502350 10 Minutes 5-8

VHS 1993 Altschul Group

Viewers learn the importance of having healthy teeth and how to achieve and maintain good oral hygiene. The basics of good oral health - daily flossing, rinsing and brushing - are stressed throughout the program.

Nutrition

7 Most Common Nutrition Myths

11501816 16 Minutes 9-12

VHS 1993 United Learning

This program uncovers the top nutritional myths and exposes the reality we have learned through science. Topics include: Is organic or natural food always better for us?; "Evil" foods vs. "Good" foods; Vitamins solve every problem; Recommended Daily Allowances; Milk and who should drink it; Fat content of meat; and Who can give nutritional advice? Viewers learn that eating a varied and balanced diet is the best way to stay healthy and fit.

American Diet

11501025 40 Minutes 9-12

VHS 1980 WDPI

This videotape looks at the current American diet. Suggestions for improvement cover calories, fat, sugar, salt, alcohol, processed foods, additives, and "fast foods".

Art of Cheesemaking

11502956 28 minutes 7-12

DVD 2007 Wisconsin Dairy Producers

The Art of Cheesemaking covers the art and science of the craft of taking cow's milk and converting it into cow's milk cheeses. The DVD will help the viewer to understand what happens to the milk, rennet, cultures and enzymes that create the science of cheese making, while opening the viewers mind to the artistry of the process. (about 11 mins.) Cheese Handling and Storage picks up where the cheesemaking process ends. Many consumers and professional foods persons erroneously believe a little plastic wrap is all you need to cover cut cheese. This video explains proper cutting and handling of the varieties of cheese. Think the three C's: Clean, Cold and Covered for storage, and beyond. (about 8.5 mins.) Cheese Performance in the Kitchen video provides a quick look into the simple fact cheeses are made differently and, as a result, will perform differently. You will be exposed to the differences between cold and hot manipulation and cooking differences in various cheese varieties. (about 8 mins.)

Basic Cooking and Nutrition for Special Students

22872 1-6

Workbook 1988 Weston Walch

Covers the basics of good nutrition and preparing well-balanced meals.

Bread - From Wheat to Table - 3rd Edition

11501141 12 Minutes 1-6

VHS 1987 Encyclopedia Britannica

A bagel, a tortilla, "brot", whatever the name and whatever the taste and texture, it's all bread, a simple and important food all over the world. This film captures the harvesting, storing, and milling of grain and the processing and baking of bread.

Bread Comes to Life - A Garden of Wheat and A Loaf to Eat

11502704 22 minutes K-5

DVD 2003 Library Video

Narrated by Lily Tomlin, this award-winning program follows the process of bread-making from the farm to the bakery, using live-action footage, time-lapse photography and animated sequences. Narrated in verse with music by George Winston, the program tells the story of the sowing, growing, reaping, threshing, milling, mixing, shaping, kneading, rising, baking and breaking of daily bread.

Building Your Own Food Pyramid

11501332 13 Minutes 4-6

VHS 1994 New Leaf Media

Using an Egyptian theme, young people explore the parts of the Food Guide Pyramid. They learn how many servings are needed from each group of foods and which foods provide the nutrients, vitamins, and minerals needed for a well balanced diet. There is also a brief overview of the digestive system and a list of hints for developing healthy eating habits.

Health

Burning Question - America's Children-Diet of Danger

11502136 48 Minutes 7-12

VHS 1989 MTI Film & Video

In a time when adults have become almost obsessed with diet and exercise, children run incredible health risks due to a steady diet of high-fat, low-nutrient foods and inactivity, cancer, heart disease, and stroke. Reveals myths about school nutrition and exercise programs, and shows how television and TV commercial have contributed to inactivity and diets consisting almost entirely of fats, sugars and salts.

Celebrating Diversity

14213 12+

Book 1994 National Center for Education

This book is designed to help nutrition educators communicate with an increasingly diverse clientele on issues related to food and nutrition, presenting strategies and ideas that can be used with families from various cultural backgrounds.

Complete Guide to Nutrition Food Labels

11502117 25 Minutes 9-12

VHS 1994 Cambridge Educational

Gives viewers useful information on the Nutrition Labeling and Education Act of 1990 that became effective in 1994. Viewers find answers to questions in this exciting presentation about the information on virtually all food packages. Appropriate for classes studying nutrition or consumerism, groups discussing family nutrition, and individuals interested in making the best nutritional choices.

Cooking Class

20173 4-12

Game 1991 PCI Educational

This is one of eight Life Skills Series I games, and is designed to introduce cooking skills and kitchen safety. It teaches individuals to prepare and plan well-balanced meals. Students learn about recipes, kitchen utensils, sorting leftovers, and cooking on a stovetop. The game is ideal for inclusive, self-contained, and resource classrooms, because the object is not to win or lose, but to improve the following skills: planning and preparing well-balanced meals; following kitchen safety and sanitation rules; identifying measurements; identifying baking ingredients; identifying cooking utensils; using an oven clock timer; making coffee; using a cookbook; preparing a shopping list; cooking in a toaster oven; following proper cleanup techniques; identifying the parts of a stove; and using a can opener and blender.

Cooking to Learn - Integrated Reading & Writing Activities

17001 3-12

Workbook 1999 PCI Educational

Students love these fun cooking activities and corresponding worksheets that help them learn basic reading skills. Students can actually prepare these recipes.

Cooking to Learn 2

19509 1-12

Book 2001 PCI Educational

Like the popular Cooking to Learn level 1 program, the second version uses fun, easy-to-follow recipes to motivate students to practice basic reading and writing skills. Each recipe includes illustrated and nonillustrated activities to allow teachers to use the same lesson plan with students of varying abilities. Students learn 'real-world' life skills as they prepare the recipes.

Daily Food Choices for Healthy Living

11502100 16 Minutes 4-12

VHS 1992 United Learning

This program explains and brings alive the latest information on dietary guidelines. It has been designed for multi-grade and interest levels. The information and activities on the five food groups are appropriate for use as low as Grade 5. All levels need this basic information. Other information and activities involving the analyzing of diets for sodium, fats, and sugar, for example, are for more advanced learners.

Eat for Health - 2nd Edition

11501262 8 Minutes 1-3

VHS 1981 Encyclopedia Britannica

Food seen in its various forms - on the farm or in the kitchen, in its cooked or unprepared state - helps young viewers understand that what they eat affects the way they feel, and contributes to their increased energy and growth. Film emphasizes the importance of choosing a variety of foods from the four basic food groups, and explains how nutrients and minerals supplied by the food we eat are used for different purposes by our bodies.

Eat Right! Have a Healthy Body Image

11501164 25 minutes 5-9

VHS & DVD 2004 Sunburst

Ultra-thin models and overdeveloped muscle-men are the images that bombard young teens, promoting the unrealistic aesthetic to which they aspire. Empower teens to maintain a sensible, realistic body image attuned to the uniqueness of their own bodies.

Health

Eating for Life - The Nutrition Pyramid

11501027 22 Minutes 7-12

VHS 1994 Learning Seed

Viewers learn how to construct a "Pyramid based diet" to replace one overloaded with fat, cholesterol, and foods with low nutrient density. They follow Christine, a college student, as she changes from a typically unbalanced diet to a balanced one. Her balanced diet is a hearty mix of foods, far from the low calorie starvation many mistakenly believe is healthy. Christine overcomes problems of limited cafeteria selections, vending machines, and fast food in her nutritional makeover.

Eating Skills Game - Learning Basic Table Manners

16919 1-12

Game 1992 PCI Educational

Is in the original game-board format with questions and illustrations right on the board. Students land on a square, read the question aloud and offer their best answer.

Includes such subjects as developing socially acceptable eating skills.

Fantastic Food Pyramid

11501229 19 minutes 4-6

DVD 2006 Sunburst

The FDA-approved food pyramid guides students to improved health. Young hosts explain the value of a healthy diet as well as how to use portions and balance to stay in good health.

Farm to Family - Milk's Journey from Cow to Consumer

11501232 - 4-6

DVD 2006 Wisconsin Dairy Producers

These days when most people are hungry, they simply grab a bite to eat without thinking beyond what would whet their appetites. All they do is open the refrigerator or pantry door or head for the nearest restaurant, place their order and voila. Their food appears like magic. As they stroll the aisles of their local supermarkets, they most likely don't think about the planting, growing, harvesting, animal care, feeding, milking, hauling, processing, manufacturing and distribution that occurred to make the vast array of food available to them. In fact, the majority of Americans have never even set foot on a farm. That's why the Wisconsin Milk Marketing Board decided to create a virtual tour following the journey that milk takes from the farm to their families' tables. Farm to Family portrays Nate, an inner-city kid, visiting his friend Jake's family farm where he receives a real dairy education.

Fast Food - What's in it for You?

11502296 17 Minutes 7-12

VHS 1988 Churchill Films

A humorous and entertaining story vividly reveals the high fat, sugar and calorie levels in fast foods, why they pose a serious problem for young people, and how to select better fast foods and a more healthful diet overall.

Fit or Fat for 90's with Covert Bailey

1250005 77 Minutes 9-12

VHS 1991 KVIE

The dynamic and entertaining author of the phenomenal best-seller "Fit or Fat?" shares his scientific expertise on losing the fat without losing health. No longer do we have to be confused by all the fad diets and weight loss schemes. He covers: all the latest discoveries in nutritional science, how eating right can be not only enjoyable, but easy, how to burn off your fat in as little as 12 minutes a day - and have fun doing it.

Five a Day - The Produce Revolution

11502118 25 Minutes 7-12

VHS 1995 Learning Seed

Travel with us to the year 2090. People no longer depend on good crops and the right weather for their food supply. They live on pills, powders, and instant meals. Viewers follow a shadowy figure buying strawberries on the black market. They see him return home to enjoy his treasure and his grand daughter chides him for buying illegal goods and eating "funny food". She also finds it "gross" that people "back then" ate raw food.

Food Allergy News Cookbook

14373 12+

Book 1992 Food Allergy Network

Is a collection of recipes from Food Allergy News and favorite recipes from members of the Food Allergy Network.

Food and Fat

11501397 28 Minutes 7-12

VHS 1993 Learning Seed

If one lesson in nutrition could be labeled THE MOST important, it would be how to manage fat in daily diets. Food and Fat takes a complex subject (complete with explanations of saturated and unsaturated fats, mono- and poly-unsaturates, and cholesterol) and teaches the basics in a clear, memorable way. The video teaches viewers how to determine their own daily fat limit and how to count grams of fat to stay within that limit.

Health

Food and Fitness

11502145 25 Minutes 7-12

VHS 1995 Learning Seed

Do your students define a meal as "food eaten between snacks"? If so, they need a day on patrol with the Nutri-Squad battling nutritional fraud and misinformation. View officer Brody's video scrapbook of high and low fat menu choices at Italian, Mexican, and Chinese restaurants.

Learn which ethnic foods are "heart healthy" and which are most likely to clog arteries.

Food Safety - Health Literacy

Performance Assessments

19753 12+

Binder 2004 WDPI

Covers elementary, middle school and high school food safety activities.

Foods and Fun - A Nutrition Adventure

11502044 13 Minutes 1-3

VHS 1981 Coronet Film & Video

Now there's a way to teach basic nutritional rules to even the youngest students in a way they'll enjoy and remember. Orange Bird, a charming animated character, stars as the lonely little bird who wants to fly south for the winter but isn't strong enough. A course of sensible eating, combined with a plan of rest and exercise, soon has Orange Bird on his way. As students follow Orange Bird's progress, they learn about the four basic food groups and their importance in a well-balanced diet.

Good Eatin'

11502045 15 Minutes 1-6

VHS 1982 Coronet Film & Video

Viewers learn that choice, not chance is the key to good eating when Dr. Alice helps Spinner understand the importance of proper nutrition. A car puppet explains how people and cars both need a variety of things to keep them running longer and stronger.

Good Food for Good Health

11502351 10 Minutes 5-8

VHS 1993 Altschul Group

The food pyramid is thoroughly explained and viewers can learn about the roles of the different food groups in providing them with six essential nutrients their bodies need.

Great Food Fight

11502436 13 Minutes 4-12

VHS 1995 Institute of Food Tech.

Is a program to show the important message of food safety and the relationship of proper food handling, storage and preparation to ensure a safe food supply.

Health and Nutrition

25648 1-6

Workbook 1995 Instructional Fair

Covers: balanced diets, food pyramid, fats, good nutrition, germs, starvation and exercise.

Help Yourself to Good Nutrition for Grades 9-12

19346 12+

Binder 2002 Central Michigan U

The goals of this module are that students will: understand how a person's body image can influence eating patterns; understand the health benefits of eating a variety of foods from the five food groups, in the recommended number and size of servings; apply their knowledge of healthy weight management to identify myths regarding weight loss and create plans for healthy weight loss; analyze the difference between healthy and unhealthy eating patterns; understand how nutrition affects physical activity, athletic performance, pregnancy, and fetal development; apply their knowledge of nutrition to plan nutritious meals within a budget and at fast food restaurants; access accurate, reliable information on nutrition-related topics; understand where to locate help for concerns regarding nutrition issues; synthesize reliable nutrition information to present research findings to peers; and apply their knowledge about nutrition to formulate a plan for improving their personal nutrition.

How to Read and Use Food Labels

11501113 15 Minutes 7-12

VHS 1994 Learning Seed

Labels and wording on food packages changed drastically in May, 1994 when the new Nutrition Labeling and Education Act took effect. Some labels are already in stores. Here's a video guide to understanding and using the new labels, written and produced especially with your needs in mind.

Health

How to Read the NEW Food Label

11501348 15 Minutes 9-12

VHS 1993 National Health Video

Purpose of this video is to help you and your students understand the changes on food labels. Includes information about the Universal Labeling, strict definitions, uniform serving sizes, and the increase in information about nutrients. The new labels make our food choices easier and more valuable to our daily intake of food.

Introduction to the Ketogenic Diet

11502871 45 minutes 12+

VHS 1994 Charlie Foundation

An introduction to the Ketogenic Diet, a special high-fat diet used to treat seizures, as a treatment for childhood epilepsy narrated by Meryl Streep. The video provides a step-by-step preparation of the meals, available options for the diet and discussions with parents and children about their dealings with the diet.

Jenny Craig Cookbook

14849 12+

Book 1995 Oxmoor House

Is a cookbook of recipes that are low in fats and calories but still taste good.

Jumbo Nutrition Yearbook Grade 2

25888 1-3

Workbook 1987 ESP Publishers

Covers: nutrition, food groups, food habits, meals and vitamins.

Junk Food Junkie - The Effects of Diet on Health: Part 1

11502122 10 Minutes 7-12

VHS 1990 Guidance Associates

Madison Avenue has a great influence on American teenagers. Advertisers use both hard rock and soft sentimentality to appeal to developing young minds. Commercials try to sell happiness and fill emotional needs along with their hamburgers and soft drinks. Other pressures like the need to conform and the accessibility of junk foods make it hard to resist.

Junk Food Junkie - The Effects of Diet on Health: Part 2

11502123 10 Minutes 7-12

VHS 1990 Guidance Associates

This segment introduces the four nutrient groups: carbohydrates, proteins, fats, and vitamins and minerals. It then reviews the four basic food groups that supply these nutrients: breads, grains and cereals; fruits and vegetables; the milk and cheese group; the meat, fish and bean group. Experts tell us about the benefits of nutritious foods, and how certain foods can affect mental alertness, moodiness and performance in sports.

Junk Food Junkie - The Effects of Diet on Health: Part 4

11502125 10 Minutes 7-12

VHS 1990 Guidance Associates

In this segment we present a round table discussion where students and experts respond to questions that provoke an awareness of our individual eating habits and influences such as stress, compulsive eating or an unnatural desire for thinness. We ask about body image and encourage self-reflection about why we eat. We emphasize the need for getting in tune with your body. We promote self-esteem and treating yourself well by eating well.

Ketogenic Cook Book

14172 12+

Book 1997 Penny Corner Press

Was published to help parents prepare more tasteful, imaginative recipes and menus for their child on the ketogenic diet.

Kinder Krunchies - Healthy Snack Recipes for Children

15089 1-6

Book 1982 Discovery Toys

Is a collection of nutritious recipes for children to follow with adult help.

Let's Cook a Treat - A Step-by-Step Guide

15339 K-6

Book 1996 Dorling Kindersley

This is full of creative snacks, scrumptious pastries, and special party foods for young children to make at home. Clear step-by-step instructions show you exactly what to do for each recipe.

Health

Look Before You Eat - 2nd Edition

7750215 24 Minutes 7-12

VHS 1992 Churchill Films

This is a practical, up-to-date amusing review of how our eating habits have changed and how advertising and the food industry promotions affect our choices. High school students evaluate their food choices and try to devise healthier meals lower in sugar, salt and fat, and high in calcium. It includes an examination of processed versus natural foods and how to choose healthy fast foods.

Look 'n Cook

15202 7-12

Kit 1990 Attainment

Features step-by-step instructions for basic recipes including convenience foods. Cookbook includes 80 recipes, an easel binder and colored tape.

Look 'n Cook Microwave

17386 6-12

Book 1999 Attainment

Provides over 60 easy-to-make, yet healthy and tasty recipes. Includes packaged and from-scratch foods. Illustrated recipes are given step-by-step so even nonreaders can become successful cooks. All done in a picture-sequenced format. All pages are reproducible so students can use them at home. Includes cookbook with 68 recipes and a spiral bound book with 34 lesson plans to organize classroom presentation.

Meal Planning - The Food Pyramid in Action

11502380 18 Minutes 7-12

VHS 1996 Learning Seed

This lively video shows how to put the food pyramid into action for everyday meal planning. Two teens chide mom for using the old "four food groups" and end up planning the family's meals for a week. They scramble, pool resources, and get help from friends to learn just what it means to put the food pyramid into action.

Mealtime Manual for People with Disabilities & Aging

14435 12+

Book 1978 Campbell Soup Co

Is a small handbook or guide to help aide in the preparation of meals for the consumer. It focuses on hands-on skills that should be used initially during treatment sessions with a health professional supervising. Eventually these skills can be performed independently by the individual. The book focuses on tasks in kitchen and include kitchen planning, handling utensils, serving, cleanup, and more.

Measuring for Cooking

21184 1-6

Workbook 1986 Janus

Learn how to measure, how to use measuring utensils and why measuring is important.

Milk - From Farm to You

11501588 13 Minutes 1-6

VHS 1987 Encyclopedia Britannica

Follows the production and processing of milk from cow to carton. Introduces a variety of dairy workers and explains their tasks. Identifies dairy products and describes their manufacture.

My Body, My Buddy: Healthy Food

11501405 15 Minutes K-3

VHS 1993 Rainbow

In today's world, it's hard for children to know what foods are really good for them. Consider the television commercials they're bombarded with - snappy jingles and cartoon heroes proclaiming the "goodness" of sugary cereals or a candy bar. This program offers up-to-date information and specific meal suggestions to help children develop healthy eating habits. Healthy habits learned early can last a lifetime

Nasco Foods: Breads

23762 K-6

Manipulative- Nasco

Is a set of plastic, real-life replicas of foods. Contains: Spaghetti, Waffle, Slice of bread with peanut butter, 2 graham crackers, Slice of bread, 4 saltine crackers, 2 pancakes, Slice of pizza, and Bowl of Cereal.

Nasco Foods: Dairy/Desserts

23763 K-6

Manipulative- Nasco

Is a set of plastic, real-life replicas of foods. Contains: milk, fried egg, cheese, snickers, cupcake, and banana split/ice cream.

Nasco Foods: Fruits

23765 K-6

Manipulative- Nasco

Is a set of plastic, real-life replicas of foods. Contains: banana, 1/2 banana, 3 prunes, pears, peach, watermelon, apple, 6 strawberries, bowl of applesauce, and orange.

Health

Nasco Foods: Meats

23764 K-6

Manipulative- Nasco

Is a set of plastic, real-life replicas of foods. Contains: Shrimp, Hamburger & bun, Haddock, Fish sticks, Bacon slice, Roast beef, Hot dog, Pizza slice, Pork chop, Bologna slice, Tuna, Ham slice, Chicken leg, Bowl of chili, and Spaghetti.

Nasco Foods: Vegetables

23766 K-6

Manipulative- Nasco

Is a set of plastic, real-life replicas of foods. Contains: corn ear, corn nibblets, pickle, olives, tomato, slice of tomato, peas, broccoli, asparagus, green beans, cabbage, cole slaw, beets, sliced carrots, carrot sticks, celery, potato, baked, French fries, and olives.

Nasco's Food Safety Bingo Game

16858 7-12

Game 1995 National Restaurant Assn

Students learn about safe food handling while playing this fast-paced game of bingo. Teachers have the option of using either the preprinted cards or using the blackline master to make up their own questions/cards.

New Food Guide Pyramid - A Guide to Daily Food Choices

11502098 27 Minutes 7-12

VHS 1992 Educational Video Network

This program provides an overview of the food guide pyramid and the 5 food groups that build the pyramid.

Nutrition and Diet

7750412 30 Minutes 7-12

VHS 1994 Schlessinger Media

In this video, a registered dietitian and nutritionist work with teens to explain the principles of good nutrition and to demonstrate good eating habits, from reading product labels to selecting menu items and preparing food at home. The food pyramid is used as a basis for building a healthy, low fat diet.

Nutrition and Dietary Behavior - Health Literacy Performance Assessments

19752 12+

Binder 2004 WDPI

Covers elementary, middle school and high school nutrition and dietary behavior activities.

Nutrition Facts - The New Food Label

99515020 8 minutes 12+

VHS 1994 AAL

Explains how to interpret the information found on food packages and offers guidelines so you can make intelligent choices about the food you eat.

Nutrition for Health - The Food Pyramid

11502095 14 Minutes 4-12

VHS - Aims Media

This program defines The Food Pyramid, the new nutritional standard illustrating the five food groups and their recommended daily portions. In a series of interviews, high school students find out from health experts what proper nutrition is, and how it can be incorporated into a daily diet. A healthy diet can be thought of as a four-tiered pyramid.

Nutrition Lotto

18229 1-6

Game 1997 Lakeshore

Provides a fine way to teach kids about nutrition and healthy eating.

Nutrition Pictures

19940 K-6

Manipulative- Instructo

Develops an understanding of the basic food groups.

Nutrition to Grow On

11502208 28 Minutes 4-12

VHS 1988 Aims Media

This program will show adolescents that their nutritional needs are at a peak and that they can't afford to develop poor eating habits during these important "growing years". Nutritionist Suzanne McNulty offers practical solutions to the very different nutritional problems of four young people from twelve to fifteen years old.

Nutrition: Eating Well

11502174 25 Minutes 4-12

VHS 1985 National Geographic

Here is a lively look at the latest information on the importance of protein, minerals, carbohydrates, fat, fiber, and water in eating well. Follow students with different nutritional needs as they learn that there is more than one path to good nutrition.

Health

Nutrition: Keep Your Balance

11501815 19 Minutes K-6

VHS 1993 United Learning

Proper nutrition is important to everyone. Diets seldom work, but keeping our bodies nutritionally balanced does. Food is a fuel that allows us to perform. Good food becomes our energy supply. A calorie is the measurement of the energy in the food we eat. Extra calories are turned into fat tissue. There are seven very important things that are put into almost everything that grows. The food pyramid was created to help people keep nutritionally balanced.

On Our Own in the Kitchen

2008 1-6

Book 1985 Brown Co. Citizen Advoc

Represents several agencies working together to develop a cooking guide for non-readers based on sound nutritional principles.

Overcoming Eating Disorders

11501028 55 minutes 7-12

DVD 2005 Clearvue

Provide your classes with important information about the dangers of eating disorders. By giving them the facts about anorexia, obesity, and other conditions, students will be better prepared to tackle their own eating-related issues and to support others who may need help. The program spotlights the physical and mental hardships experienced by two people struggling with eating disorders—one with obesity, the other, anorexia. Viewers will gain a sense of how these two seemingly opposite conditions can result in the same sorts of lifelong psychological damage.

Physical Activity Promotion - Health Literacy Performance Assessments

19749 12+

Binder 2004 WDPI

Covers elementary, middle school and high school nutrition activities.

Planning Healthy Meals

21185 1-6

Workbook 1986 Janus

Emphasizes the importance of good nutrition and how the body utilizes what we eat.

Reading and Following Recipes

21183 1-6

Workbook 1986 Janus

Covers the function of recipes and the importance of following them carefully.

Red Riding Hood and the Well-Fed Wolf

11501434 16 Minutes 1-8

VHS 1993 Churchill Films

The traditional Little Red Riding Hood story with a delicious twist. Here's the ugly wolf, all dressed up in Grandma's clothes and looking forward to a dinner of succulent Red Riding Hood. But Red, and her walking, talking foods, have a different idea of what constitutes a good meal. A fun romp into the tasty world of nutrition. Includes an introduction in which Red Riding Hood outlines the food groups in the food pyramid.

Secrets of the Food Pyramid

5550004 14 minutes K-3

VHS 2000 MarshMedia

Introduces young children to guidelines for a nutritious diet: eating a variety of foods, eating the right amount of foods, eating a healthful breakfast and nutritious snacks, and drinking plenty of water.

Serving Up a Successful School Breakfast Program

19672 12+

Binder 2005 WDPI

Is a Guide for School Breakfast Implementation. Covers: the value of breakfast; how to implement a school breakfast plan; and enhancing school breakfast programs.

ServSave - Essentials - 2nd Edition

17088 12+

Book 2001 National Restaurant Assn

Designed to enhance your ability to learn and retain the food safety knowledge essential to keeping your establishment safe.

Shopping Smart

16431 7-12

Kit 2001 Attainment

Features illustrated step-by-step sequences of grocery and department store shopping. Cards illustrate food and non-food items and function as a picture-based shopping list at the store.

Skills for Healthy Living: Setting Goals for Healthy Living

11501458 30 minutes 9-12

DVD 2006 Discovery School

Stresses the fact that getting exercise and eating right can be difficult, and illustrates how to effectively set and meet health goals.

Health

Skim the Fat

14438 12+
Book 1995 Chronimed Pub
Is a book about low-fat eating. Is a practical and up-to-date food guide.

Special Diets For Special Kids

14152 12+
Book 1998 Future Horizons
Understanding and implementing special diets to aid in the treatment of Autism and related developmental disorders.

Step-By-Step Pictorial Cookbook

81483 4-6
Book 1979 Ralston
Provides adult-oriented recipes in graphic form, emphasizing basic nutrition concepts.

Stoneware Sensation

14439 12+
Book 1997 Pampered Chef
Is a collection of recipes that can be used with the stoneware cooking pans from Pampered Chef.

Tiptoeing Through the Kitchen

21411 1-6
Book 1986 Sunshine Factory
Has quick and easy recipes, short cuts and new methods to help individuals limited by age, accident or illness.

Visual Recipes - A Cookbook for Non-Readers

15107 6-12
Book 2006 Autism Asperger Publishing
This cookbook, written for individuals with autism and other developmental disabilities, will enable independence and confidence for anyone in the kitchen. The clear photographs, which include all of the small details that a person with autism or a nonreader needs to be successful, are easy to understand.

What's Food Got to Do with It? for Grades 7-8

19341 12+
Binder 2002 Central Michigan U
The goals of this module are that students will: understand the health benefits of eating a variety of foods from the Five Food Groups; apply their knowledge of nutrition to select a diet that is balanced; understand the roles of heredity, food selection, and activity level in weight control; apply their knowledge of nutrition to evaluate nutritional information for accuracy; and apply the skills they have learned in advocating for the availability of nutritious foods.

Winning Sports Nutrition - The Competition Diet

11502214 20 Minutes 7-12
VHS 1990 Guidance Associates
Program explains "how to eat to compete," presents a dietary plan that helps athletes achieve top performance and introduces foods needed before, during and after competition.

Wisconsin Team Nutrition

19671 12+
Kit 2003 Nat'l Alliance for Nutrition
Includes 7 units: Healthy Lifestyles; Obesity and other Diets; Spotlight on Success; Keys Classic; Focus: Promoting Healthy Eating and Physical Activity; School Wellness Policies; and Materials & Resources List of School Nutrition Programs.

Would Your Kitchen Pass Inspection?

99515121 32 minutes 7-12
VHS 1999 National Restaurant Assn
Learn more than just the basics of food and kitchen safety. Answers questions about bacteria, temperature danger zones, the difference between spoilage and contamination, cross-contamination, food-borne illnesses and cleanliness. An inspection test with answer key can be printed from the CD-ROM.

Health

Young Hearts - What You Must Know

About Cholesterol

11502210 27 Minutes 7-12
VHS 1989 Aims Media

Researchers have found that by age four the average child has the cholesterol level of a full-grown adult. That astonishing discovery underscores the need for early heart disease education. This program provides an important first step. In a lively dramatization, it explains what cholesterol is, how it's linked to coronary disease, and how teens can keep their cholesterol levels low through diet, exercise and stress management techniques.

Eating Disorders

Anorexia Nervosa - The Covert Rebellion

5550098 26 Minutes 9-12
VHS 1988 Aims Media

This program will help students, parents, teachers, counselors, and health professionals understand anorexia nervosa, the obsessive pursuit of thinness through self-starvation. The disorder is presented from the perspective of the anorexic, the family, and professionals involved in treatment.

Battling Eating Disorders

11502711 29 minutes 8-12
DVD 2006 Meridian

Anorexia and other eating disorders exert a frightening degree of control over millions of teenagers, especially young women. Manifested in so-called "Pro-Ana" websites, which actively promote anorexia, bulimia, and binge eating, the mental and physical grip of these sicknesses can prove impossible to break. This program represents a powerful weapon in the battle against eating disorders, pinpointing their origins in body image and self-esteem issues, illustrating their grim consequences in crystal-clear terms, and offering students, parents, teachers, and counselors a rich source of information and support. Hosted by The Sopranos' Jamie-Lynn Sigler, herself a survivor of teenage anorexia, the DVD explains how to recognize eating disorders, how friends and loved ones should communicate their fears and concerns, and how those who suffer from these often fatal illnesses can find professional help. Special emphasis is placed on identifying anorexia, bulimia, and binge eating as actual diseases, not as misguided lifestyle choices—a realization necessary for effective treatment.

Bulimia: Binge/Purge Syndrome

5550097 20 Minutes 9-12
VHS 1988 Aims Media

Today, more and more people are seeking help to deal with the physical and emotional problems that are symptoms of bulimia. Joan Petty, a psychiatric nurse and specialist in eating disorders, provides comprehensive details of the symptoms, treatment, and prognosis of bulimia. She stresses that young people are dangerously naïve about the consequences of repeated binge eating and purging. Binge eating and purging, bulimia, is a life-threatening physical and mental health problem.

Bulimia: Out of Control Eating

5550096 23 Minutes 9-12
VHS 1987 Aims Media

Centering on the experiences of a young woman who is a chronic bulimic, this program explores the causes, symptoms, health complications, and treatment of the life-threatening eating disorder. Combined with a gripping stream-of-consciousness narrative by this young woman, who has been bingeing and purging for more than eight years, are informative interviews with psychotherapists, psychologist, and counselors.

Dinky Hocker

11501240 30 Minutes 7-12
VHS 1978 Learning Corporation

Dinky's mother, an active volunteer worker at a drug center, is too busy to notice her own daughter is hooked not on drugs, but on food. Stars Wendy Jo Sperber and June Lockhart. Based on Dinky Hocker Shoots Smack by M.E. Kerr.

Discovery of Dawn

7750348 30 minutes 7-12
VHS 1996 NEWIST

This is a program on body image, self-esteem and eating disorders. It looks at how body image affects young adults and the various physical, psychological and emotional impact a negative self-body image can have on an individual.

Eating Disorders

7750411 30 Minutes 7-12
VHS 1994 Schlessinger Media

Young people who have suffered from anorexia nervosa, bulimia, and compulsive overeating provide a portrait of their experiences with these diseases. Experts in the field discuss the causes and symptoms of the diseases, the treatment available, and techniques for prevention and detection. One of the cases is a young male who had anorexia nervosa.

Health

Eating Disorders: Slender Trap

7750361 21 Minutes 7-12

VHS 1986 Aims Media

This video describes anorexia, bulimia, and compulsive overeating. The common thread is that their lives are controlled by food, similar to drug addiction. It gives some of the signs that indicate that there is an eating disorder, presents the health risks, and examines some of the reasons people fall victim to an eating disorder, including possible biological predisposition. It uses three dramatized cases, including one male, to show how recovery begins with admission of the problem which enables one to reach out to an eating disorder clinic.

Eating Disorders: When Food Hurts

11502367 18 Minutes 7-12

VHS 1996 Aims Media

The diseases of anorexia and bulimia are rampant among teenage girls. The warning signs, physical dangers, treatment, and hope for recovery from these eating disorders are discussed in this insightful program. Comments from recovering individuals give insight as to why teenagers have developed these debilitating illnesses.

Fear of Fat - Dieting and Eating Disorders

11501820 26 Minutes 7-12

VHS 1987 Churchill Films

Takes a critical look at how food has become a pre-occupation that can lead to eating disorders when coupled with other psychological problems. Five young women discuss their eating disorders which range from compulsive overeating to anorexia nervosa and bulimia.

Perfect Illusions - Eating Disorders & the Family

7750466 56 minutes 7-12

VHS 2004 Aquarius

This "silent epidemic" - anorexia, which has gained widespread public attention only in recent years - can be lethal. Yet, people often don't look as gravely ill as they really are, hiding their illness behind a "perfect illusion" of normalcy. Viewers hear from both young women and their parents about their desperate efforts to help their daughters, and about the fear, confusion and frustration they've faced in trying to deal with a problem that seems to have no single cause. An important program for professionals and support groups to see.

What's Eating You?

11501343 30 Minutes 7-12

VHS 1992 Cambridge Career

Adolescents often rely on the opinions of peers, family and media advertising to form their perceptions of the "ideal" body. Problems arise when young adults take extreme measures to either gain or lose weight to attain these stereotypical images. Teens are shown that a healthy diet (Food Pyramid), exercise and a positive self-image are the keys to looking good and feeling great.

You Can Be Too Thin - Understanding Anorexia and Bulimia: Part 1 - On the Verge of Bulimia

11502119 10 Minutes 7-12

VHS 1990 Guidance Associates

Presents a portrait of Maggie, a young woman on a collision course with bulimia. On the surface, she seems to be popular, attractive and a good student. But we come to see that she has developed a secret life that includes binge-eating whenever things go wrong. To compensate for her overeating she exercises continually to lose the weight she has gained. Maggie has low self-esteem and she tends to distort reality.

You Can Be Too Thin - Understanding Anorexia and Bulimia: Part 2 - Analyzing Maggie's Problems & Role-Playing Options

11502120 30 Minutes 7-12

VHS 1990 Guidance Associates

Contains 2 segments. In Analyzing Maggie's Problems, a group of high school students along with Dr. Timothy Walsh, a psychiatrist specializing in the treatment of eating disorders, take a hard look at Maggie's difficulties. Dr. Walsh spells out the physical and psychological problems that surround anorexia and bulimia. In Role-Playing Options, the students role-play ways that Maggie might have helped herself.

You Can Be Too Thin - Understanding Anorexia and Bulimia: Part 3- Road to Recovery

11502121 17 Minutes 7-12

VHS 1990 Guidance Associates

Four young people who have struggled to overcome eating disorders talk about their obsession with diet, weight and looks. They share their secret lives and explain how they turned to others for help.

Health

Grooming

ABC's of Hygiene - Healthy Habits for Life

11501329 18 minutes K-2
VHS 2003 Teacher's Video

What do young children need to know to have a clean body? This upbeat video demonstrates proper body hygiene step-by-step. Written to national health standards.

Body Parts and Grooming

11501071 30 minutes K-12
VHS 1999 Special Needs Project

Do you know how to wash your hands, brush your teeth and comb your hair? Learn all about your body and how to keep it clean. From head to toe, you'll see that boys and girls aren't all that different as you learn to bathe, shower, wash hair, brush teeth, even trim nails. Includes writing, spelling and reading words.

Clean Club

7750321 15 Minutes K-4
VHS 1990 Churchill Films

This contains a combination of live kids and animation to show kids why cleanliness is so important. Kids encounter talking soap bars, toothpaste, towels and sweatshirts who stress the importance of washing, showering, shampooing, tooth brushing, and picking up one's room. Animated germs meet their demise when the three children in the video practice good hygiene.

Clean Up Your Act

7750141 15 Minutes K-8
VHS 1981 Churchill Films

A dirty sock and other beguiling animated objects confront some kids with the case for cleanliness (clothes, body, environment). An over confident "germ" gets it in the end. Motivation for even the grungiest.

Getting Ready

11501070 30 minutes K-12
VHS 1999 Special Needs Project

First you take a bath or shower, comb your hair, brush your teeth. Then you get dressed, from pants and shirt to socks and shoes. It features how to button, how to zip, how to tie. Includes writing, spelling and reading words.

Healthy Teens - Good Hygiene

11501159 15 minutes 5-9
VHS & DVD 2004 Sunburst

Help your students develop healthy hygiene habits with this educational program. Your students will be presented information on important hygiene topics in a non-embarrassing, non-threatening manner.

Hygiene for:

DVD 2004 World Educational Media
Cultivate good hygiene habits from an early age. These engaging, MTV-style programs will entertain as they educate teenagers about everything from shaving to acne to body odor. Practical tips and suggestions give teen guys and girls the tools they need to look and feel their best.

Girls	7750493	30 minutes	6-12
Guys	7750494	30 minutes	6-12

Looking Good

16432 7-12
Kit 2001 Attainment

Focuses on 47 personal care activities. Routine cards help users complete a sequence of grooming activities independently.

Project More Daily Living Skills - Personal Care

13441 4-6
Kit 1984 Hubbard

Includes: How to roll your hair, use deodorant, wash your hair, brush your teeth, wash your hands, eat, shower, and use a sanitary napkin.

Take Care of Your Skin, Hair & Nails

7750435 17 minutes K-3
VHS 2002 MarshMedia

The unpredictable Annie blows into Annie's Place straight from her tropical vacation, but as she soon makes clear to the Funsters, there is no vacation from taking care of our skin, hair, and nails. From her seemingly bottomless travel tote, Annie pulls soap, shampoo, bath brush, nailbrush, sunscreen, combs, brushes, and more to introduce Funsters to essentials of hygiene and good health.

Health

Visual Grooming Series

14138 1-12

Communication Ring 2003 Little Friends Inc
The Grooming package features six programs to teach basic grooming and hygiene skills. The set includes photo sequence cards for Hair Brushing (male), Hair Brushing (female), Deodorant Application, Hand Washing, Face Washing, and Tooth Brushing. A manual with teaching tips is also included.

Visual Toilet Training

14079 1-12

Kit 1999 Little Friends Inc

A visual training system for teaching toileting skills. Contains a photo book of all of the tasks involved for teaching toileting skills. Also includes a clip-on holder.

Wash Those Hands

7750064 10 Minutes 1-4

VHS 1996 MarshMedia

A teenage narrator presents information about the benefits of hand washing for everyone, the nature of germs and how they make people sick and when and how to wash away the germs that can cause illness. The best way to get hands clean is demonstrated.

Whatsa Hygiene?

7750313 18 minutes 4-6

VHS 1999 MarshMedia

Is a musical message about personal hygiene. Topics explored include bathing, hand-washing, care of teeth, hair and nails and the importance of wearing clothes that are neat and clean.

Clothing and Dress

Charlie Needs a Cloak

11501271 8 Minutes K-2

VHS 1973 Weston Woods

This is a story about a shepherd named Charlie, whom everyone says needs a new cloak. The story begins with a brief description of the way cloth is made, from shearing sheep to carding wool to spinning yarn to weaving the cloth, and finally, to sewing the cloth together. Children should have a clear understanding of the process by which woolen clothing is made at the end.

Clothing - 3rd Edition

11501199 11 Minutes 1-6

VHS 1980 Encyclopedia Britannica

Humorous animation and live-action photography provides a history of clothing materials, styles, production and function. A unique "From pattern to store shelf" mass production sequence of Popular blue jeans lends special appeal for youngsters.

Way We Dress - The Meaning of Fashion

11501940 24 Minutes 9-12

VHS 1996 Learning Seed

Explores the meaning and dynamics of fashion. The video helps viewers realize that fashion is a means for both individuals and cultures to express who they are. The video demonstrates that to study fashion is to explore personal identity and human nature. Those who consider fashion a "frivolous" study learn that it is a basic exploration of culture. After all, humans are animals who dress. "The Way We dress" is a video about ideas.

Health

Child Care and Development

Behavior Development - 0-6 Years, An Overview

7750279 15 Minutes 7-12
VHS 1988 Franklin Clay

The behavior of infants, toddlers, and preschool children is shown to be closely linked with their physical stages of development in this introductory video. Using still photographs, live action footage, and informative commentary it looks at the stages of physical, mental, and social/emotional growth. Topics include effective approaches to discipline, the development of the senses of touch and hearing at birth, toddlers learning to communicate verbally, and preschoolers beginning to think in symbols.

Have a Healthy Baby - Labor and Delivery

7750344 29 Minutes 9-12
VHS 1985 Churchill Films

This video follows two couples from the beginning of labor through birth, giving the couples' feelings, expectations and experiences. One couple has chosen to have their baby in an alternate birth center room. Both fathers are present at birth and very supportive. It gives a realistic view of birth with the mothers experiencing pain, but coping with it successfully. Includes false labor, lightening stages of labor, dilation, breathing techniques, delivery of the baby and the placenta.

Pregnancy - Caring For Your Unborn Baby

7750352 20 Minutes 9-12
VHS 1984 Aims Media

The basic message is that development of the unborn child is affected by what the mother eats, drinks, takes into her body, and is exposed to during pregnancy. It uses a case study of a two pound preemie to show that poor nutrition can harm the baby. It also shows the harm to an unborn when the mother smokes through a demonstration of a pregnant woman attached to a fetal heart monitor.

Teen Mom - A New Beginning

7750268 43 Minutes 9-12
VHS 1988 EMC Publishing

This video features teenagers who are parents. It presents a positive look at how teen parents, particularly teen moms successfully raise their babies as well as find time for themselves. It is divided into four sections focusing on the parent's needs, the child's needs, the future, and getting help. This video would be especially useful in school age parent classes.

Teenage Parents - Their Lives Have Changed

7750234 23 Minutes 7-12
VHS 1986 Alfred Higgins

Through actual interviews with teenage mothers and fathers, the realities of teen pregnancy are made clear. In their own words, they tell how their lives have changed, economic, medical and emotional hardships and how they are unable to enjoy the usual activities of teenage life.

Words to Grow By - Birth to 3 Years

7750290 31 Minutes 7-12
VHS 1987 Belleville Schools

This video conveys information about speech and language development in children up to 36 months. Age appropriate play and language behaviors are demonstrated. There is a summary at the end of each age section which graphically lists basic speech/language milestones, appropriate toys, favorite pastimes and common household objects which can be used as toys. This video would be very useful in childhood development classes, school age parent classes and for preschool parents.

Puberty Education

About You - Puberty and Stuff

7750202 74 minutes 5-6
VHS 2005 Proctor and Gamble

Is divided into three sections: girl hygiene and growth & development, boys hygiene and growth & development, and coed hygiene and growth & development. (Replaces Changing Program).

Beyond Puberty for: Girls - Revised (11th-12th Grade)

7750162 34 minutes 11-12
VHS 2000 Nimco

Is a fast paces, no nonsense approach to a subject previously addressed in hokey, hard to understand terms. Discusses: menstruation, breast development, shaving, hair growth, acne and genital development.

Beyond Puberty for: Girls and Guys - Revised (11th-12th Grade)

7750168 34 minutes 11-12
VHS 2000 Nimco

Is a fast paces, no nonsense approach to a subject previously addressed in hokey, hard to understand terms. Discusses: menstruation, pregnancy, erections, sweating and deodorant, breast and penis size, acne and genital development.

Health

Beyond Puberty for: Guys - Revised (11th-12th Grade)

7750161 34 minutes 11-12
VHS 2000 Nimco

Is a fast paces, no nonsense approach to a subject previously addressed in hokey, hard to understand terms. Discusses hair growth, sweating and deodorant, shaving, acne, wet dreams, erections and genital development.

Beyond the Butterfly - Middle School Girls Speak Out

7750098 60 minutes 4-8
VHS 1999 NEWIST

This video was videotaped by middle school girls themselves, talking about what they are thinking, feeling and doing. Is designed to help girls gain a full understanding of the forces that are at work on their minds and bodies and how they can react to emerge stronger and wiser than they were as children.

Birds, the Bees and Me

DVD 2003 Clearvue

PREVIEW FIRST. This may be more appropriate for parents to watch with their children. Ensure that your preteen students know the facts about puberty and sex with these award-winning programs, which explain this sensitive material clearly and seriously. After an introduction by a pediatrician, the programs follow young adult hosts, who emphasize smart decisions, responsibility, and respect, while cartoon graphics illustrate body parts and functions. These honest and tasteful programs should be a part of every health education unit.

for Boys	7750008	20 minutes	6-12
for Girls	7750010	20 minutes	6-12

Boy Stuff

7750209 16 Minutes 5-7
VHS 1986 Churchill Films

Using a combination of animation and live action, this video concentrates on the various afflictions that can occur to boys during puberty and how simple hygiene can avoid or overcome them. Included are body odor, cleanliness of the penis, hands and nails, athletes foot, acne, head lice, jock itch, gynecomastia, emotional changes, erections, and masturbation.

Boy to Man

7750200 20 Minutes 5-8
VHS 1992 Churchill Films

This is an update of a classic puberty education video that helps boys understand the emotions and physical changes of puberty. It covers the variation in physical development, mood swings, boy /girl awkwardness, sexual feelings, acne and body odor. Using animation, the anatomy and physiology of the male and female reproductive system are explained. Besides basic terms, some of the words included are masturbation, orgasm, climax, hymen, clitoris, and intercourse.

Boy's Guide to Growing Up - Puberty Education for Students with Special Needs

7750477 15 minutes 5-12
VHS 2005 MarshMedia

Covers the following important topics: external anatomy, physical and emotional changes of puberty, health and hygiene, and privacy and safety.

Girl Stuff - 2nd Edition

7750004 20 Minutes 5-7
VHS 1993 Churchill Films

Girls share their candid feelings about topics surrounding puberty. It answers questions about body odor and the need for deodorant, the impact of hormones on oil glands and normal vaginal secretions and vaginal infections and how to control them. Animation is used to show menstruation and common discomforts associated with periods. It discusses uses of pads and tampons for young girls. It helps separate the influence of ads for products from the real needs of hygiene for girls.

Girl to Woman

7750204 23 Minutes 5-8
VHS 1992 Churchill Films

This classic sex education video has been updated. Using the voice of Allison, now an adult, the video shows the worries of adolescents from variation in physical development to mood swings, girl/boy awkwardness, sexual feelings, acne and body odor. Using animation, the anatomy and physiology of female and male reproduction systems are explained. Besides the basic terms some of the words included are hymen, clitoris, masturbate, intercourse, orgasm, climax, erection, and semen.

Health

Girl's Guide to Growing Up - Puberty Education for Students with Special Needs

7750476 15 minutes 5-12
VHS 2005 MarshMedia

Covers the following important topics: external anatomy, physical and emotional changes of puberty, health and hygiene, and privacy and safety.

Growing

7750058 15 Minutes K-3
VHS 1988 Journal Films

Living things are growing and changing all of the time. Sometimes this happens so slowly that we do not notice it. People grow in other ways besides size - they grow in abilities, skills, or maturity. Not everyone grows at the same rate. Time lapse photography of plant growth is shown.

Growing Up!: For Boys

7750525 12 minutes 4-6
DVD 2010 MarshMedia

This program can ease some of their growing pains as the boys in your classroom cope with the physical and psychological changes that are a normal part of growing up. A candid look at the basics of male anatomy and development encourages students to take pride in their uniqueness while realizing that people are all reassuringly alike. The narrator provides useful advice on health, hygiene and good grooming, and points to sources of reliable information during these sometimes confusing times. This program fosters the self-esteem that comes with accepting new responsibilities.

Growing Up!: For Girls

7750526 15 minutes 4-6
DVD 2010 MarshMedia

This program promotes self-confidence as girls face the challenges of change and growth. Clear, authoritative information about the female reproductive system, the emotional and physical transformations of puberty, and the importance of good health and hygiene is geared toward encouraging a positive body image and sense of personal worth. The female narrator helps girls take a realistic look at the responsibilities of adulthood and promotes dialogue with trusted adults.

Growing Up: For Boys

7750027 15 Minutes 4-5
VHS 1995 MarshMedia

This is the updated version of "Meet the New You Coming" and present basic information about male anatomy, reproductive functioning, and the physical and psychological changes in puberty. It provides advice about the importance of health, hygiene, and good grooming. It points to trusted adults as sources of information and encourages the development of responsibility.

Growing Up: For Girls

7750035 15 Minutes 4-5
VHS 1995 MarshMedia

This is the updated version of "Meet the New You Coming" and presents basic information about female reproductive anatomy, the emotional physical transformation of puberty and the importance of good health and hygiene. It promotes dialogue with trusted adults and the need to develop responsibility.

Healthy Teens - New Me:

VHS & DVD 2004 Sunburst

Address concerns that young male students might have about the onset of puberty. This gentle program offers information about boys and the body changes they experience during puberty.

About Boys 11501212 15 minutes 5-9

About Girls 11501211 15 minutes 5-9

Janet's Got Her Period

7750223 17 Minutes 6-9
VHS 1991 James Stanfield

This video is for instructing cognitively disabled girls about having a menstrual period. The focus of the information is on the occurrence of bleeding and how to use a menstrual pad. A close up of menstrual blood on a pad is included so that girls have a realistic example of what period blood looks like and is intended to help girls understand when to change a pad. There is reinforcement of the lesson. The video is in 2 versions, one with the total story, the other with the story divided into three sections for reinforcement.

Just Around the Corner: For Boys

7750217 15 minutes 3-5
VHS 2000 MarshMedia

Todd, with the assistance of animated figures, helps prepare boys for the momentous changes waiting "just around the corner."

Health

Just Around the Corner: For Girls

7750218 15 Minutes 3-5

VHS 2000 MarshMedia

Megan Talks to younger elementary-level girls about what to expect during puberty. Animated figures help Megan explain the exciting changes that lie "just around the corner."

Let's Just Talk: For Boys

7750128 16 minutes 5-8

DVD 2007 MarshMedia

Expecting to play games and watch movies, Joe never imagined Frank's sleepover would be so informative. Tuning in to a popular teen radio show, the boys turn up a wealth of information about growing up, including good hygiene, health and nutrition, the maturation of the male reproductive system and the physical and emotional changes to expect during puberty. Boys across the country interact with the affable host as he advises and informs boys on the changes ahead.

Let's Just Talk: For Girls

7750127 20 minutes 5-8

DVD 2007 MarshMedia

Abby's sleepover friend is astonished by the talk about puberty on a popular radio show. Her other friends are all ears to discover more about: physical and emotional changes of adolescence; hygiene and good health; and the female reproductive system. From a neighborhood near you, girls ask questions about adolescent growth and development, and find their curiosity met in a factual and reassuring manner by the friendly radio host.

Let's Talk Puberty: for Boys

7750142 10 minutes 4-6

VHS 2006 Disney Educational

What happens to a boy's body during puberty? How are babies made? How should a boy take care of his changing body and stay healthy? Animated.

Let's Talk Puberty: for Girls

7750143 10 minutes 4-6

VHS 2006 Disney Educational

What happens to a girl's body during puberty? What is menstruation? How are babies made? How should a girl take care of her changing body and stay healthy? Animated.

Menstrual Care

14137 6-12

Communication Ring 2003 Little Friends Inc
The Menstrual Care program features discrete photos to teach ladies the appropriate steps to follow during their period. The system includes photo sequence cards with easy to follow instructions, and a manual with teaching tips.

New Improved Me - Understanding Body Changes

7750326 25 Minutes 4-8

VHS 1992 Sunburst

This is divided into "Boy Into Man" (12 min.) & "Girl Into Woman" (13 min.). The first covers the changes of puberty that happen to boys. Beard growth, growth spurt, cracking voice, body hair, erections, ejaculation and wet dreams are explained to a preteen boy by his grandfather, teacher, brother and father. The second explains girls' changes of breast development, body hair, and menstruation through the relationships of two preteen girls.

Puberty for Boys - Amazing Changes Inside and Out

7750120 20 minutes 4-8

VHS 2001 United Learning

With the help of Doctors and Psychologists this video helps boys to understand all of the new, physical, psychological, and emotional changes they may soon experience.

Puberty for Girls - Amazing Changes Inside and Out

7750122 20 minutes 4-8

VHS 2001 United Learning

This video with the help of Doctors and psychologists helps students understand what soon will be happening to their bodies as well as their feelings and thoughts.

Puberty, Bodies in Progress: for Boys

7750023 34 Minutes 5-7

VHS 2007 World Educational Media

Using scenes from a middle school class and interviews with 13 year olds and computer graphics, this video covers facts about male sexual maturation including development of the genitalia, erections, ejaculations, hair growth, voice change and body growth. Information on female changes, including menstruation and breast development is given. It includes how pregnancy occurs. A video quiz after the credits provides an opportunity to review the information.

Health

Puberty, Bodies in Progress: for Boys & Girls

7750053 34 Minutes 5-7

VHS 1997 World Educational Media

This is a combination of the programs for boys and girls and provides information about the changes puberty brings for both boys and girls. It uses scenes from a middle school class, interviews with 13 year olds and computer graphics to explain reproduction, menstruation, breasts, penises, erections, wet dreams, intercourse, fertilization, pregnancy, hair and body growth. A video quiz appears after the credits.

Puberty, Bodies in Progress: for Girls

7750059 34 Minutes 5-7

VHS 2000 World Educational Media

Using scenes from a middle school class and interviews with 13 year olds and computer graphics, this video gives facts about female sexual maturation including development of the genitalia, menstruation, use of pads and tampons, hair growth, breast development, and body growth. Information of male changes including erections and ejaculations is given. It includes how pregnancy occurs. A video quiz after the credits provides an opportunity to review information.

Puberty: Great Adventure for Boys

7750479 30 minutes 5-9

DVD 2004 ETR Associates

Discusses the changes and challenges of puberty using a positive tone. Covers facial hair, voice changes, muscle development and reproductive anatomy.

Puberty: Great Adventure for Girls

7750478 32 minutes 5-9

DVD 2004 ETR Associates

Reviews the changes and challenges of puberty using a positive tone. Discusses breast development, menstruation, pregnancy and reproductive anatomy.

We're Growing Up!

7750527 12 minutes 4-6

DVD 2010 MarshMedia

This is a co-educational program designed for both boys and girls. The narrators talk comfortably and matter-of-factly about human growth. They cover growth patterns (starting with a baby's rapid growth in the womb) and move quickly through childhood to adolescence. A review of male and female anatomy, sexual development, and an emphasis on responsible choices will be points for classroom discussion.

We're Just Talking - For Boys and Girls

7750129 17 minutes 5-8

DVD 2007 MarshMedia

Getting together for homework, two groups of friends listen to the popular radio show "Let's Just Talk" and get an earful about the biology of growing up and some useful advice for coping with adolescence. This program presents factual information about boys and girls entering puberty. Topics include male and female physical development, hormones, and the reproductive systems, with an emphasis on physical and emotional health, and especially the benefits of exercise and good nutrition.

What's Up with Middle School Boys?

7750314 60 minutes 6-8

VHS 2001 NEWIST

Chronicles the lives of middle school boys unveiling the personal stories of boys from different backgrounds as they develop coping skills to deal with the conflicts they encounter regarding peer pressure, family life, school, puberty, drugs and girls.

You, Your Body & Puberty -

2004 Human Relations Media

Join Tyler, Vanessa, Sam and Michelle, four friends who have been buddies since kindergarten, as they begin to observe and understand puberty. These boys and girls notice changes in themselves and each other: physical changes, emotional changes and changes in how they react to one another. In school, their health teacher, Mr. Saulson, leads them in their study of puberty.

DVD 7750480 24 minutes 6-8

Video 7750467 24 minutes 6-8

Health

Teen Pregnancy and Sexuality

Building Skills for Health Literacy - Human Sexuality

14652 12+
Kit 2007 WDPI

Was designed to assist middle and high school health education professionals in creating units of instruction that build skills for family life and sexuality education. The goal is to teach the skills of the health education standards as they relate to sexual health outcomes.

Growing Up - Social & Sexual Education Picture Book for Young People with Mental Retardation

7750078 7-12

Book - University of North Carolina
Provides parents and teachers with a framework to begin discussing issues of sexuality and social behavior with their children or students. Is intended for students with moderate to severe mental retardation, aged 8 or older. However, many parts of the book may be suitable for younger students with mild learning problems.

Learning About Life - Sexuality & Social Skills

18290 9-12
Kit 2003 Attainment

Learn About Life is an illustrated sexual education and social skills program. With candid graphics and simple text, it helps low level readers understand important sexual issues. The instructor's guide has six chapters: Your Body, My Body, Being a Woman, Being a Man, Having a Baby, Be Safe and Relationships. Each chapter provides up to eight lessons, 40 in all. Lessons detail objectives and teaching suggestions. Student resources feature six laminated, full-color booklets. All concepts are clearly illustrated. Cover-up stickers let you edit material.

Real People...Meet a Teenage Mother

7750264 18 Minutes 9-12
VHS 1988 Sunburst

This video tells the story of a teenage mother through the voice of Lauri, a real teen mother, not an actor, who became pregnant at 15. With a supportive family, she is raising her daughter, now 2, while finishing high school to receive her diploma. She shares with viewers the problems she has experienced as a teenage mother, her hopes and her fears for the future.

Real People: Pregnancy and Teens

7750424 20 Minutes 7-12
VHS 1995 Sunburst

Jane Pauley hosts this program. Teen mothers tell the consequences of teen pregnancy and problems they experience in parenting. A teen panel shares with a middle school audience why they became pregnant and admits that if they had a second chance they would use birth control. Two other teens tell why they are committed to abstinence and why. They also believe it is important to give teens the information they need to prevent pregnancy and STD's.

Sexuality And Family Living - Health Literacy Performance Assessments

18578 12+
Book 2004 WDPI

Is geared for the elementary through high school student. Covers touching, puberty, sex in the media, abstinence, pregnancy and dating.

Sexuality of Children with Disabilities

11502872 58 minutes 12+
VHS 1991 PACER Center

Betty Pendler has spoken and written nationally on the right of young adults with mental retardation or other disabilities to sexual expression. In this PACER workshop, she uses her experience as the mother of a young woman with Down syndrome to suggest ways for parents to deal with the sexuality of their growing children.

Teen Files Flipped: Sexual Responsibility

7750458 21 minutes 7-12
VHS 2002 Aims Media

What are the far-reaching consequences of becoming a teen father? What does it feel like to be a teen facing death from AIDS? These are the issues two high school teens must face in a candid look at the consequences of risky sexual behavior. Before teens Lauren and Paul began their unsettling "flipped day" each had revealed they'd engaged in unprotected sex with multiple partners, without serious thought for the consequences. Now Lauren faces life and death with AIDS, and Paul confronts the responsibilities that come with fathering a child. The program is a dose of reality that provides an excellent basis for thought and discussion concerning the hazards inherent in risky sexual behavior.

Health

Teen Pregnancy - Children Having Children

7750065 25 Minutes 9-12
VHS 1993 InterMedia

A doctor and a counselor give facts about the emotional, physical, educational and financial consequences of teen pregnancy. Interspersed are teens who are parents sharing their personal stories of how having a child has made their lives more difficult. It features celebrities who are popular with teens who encourage young people to make educated and mature choices about their sexuality and to differentiate between sex and love.

Teen Sexuality

7750017 30 Minutes 7-12
VHS 1994 Schlessinger Media

This video "defines sex and sexuality" and explains that sexual feelings increase in adolescence due to hormone level increases. It uses sports terms of the bases, the game, lines, and throw away the game to describe in a frank manner the escalation of a relationship from kissing to intercourse. It addresses peer pressure, lines used, condom use, the chain of infection for STD's and HIV, and sexual orientation. It advises that sexuality has lots of consequences, needs to be acted on responsibly, and needs to be talked about with one's partner.

Think it Through Review - Dispelling the Myths of Teen Pregnancy

7750482 30 minutes 7-12
VHS 1996 Aquarius

An entertaining troupe of actors take us through skits about pregnancy, STD's and choices. A zany, fast-paced approach is used to keep kids involved while imparting important knowledge on an often myth-filled topic - teen pregnancy.

Too Young, Too Far - Myths & Facts About Teenage Sexuality

7750318 25 minutes 7-12
VHS 1987 NEWIST

Toward the goal of teen pregnancy prevention, this program uses a docudrama and narrative approach to present several concepts: myths & facts concerning pregnancy prevention; realistic problems and frustrations faced by teen parents; responsible and informed decision making on the part of both male and female teens; and assertiveness in believing and sticking to those decisions when faced with peer and societal pressures.

You're in the Picture...Stories of Teen Dads

7750375 23 Minutes 9-12
VHS 1990 InterMedia

This video focuses on the experiences of four young men who have become teenage fathers and experience the problems associated with it. One finds anger when he tries to visit his baby daughter. The goals of the program are to discuss the realities of teen parenthood and to encourage young men to accept responsibility and seek support for themselves.

Abstinence/Birth Control

Abstinence - Deciding to Wait

7750135 18 Minutes 7-12
VHS 1992 Alfred Higgins

Using vignettes from three teenage relationships, it introduces the issues surrounding sexual involvement. The situations include a young man who has plans for his future that makes him refuse sex with his girlfriend, a couple where the girl goes along with having sex, but later learns her boyfriend had been exposed to AIDS, and a couple who use sex to revive a relationship, but ends with a pregnancy.

Abstinence...It's the Right Choice

7750054 22 Minutes 6-9
VHS 1995 Churchill Films

Recognizing the pressure that media and peers put on teens on the topic of sex, this video shows that abstinence is still the only way to avoid problems and consequences that sexual activity can create. The format intertwines street interviews with teens and a group of young teens who have questions about sexual activity. An informal discussion with an older sister and her boyfriend who are experienced peer counselors, the program explores reasons and alternatives to engaging in sexual activity.

Big Changes, Big Choices: Speaking of Sex

7750109 30 Minutes 5-9
VHS 1994 Live Wire Media

This reinforces abstinence as desirable and looks at the emotional dangers of sexual activity and risks of sex that may result in pregnancy, AIDS, or STD's.

Health

Birth Control Myths & Methods - 3rd Edition

7750069 28 Minutes 10-12
VHS 1993 Churchill Films

This video is an update of second edition. It starts with myths about getting pregnant and reviews reproduction. Using males and females to demonstrate, it shows how each method is used. It does not give effectiveness rates. It gives some of the advantages and disadvantages and lightly addresses possible side effects. This edition adds the female condom and Depo-Provera. Emphasis is placed on condoms as STD prevention as well as birth control.

Considering Your Options - Information on Abstinence & Contraceptive Choices for Teenagers

99515144 23 minutes 7-12
VHS 1998 Video Placement

The video combines animated segments where "Alex" goes on-line to learn more about his contraceptive options, with real teens discussing their choices and concerns about sexual activity and various birth control methods. The video covers the following methods of contraception... abstinence, condoms, birth control pills, Depo-Provera injections and Norplant implants. "Considering Your Options" also exposes many of the "Big Myths" that are the source of the most common misinformation among teens.

Four Pregnant Teenagers - Four Different Decisions

7750354 52 Minutes 9-12
VHS 1981 Sunburst

As the title implies, this video looks at the painful choices available to a teen facing an unplanned pregnancy. Each 12 to 14 minute segment focuses on a pregnant teen who chooses one of the options. It shows the pain involved in each choice, the factors that bring her to that choice, and difficulties she encounters. Part 1 on adoption, Part 2 on keeping the baby and raising it alone, Part 3 on marriage, and Part 4 on abortion.

I Should Have Waited

11501227 27 minutes 7-12
DVD 2005 Human Relations Media

Under constant pressure from peers and the media, one of the biggest decisions a teen has to make is whether or not to have sex. Without preaching, this program presents arguments against having sex too early. In drama format, follow Lisa through her first day of high school where she is shocked to find that sex is everyone's main concern. Wanting to fit in, Lisa responds to the advances of Jason, a smooth-talking senior. Convinced that he loves her, Lisa has sex with Jason. The next day he is on to someone else, leaving Lisa to face the risks of possible pregnancy, STD's and HIV. She realizes that one night with Jason may have affected the rest of her life. Lisa acknowledges lessons learned and arrives at a hard new resolution.

It Only Takes Once

7750256 18 Minutes 7-12
VHS 1987 InterMedia

Cabrini Green Jackson (Danitra Vance of "Saturday Night Live") as narrator urges teens to consider all the alternatives and make conscious, responsible choices about sex. She stresses the only guarantee against pregnancy is not having sex, but urges those who have sex to use birth control. Interviews with teen parents and a shot of a teen mother-to-be's bare stomach, including stretch marks emphasize the realities of teen pregnancy.

Just Say kNOw to AIDS - Abstinence

7750118 34 Minutes 7-10
VHS 1993 Aims Media

This is a compelling video that strongly advocates abstinence and repeats the message throughout. It uses celebrities such as Luke Perry and Paula Abdul, young people who have HIV/AIDS, and doctors to provide information about the disease, how it is transmitted, the impact on the individual and society, and the negative aspects of early sexual involvement. It does endorse expressions of sexuality that do not put an individual at risk. It uses rap to reinforce the abstinence message.

kNOw How - Video on Abstinence for Teens

7750337 20 Minutes 9-12
VHS 1989 InterMedia

Using a young comedienne, Kim Coles, this video encourages teens to postpone sexual involvement by teaching them refusal skills. Using specific situations involving sexual pressure, they are shown how to use "I" messages, repeat saying no, reverse the pressure, make body movements consistent with saying no, and leave if the pressure is too strong. The emphasis is that saying no to sex is really saying yes to your whole life.

Health

No Greater Love

11502599 11 minutes 7-12

VHS 1993 Wisconsin Clearinghouse

Is by far one of the most innovative & thought-provoking videos on safe sex on the market today. Was designed to be most effective when it is used as a tool to elicit group discussion. Low risk options to high risk behaviors are modeled in three vignettes.

Real People: Teens Who Choose

Abstinence

7750085 23 Minutes 7-12

VHS 1994 Sunburst

Teenagers who are committed to abstinence discuss the reasons for their choice and how this has affected their lives. They address the challenges, temptations, and pressures they face in a world bombarded by a continual assault of confusing and contradictory messages. The myth that everyone is having sex is challenged. Teens who have had sex in the past, but now choose abstinence talk about the regrets they felt after having had sex.

Saving Sex for Later

14130 12+

CD 2003 Education Development Center

Consists of three audio CDs that use engaging and dramatic stories to model how parents can help their sons and daughters navigate the normal pubertal changes and the challenges of becoming a teenager and, importantly, help them stay abstinent during the critical early adolescent years. Uses engaging and dramatic stories to model how parents can communicate effectively with their children.

Second Thoughts

7750374 28 Minutes 7-12

VHS 1990 Bethany Productions

The primary message of this video is virginity until marriage, based on the Sex Respect curriculum. It includes the concept of secondary virginity. The story begins and ends with a girl in her 20's who is a virgin on her wedding day. It uses flashback to her high school days to show how she felt pressure from her boyfriend to be sexually active, but decided to remain a virgin. It includes her friend's pregnancy scare who decides on secondary virginity.

Sexual Abstinence - Making the Right Choice

7750367 23 Minutes 9-12

VHS 1989 Human Relations Media

This video opens with a group of students working on the lyrics of a rap song "Sex is Complex". It follows with an interweaving of more of the rap song, scenes of sex educator, Mary Lee Tatum, addressing a high school assembly and teens talking about relationships. The topics covered are pressure to have sex, discussing feelings about sex and relationships, responsibility, talking with parents, and having self-control.

Skills for Healthy Living: Sex and Consequences

11501459 30 minutes 9-12

DVD 2006 Discovery School

Shows students the gravity of being sexually active and how it can have serious consequences. Introduces teenagers who have chosen abstinence and others who are struggling with the demands of parenthood.

Teen Sex - Expecting Trouble

7750312 54 Minutes 9-12

VHS 1988 WITI-TV

This documentary was produced and shown by Channel 6, WITI-TV, Milwaukee in April, 1989. Includes very candid discussions by teens concerning their attitudes about sex. The issues addressed include abstinence, birth control, teen pregnancy, adoption, abortion and sexually transmitted diseases. Birth control methods are shown. Actual slides of STD's are included. Schematics are used to show the abortion process. Although the program is long, it can be shown in segments.

Teenage Sex - Resisting the Pressure

7750140 29 Minutes 7-12

VHS 1992 Sunburst

Alternating between a pair of teen magazine advice columnists and vignettes, this video shows the importance of setting clear sexual limits in advance and assertiveness techniques to stay in control in sexual situations. It shows both boys and girls demonstrating assertive responses to sexual pressures. It goes on to show how to handle situations when the teen cares deeply about the other by positive and assertive communication. It points out the difference between assertiveness and aggressiveness.

Health

What Teens Want to Know About Sex

7750090 35 Minutes 7-12

VHS 1994 Sunburst

This video uses teen magazine columnists to answer teens' questions about sex, providing information about sexual development, conception, pregnancy, contraception, and STD's and debunks common myths about sex. It advises abstinence as the only 100% effective way of avoiding pregnancy. It surveys contraceptives and notes that many are very effective if used consistently and correctly. It provides details about STD's and the harm they can cause.

Homosexuality

It's Elementary - Talking About Gay Issues in School and It's STILL

Elementary

7750532 37 & 78 minutes 1-12

DVD 0 New Day Films

It's Elementary takes cameras into classrooms across the U.S. to look at one of today's most controversial issues - whether and how gay issues should be discussed in schools. It features elementary and middle schools where (mainly heterosexual) teachers are challenging the prevailing political climate and its attempt to censor any dialogue in schools about gay people. Rather than focusing on the debate between adults, though, the film takes the point of view of the school children, starting as young as first grade. Third graders' jaws drop when they find out some of their favorite celebrities are gay; second graders react to a book about a girl who gets teased because she has two moms; fourth graders say it makes them "feel weird in your stomach" when other kids yell "faggot" on the playground and teachers don't do anything about it; eighth graders fire a barrage of poignant questions to the gay guest speakers who visit their social studies class; third graders passionately debate the current events issue of the day: should gays be allowed to get married?

Pride & Prejudice - Working with Lesbians, Gay and Bisexual Youth

18713 12+

Book 1997 Central Toronto Youth

Intended for healthcare and social service providers, educators and others who work with youth. Addresses: counseling lesbian, gay and bisexual youth and their families; meeting their service needs in the child welfare system; working with HIV+ and street-involved lesbian, gay and bisexual youth; responding to youth in the school system; addressing the impact of violence; and making services accessible.

Straightlaced - How Gender's Got Us All Tied Up

7750533 67 minutes 6-12

DVD 0 New Day Films

With a fearless look at a highly charged subject, Straightlaced unearths how popular pressures around gender and sexuality are confining American teens. Their stories reflect a diversity of experiences, demonstrating how gender role expectations and homophobia are interwoven, and illustrating the different ways that these expectations connect with culture, race and class. From girls confronting media messages about culture and body image to boys who are sexually active just to prove they aren't gay, this fascinating array of students opens up with brave, intimate honesty about the toll that deeply held stereotypes and rigid gender policing have on all our lives.

What if I'm Gay? - A Search for Understanding

7750235 29 Minutes 9-12

VHS 1988 Learning Corporation

This first appeared as an ABC afternoon television special. It is about a teenage boy who is on the soccer team, lifts weights, and dates girls but is confused about the possibility that he is homosexual. He suffers a personal crisis when his friend spreads the word of his sexual orientation. He seeks the help of a high school counselor who encourages telling his parents, seeking professional counseling, accepting himself amid the confusion, and understanding that a person's sexual identity has little to do with leading a fulfilling life.

Health

Sexually Transmitted Diseases

It's Your Choice - Preventing Pregnancy & STD's

7750067 29 Minutes 9-12

VHS 1996 Human Relations Media

A young narrator reminds viewers that no one has to get an STD or create an unwanted pregnancy because it comes down to the choice one makes. Abstinence, "say no for now" is the safest choice, but later there is protection of condoms and nonoxynol 9. A group of young people point out the consequences of casual sexual encounters and share information about STD's. Testimony by teen parents indicated the dangers of not communicating with a partner about birth control, drinking and having sex, and relying on withdrawal.

Million Teenagers (5th.Ed.)

7750323 25 Minutes 9-12

VHS 1991 Churchill Films

The premise of this program is that more than a million teenagers get a STD each year. Using two peer counselors talking to a class, information about gonorrhea, chlamydia, herpes, syphilis, and AIDS is provided. The message is that the chain of infection by STD's can be broken by being informed and not taking chances. It uses animation and interviews to show how STD's harm the reproductive system.

Reality Matters - Deadly Desires

11501024 24 minutes 7-12

DVD 2004 Clearvue

Encourage active discussion of safe sex practices and the possibilities of contracting sexually transmitted diseases. The program points out that although teens are more educated about how STDs are caught, as well as how to avoid them, teens still don't practice what is preached. By questioning why, students are prompted to discuss the reasons that these teens choose to be sexually active but not sexually responsible. The program advocates an open dialogue about sexual activity and STDs, hoping the discussion will lead to safer sex and decreased disease.

Reality Matters - Sex and STD's

11501156 30 minutes 6-12

DVD 2005 Health EdCo

While examining the realities behind the pressure teens may feel to have sex, this program explains the risks teens face if they do have sex, including AIDS and other STDs. Looks at ways teens can protect themselves by practicing abstinence or safe sex. DVD includes 10-15 curriculum units that address national standards as well as pre- and post-viewing questions.

STD - More Bugs, More Problems

7750332 21 Minutes 9-12

VHS 1991 Alfred Higgins

This video is a revised edition of "VD: More Bugs, More Problems". This edition emphasizes AIDS and stresses prevention through condom use while stating that abstinence is the only 100% effective method of preventing STD's. The video goes on to cover symptoms of syphilis, gonorrhea, hepatitis B, chlamydia, NGU, herpes, genital warts, PID, crabs, and scabies with pictures of many of the symptoms. It tells how to seek treatment and the importance of early treatment.

Update - Sexually Transmitted Diseases

7750062 30 Minutes 9-12

VHS 1995 Sunburst

Using true-to-life stories of a number of teens who find themselves with the symptoms of an STD, the video identifies and provides facts about the most common STD's among adolescents: chlamydia, genital warts, herpes and HIV. It tells the symptoms and the need to seek treatment of any STD, and the severe consequences of untreated STD's. It stresses abstinence as the best protection against STD's, but recommends condoms and spermicide to reduce the risk for those sexually active.

AIDS/HIV

A is for AIDS

7750405 15 Minutes 4-7

VHS 1988 Altschul Group

Using a combination of animation and live children, this video uses an animated dog to answer kid's questions about AIDS. It explains what the immune system is, how the AIDS virus harms the immune system, its OK to play with people with AIDS. It introduces two children with AIDS to dispel fears and myths about people with AIDS. It tells that AIDS is gotten through the sharing of needles, from a mother at birth, or sex with a person who has AIDS.

AIDS - Different Kind of Germ

7750002 16 Minutes 1-4

VHS 1993 MTI Film & Video

A young girl learns the basics about AIDS from her mother, who is a doctor, and a cartoon friend. It uses blend of live action and animation to explain the effect of AIDS on the body's immune system and how the virus can't live on everyday objects, only in the human body. It says AIDS transmission occurs through exchange of body fluids during private adult sex acts or through the exchange of blood in dirty needles shared by drug use, or infants from infected mothers.

Health

AIDS - Let's Talk

7750316 15 Minutes 3-5

VHS 1989 New Dimensions Media

The purpose is to allay unnecessary fears and discourage name calling around AIDS victims while pointing out the seriousness of the disease and stressing the need for compassion for those infected with the AIDS virus. There is no mention of sex or drug abuse. Instead it indicates AIDS is caused by a virus which is very hard to get. The message is we shouldn't tease about AIDS, the only way to get AIDS is through the bloodstream, not from everyday things, and it isn't a child's fault if they got AIDS.

AIDS - One Teenager's Story

7750081 32 Minutes 7-12

VHS 1996 Sunburst

This is a story about a high school senior girl who learns she has been infected with HIV by her boyfriend. It is told from the perspective of her sister and accurately shows the emotional toll of shock, rage, and depression. It gives the facts about HIV/AIDS in the context of the story. It is unique in that it shows the testing, counseling, and treatment now available which can enhance and extend life for HIV positive people. The girl makes it very clear that making a decision to have sex, even with someone you love and trust, is making a life and death decision.

AIDS Facts for Kids

7750074 9 Minutes 4-6

VHS 1997 MarshMedia

This is a very basic video about AIDS, giving a definition of AIDS and how HIV disables the immune system. A teenaged narrator explains that one can't catch HIV through casual contact. Transmission occurs by having sex with an infected person or by allowing infected blood to get mixed with our own. The program advises us not to have sex or use illegal drugs and avoid any activity that might result in mixing blood.

AIDS Prevention - Choice, not Chance

11501019 10 minutes 4-8

DVD 2005 Clearvue

Emphasize to students the importance of education and prevention as they relate to the AIDS virus. This smart, honest program presents the facts about AIDS in a straightforward manner, allowing students to understand and internalize important information that they can use to protect both themselves and others. Viewers will be equipped to make smart choices about their health after learning what causes AIDS, how those who are infected with the virus cope, and what can be done to prevent it from spreading. A Further Learning Web site supplements the program, providing learning objectives, Internet resources approved for content, an online teacher's guide, and more.

Beginnings - You Won't Get AIDS

7750364 14 Minutes 2-4

VHS 1990 Aims Media

Centering around a soccer team, the coach provides information to the kids about ways you can't get AIDS such as touching, playing with pets, getting bit by insects, kissing, or living with a person with AIDS. He talks about germs and how it is important to take care of one's health by eating right, exercise, getting rest, and keeping clean. He says that AIDS is hard to get and names only two ways it is transmitted, by drug use and needles or from sex. The teacher would have to add through transfusions and being born to a mother with AIDS. The children are encouraged to learn more about AIDS when they grow up.

Blood Lines

7750283 23 minutes 7-12

VHS 2000 Film Ideas

An inspiring portrayal of young people living with HIV/AIDS. Still in their teens, the authors become infected. They have created an intimate portrait of infected youth who collectively bear their souls. A first person look at HIV positive youth who candidly share their grief, confusion and hope.

Health

Body Defenses Against Disease - 3rd Edition

11501118 22 Minutes 7-12

VHS 1989 Encyclopedia Britannica

The human body possesses many defenses against the deadly microbes that live around, on, and inside it. Recent advances in immunology have contributed to our understanding of the white-cell fighters in these defenses-phagocytes and lymphocytes. This program uses vivid animation to survey the various types of microbes that can cause disease and to dramatize the body's struggle against them.

Camp Itsamongus

7750003 16 Minutes K-3

VHS 1990 Knoxville Red Cross

Using puppets, this video follows two characters, William & Ralph who go to a summer camp. William has heard that someone at camp has AIDS and tries in some exaggerated ways to protect himself from catching the AIDS virus. Ralph sets him straight that he cannot get AIDS by contact, bee stings, eating utensils, and other ways. At the end of camp, William learns that it is his new friend, Ralph, who has the AIDS virus inside of him.

Dedicated to the One I Love

7750187 46 Minutes 9-12

VHS 1992 Churchill Films

Originally a CBS schoolbreak special, it tells a story about Amy, the yearbook editor, and her ex-boyfriend, Ron. Ron was killed in a car accident and it is suggested that the yearbook be dedicated to him. But the staff is split because Ron was under the influence of drugs when his car crashed. Amy privately learns that Ron was infected with HIV through the sharing of needles and when she is tested, she is also positive. Confused and angry, she turns to her parents and an HIV support group.

HIV, AIDS & Other STD's for Grades 7-8

17100 12+

Book 1996 Central Michigan U

Contain curriculum recommendations for HIV, AIDS, and other STD's.

HIV/AIDS Facts Book

17101 12+

Book 1995 American Red Cross

Provides the facts base for the Red Cross educational efforts to prevent the spread of HIV, the virus that causes AIDS.

I Have AIDS - Teenager's Story

7750345 28 Minutes 5-12

VHS 1989 Children's TV Wkshop

This is a 3-2-1 Contact special featuring Ryan White, a teenager who has had AIDS since he was 12. It follows his court fight to attend school, and his reception into a new school that had been well informed with AIDS information. The second half of the tape focuses on the nature of the HIV virus and how it affects the immune system. It concludes with 11-14 year old students asking Ryan questions about AIDS and how Ryan feels about aspects of having the disease.

In Our Own Words - Teens and AIDS

11502710 20 minutes 5-12

DVD 1995 Words Can Work

Teens infected with HIV through unprotected intercourse discuss denial, condoms, postponing sex, and how alcohol affects decision-making. Recommended for grades 5 through 12, parents, and other caregivers.

In Our Own Words - Teens and AIDS

7750044 20 Minutes 9-12

VHS 1995 Media Works

The video profiles fine young people who contracted HIV as teenagers through unprotected sexual intercourse. They tell how they did not think they could be at risk, how their view of the future changed upon diagnosis. Three of the 5, including the host of the video, have died. Two of their funerals are shown. They endorse postponing sex, but also stress the use of latex condoms every time, as a way to lower risk of HIV transmission. They say if you can't talk to your partner maybe you're not ready to have sex.

In the Shadow of Love - A Teen AIDS Story

7750063 47 Minutes 9-12

VHS 1991 MTI Film & Video

This was an Afternoon TV special. This video follows a high school student, Katie, who along with a new student, Lisa, takes on a project to make a video as part of a TV station's contest. The topic they cover is teens who have AIDS. The myths about getting AIDS are corrected. The risks of getting AIDS are detailed in an interview with a counselor at an AIDS clinic. Katie learns her boyfriend has tested positive for HIV when he takes a physical to get into Annapolis. The video ends with Katie joining the teen support group because she too has tested positive for AIDS.

Health

Just Like Us - AIDS Prevention

7750045 28 Minutes 9-12

VHS 1993 Sunburst

This video is composed of interviews with attractive young people who are HIV infected. They share their background as similar to other teenagers and their earlier belief that they didn't need to concern themselves with AIDS prevention. The 5 young people discuss their emotions on finding out, the consequences, other people's reactions, their illnesses and medications and their fears for the future about what will happen to them and their families. They also give information about and support for abstinence and condom use as ways of avoiding the infection.

Let's Talk About AIDS

7750419 30 Minutes 6-12

VHS 1997 Salk Institute

Using questions from a group of teens, two hosts answer questions about AIDS, what it is, how it is spread, and details of how the immune system works and is immobilized. It shows pictures of the opportunistic diseases. It is a factual presentation and provides a good scientific understanding of HIV/AIDS.

Nickelodeon Special Edition - Conversation with Magic (without condom discussion)

7750130 26 Minutes 4-8

VHS 1992 Barr Films

This is the Nickelodeon Special which Linda Ellerbee hosts a frank discussion between Magic Johnson and several young students. It explains the difference between HIV and AIDS and appropriate ways to interact with infected people. It does include the term unprotected sex, but this version does not include information about condoms that appears in the original version.

Positive - An AIDS Awareness Film

7750071 14 Minutes 9-12

VHS 1996 Protective Productions

This video opens with a blood donation by Mark who is HIV positive, but unaware of the fact. He and his girlfriend, Marina, have sex for the first time at a birthday party. She rejects his offer to use a condom, despite her sister's warnings to use a condom. Two months later, Marina tests positive for HIV and a message reads "Protect Yourself and Live". The video plays somewhat like a soap opera segment and the message is protection, not abstinence.

School HIV/AIDS Policy Tool Kit

18584 12+

Book 2003 WDPI

Provides background information on HIV/AIDS, tools for districts to assess current policies and procedures, and guidance for school districts to develop or enhance policies and procedures related to HIV/AIDS.

Thumbs Up for Kids - AIDS Education

7750028 23 Minutes K-3

VHS 1989 Aims Media

This is a lively, reassuring program that puts the AIDS issue in perspective for young children. It is divided into three segments former "Romper Room" teacher, Ruby Peterson, interacts with a small group of children in song, dance and rap tunes to teach them that AIDS is hard to get. The first segment focuses on germs and the importance of washing the hands. Part 2 explains AIDS comes from a different germ that lives inside the body and discourages any blood to blood games. It clarifies that AIDS is not to be confused with teacher or library aids. Part 3 introduces a 6 year old with AIDS, that it is safe to share toys and play with people with AIDS and health helpers.

Understanding HIV and AIDS

11501226 18 minutes 5-9

DVD 2006 Human Relations Media

What is the difference between HIV and AIDS? How do you get it? Can I touch a person with AIDS? Is there a cure for HIV?" Based on national health curriculum standards for middle school plus the latest science, this program arms students with the facts about HIV and AIDS. It presents an age-appropriate review of the basic terms, definitions and biology of the HIV virus plus means of infection, treatment, and protection. The program also sends a clear message that abstinence is the only 100% effective option for avoiding sexual transmission of the HIV virus. It includes a dialogue with middle school students and two HIV positive young people on issues that impact their lives: How should an HIV+ person be treated by others? What are the common misconceptions about how HIV is acquired?

What is AIDS?

7750298 15 Minutes 3-6

VHS 1988 MTI Film & Video

This video provides elementary school students information about AIDS in ways that they can understand. It gives a basic understanding of the body's immune system and how it works. AIDS is described as a tricky virus that fools the body's immune system. It presents how AIDS can be prevented and dispels the myths about AIDS.

Health

Alcohol and Other Drug Abuse

Addiction - Why Can't They Just Stop

11501000 90-300 minutes 12+

DVD 2007 HBO

One in four Americans has a primary family member who is struggling with addiction. This documentary strives to break through the myths and explain what addiction really is (a brain disease), what causes it (a variety of genetic and psychosocial factors) and how to get the best available treatment (by seeking out evidence-based medical and behavioral treatments). Through the lenses of several highly accomplished documentary filmmakers, the current state of addiction in America is explored in nine segments, punctuated by the latest thinking on treatment and recovery by leading experts on drug and alcohol addiction. The main program is 90 minutes with over 5 hours of additional materials on 3 DVDs.

Alcohol - True Stories

11502709 20 minutes 5-12

DVD 2002 Words Can Work

Underage drinking can have devastating consequences. Young people tell their powerful stories to encourage peers to avoid underage drinking. With discussion guide. Recommended for grades 5 through 12, parents, and other caregivers.

Alcohol & Other Drug Use Prevention - Health Literacy Performance

Assessments

17205 12+

Binder 2002 WDPI

Performance assessments are standards-based strategies for determining what students know and how they are able to apply health-related concepts and skills they have learned.

Alcohol Abuse and Teens - The Turning Point

5550023 29 Minutes 4-12

VHS 1986 Aims Media

Program tells the story of two teenage boys - friends who share the experiences and problems of most teens. The boys join in the beer-drinking escapades of some older kids, but fun turns to trouble and then tragedy as the boys drink with increasing frequency.

Alcohol, Addiction, and Teens - The Turning Point

5550086 14 Minutes 7-12

VHS 1988 Aims Media

Statistics are alarming: One of three high school seniors gets drunk once a week. Two out of five report "heavy drinking." Nine in ten use alcohol. No one worries about becoming addicted. Yet if these young people have a genetic predisposition to alcoholism, they may become addicted within a very short time. This award-winning program brings to light new medical information about alcoholism. A moving interview with a teenager and his mother, both of whom are alcoholics, concludes the program and spotlights the need for the addicted to seek help.

Alcohol...Drugs...And Kids

5550007 18 Minutes 4-8

VHS 1989 Aims Media

Four teenagers who started drinking or using drugs at an early age share their experiences. It dramatizes their stories in flashback while the teens talk about why they started, to see what it was like, to escape from family problems, to fit in with their friends or family members, to attempt to overcome shyness. They each reveal how alcohol or a drug came to control their lives.

Alternative School Student Assistance Program Implementation

17102 12+

Guide 1991 Midwest Regional Center

The goal is to prevent or stop the use of alcohol and other drugs. Responsible use is not an appropriate alternative. Early intervention is an important element of successful programs. Effective use of technology can enhance and extend intervention strategies.

Art of Prevention

8850077 14 Minutes 12+

VHS 1993 VSA Educational Services

Provides teachers with arts - centered activities to engage students in the prevention of ATOD use. Activities are designed to compliment an existing ATOD use prevention program. Video should be viewed before implementing the program. Activities are included for dance, drama, language arts, media arts, music and visual arts.

Health

Athletes and Addiction - It's Not a Game

5550131 33 Minutes 9-12

VHS 1991 MTI Film & Video

Specially edited ABC Sports program offers viewers a realistic picture of addiction and treatment. Shows why people, especially athletes, can succumb to lures of substance abuse and relapse after recovery. You'll get an intimate glimpse of life in a treatment center, as recovering addicts, including Edmonton Oiler hockey player Dave Hunter, talk about their struggles with substance abuse. Viewers will also follow the stories of several other professional sports figures who are fighting the battle with drugs and alcohol.

Backstage Pass - Classroom Version - Class Pack -

2005 MADD

Is the classroom extension of a nationally touring assembly show produced by Mothers Against Drunk Driving (MADD). The Class Pack is designed to give classroom audiences an opportunity to preview bite-sized segments of real life issues teens face everyday. When a school purchases this exciting new program they will add a dynamic and educational resource to their campus library for use year-round. With this resource on campus, students will have an opportunity to look deeper into issues introduced in the program such as the health and consequences of underage drinking, the immediate and long term effects of smoking, traffic safety issues, and much, much, more. When used as instructed, this DVD Class Pack will challenge students of all ages to take a hard look at the choices they make everyday.

DVD 7750072 35 minutes 7-12

VHS 7750498 35 minutes 7-12

Big Changes, Big Choices: Saying No to Alcohol & Other Drugs

7750108 30 Minutes 5-9

VHS 1994 Live Wire Media

This reinforces anti-drug attitudes, teaches practical techniques for saying no, and how to resist negative peer pressure.

Body Scans - Alcohol & the Teenage Brain

7750506 22 minutes 7-12

DVD 2002 Human Relations Media

This DVD actually shows the effect of drinking on the teenage brain. The young host of the show has a brain scan of her own brain and then has the chance to see how it compares with the brains of other teens who drink alcohol regularly.

Boy Who was Swallowed by the Drug Monster

5550295 13 Minutes 7-12

VHS 1994 STARS

The story, illustrations, and narration are by Sue Pettit. It is based on the effects drugs had on her 8 year old son, Vince and on her family. It comes to a powerful conclusion when Vince (now an adult) speaks directly to you from jail and tells how his childhood was taken away from him.

Brain Power! The NIDA Junior Scientist's Program

7750394 42 minutes 12+

VHS 2001 National Institute of Health

The NIDA's mission is to lead the nation in bringing the power of science to bear on drug abuse and addiction. The program is one effort in trying to reach this goal. Is designed to take students step-by-step through an exploration of the processes of science and how to use these processes to learn about the brain, nervous system, and the effects of drugs on the nervous system and the body.

Brain Scans - Alcohol & the Teenage Brain

7750220 25 minutes 7-12

VHS 2001 Human Relations Media

This video actually shows the effect of drinking on the teenage brain. The young host of the show has a brain scan of her own brain and then has the chance to see how it compares with the brains of other teens who drink alcohol regularly.

BrainGain/BrainDrain

19638 12+

Binder 2003 Educare

BrainGain: teaching teens to build a better brain.

BrainDrain: effects of alcohol and other drugs on the brain.

Building Blocks

15111 12+

Kit 1995 Am. Council for Drug Ed

Helping preschoolers grow up alcohol & drug free.

Contains books for children as well as for parents and caregivers.

Health

Children's Program Kit - Supportive Education for Children of Addicted Parents

11502647 65 minutes 12+
Kit 2004 Dept. of Health & Human Services
The kit is designed to provide materials for substance abuse programs so that they can initiate educational support programs for the children of their clients in substance abuse treatment. The program will teach children skills such as solving problems, coping, social competence, autonomy and a sense of purpose and future. The toolkit has activities for children in elementary school, in middle school and high school. It contains information for therapists to distribute to their clients to help parents understand the needs of their children, and training materials including posters and videos for substance abuse treatment staff who plan to offer support groups for children.

Children's Program Kit - Supportive Education for Children of Addicted Parents - Native American Kit

11502648 65 minutes 12+
Kit 2004 Dept. of Health & Human Services
The kit is designed to provide materials for substance abuse programs so that they can initiate educational support programs for the children of their clients in substance abuse treatment. The program will teach children skills such as solving problems, coping, social competence, autonomy and a sense of purpose and future. The toolkit has activities for children in elementary school, in middle school and high school. It contains information for therapists to distribute to their clients to help parents understand the needs of their children, and training materials including posters and videos for substance abuse treatment staff who plan to offer support groups for children.

Choose Not to Use - Teen Theater in Action

7750224 25 minutes 7-12
VHS 2001 Human Relations Media
Is a unique teen substance abuse program videotaped with a live cast of teen performers as well as a real police officer, who share their real and thought-provoking stories with viewers.

Cincinnati Bones and the Treasure of Health

5550013 15 Minutes K-6
VHS 1989 Aims Media
Explorer Cincinnati Bones discovers the ruins of a giant body machine and uncovers the devastating effects of drugs in this exciting journey through the human body. He faces great perils as he explores the damage done by drugs to the heart, brain lungs stomach, and eyes. He also views the harm done to muscles and bones. Barely surviving his exploration of the ruins, he carries this message back to civilization: staying away from drugs leads to the greatest treasure of all, good health.

Debunking the Myths About Marijuana

7750446 7 minutes 12+
VHS 2001 White House Office of Nat'l Drug
This video was developed to help educate communities about the harms of teen marijuana use. Highlights the latest research about the drug, features commentary by leading experts about the effects of marijuana on youth and encourage communities to work together to address teen marijuana use.

Downfall - Sports and Drugs

11501249 28 Minutes 7-12
VHS 1988 PRIDE
This program is designed for anti-drug education. The stories about the people who appear in the program are real. While the people are athletes, their stories are meant to have a universal application for all young people.

Drug Avengers

11501252 50 Minutes 1-6
VHS 1989 RMC Research
Ten animated cartoons (four designed for grades 1,2,3, five designed for grades 4,5,6, and a common "pilot" episode), tell about visitors from the future - the Drug Avengers. They've come back in time to help today's children with healthy messages and ideas on ways to refuse or avoid drugs.

Drug Free Choices

17695 4-9
Cards 1990 Trend
The 26 cards in this deck work on practical ways to live a drug-free lifestyle by learning to make smart choices.

Health

Drugs - How They Affect Body

Chemistry

5550040 22 Minutes 4-12
VHS 1989 Aims Media

With concise explanations, animated graphics, and representative models of human organs, this eye-opening program highlights the ways in which drugs, from aspirin to cocaine, affect and interact with the natural functioning of the human system.

Drugs - True Stories

11502716 30 minutes 6-12
DVD 2007 Words Can Work

Information and support help prevent addiction. Abuse of alcohol and marijuana led Joel to prescription pills, affecting his entire family. Finding healthy ways to handle stress helps Trevor stay drug-free.

Drugs and Disease

11502706 23 minutes K-4
DVD 2005 Schlessinger Media

There's no doubt about it -- taking care of yourself is a huge responsibility. And even though your body can repair itself and fight germs and diseases, it needs your help. Everyone gets sick sometimes, but the more you choose to live a healthy lifestyle, the safer, happier and healthier you'll be. This informs young viewers about germs like bacteria and viruses, and explains how to deal with the many common ailments they cause. Safety practices for taking and storing medicines are introduced, as are the harmful effects of alcohol and street drugs on the body. Students also get a glimpse of what goes on during a real visit to the doctor's office.

Drugs Don't Make It

5550009 28 Minutes 4-8
VHS 1990 Aims Media

Incorporates anti-drug commentaries of numerous celebrities, flavor of a music video, and poignant testimonials of six recovering substance abusers, this program about the harsh realities of alcohol and other drug addictions gets viewers' attention. Featuring Sylvester Stallone, Michael "Air" Jordan, Lionel Richie, Patrick Duffy, Wayne Rogers and Walter Davis.

Drugs Will Drag You Down

5550037 30 Minutes K-3
VHS 1987 Film Ideas

Story begins with children and Muppet-like characters engaging in healthy outdoor activities: fishing, feeding farm animals and playing horseshoes. Eventually, Tippy and another boy notice Danny alone, but they suspect he would really like to have friends. When they ask him to join them he tells them he has an idea for how to have fun, alluding to drugs, but referring to them only as a "surprise" for later. He also approaches Jill and offers her drugs, but she is afraid of them and is not sure if the way she turned them down was the best way. Eventually all the characters meet in a group at a barn dance, and Danny makes another offer for his friends to try drugs. It is during this scene that the children learn to say "no" to drugs.

Drugs, Alcohol & Tobacco - Totally Awesome Teaching Strategies

1350164 12+
Book 1995 Meeks, Heit

This book contains everything that educators need in order to implement effective drug education in school and community settings.

Drugs, Alcohol and Your Body

5550038 14 Minutes 1-6
VHS 1990 Aims Media

Responding to a short, fun quiz at the start of this program, a group of children made it clear they're interested in their own personal safety. Youngsters' natural concerns for not being hurt become the driving force behind a lesson on the dangers of drug and alcohol abuse. Animated organs: the kidneys, liver, brain, stomach, and lungs are key players in the film. They protest they can't do their jobs when they're affected by drugs and alcohol.

Ecstasy - First Pill or Last?

7750286 20 minutes 7-12
VHS 2001 United Learning

MDMD, or Ecstasy, has become increasingly popular among young people who are attracted to its low cost, easy availability and its reputation as a fun-enhancing, mind-expanding, harmless way of having a good time. This program also tells the tragic story of one teenager's death from Ecstasy and the impact her death had on her family and friends.

Health

Ecstasy - What's All the Rave About?

7750382 30 minutes 7-12
VHS 2002 U.S. Dept of Health & Human

Services

Provides useful information on what Ecstasy is, what it does and why it seems appealing and is dangerous.

Edge of Reality - Educator Series

7750518 47 minutes 7-12
DVD 2008 Neenah Joint School District
Ben, Eric, Laura, Lucy, and Julie, Neenah High School seniors are having the best times of their lives - finishing high school, planning their career paths, and enjoying friendships that have grown throughout their years in Neenah. But everything changes one night after making some poor decisions about drinking. These students soon discover that their lives have been changed forever. This contains a handbook and Special Chaptered DVD for the classroom. The handbook contains questions/exercises for students. This set also contains the original film without interruption.

EDUCATE - Creating Inhalant Abuse

Awareness Together

7750460 17 minutes 12+
VHS 1999 Nat'l Inhalant Protection Coalition
Our kids call it huffing or sniffing. "It" is inhalant abuse. Our kids think it won't hurt them. It will. All over America kids are abusing everyday household products.

Epidemic Continues - Kids, Drugs and Alcohol

5550193 30 Minutes 9-12
VHS 1992 MTI Film & Video
An eye opening evaluation of youth chemical use and over the counter drug use and abuse.

Epitaph for a Drug User

5550124 17 Minutes 4-12
VHS 1991 Aims Media
There are three new arrivals in the local cemetery, all of them teenagers. In flashback, they tell how they turned to drugs to alleviate problems with parents, school, and peers and how those drugs caused their premature deaths.

Facilitating Drug Prevention Groups

1350181 12+
Book 1990 Wellness for You
Group facilitation is a very vital part of any type of school support system. This manual is written to provide practical information about how to implement and facilitate a school teen pregnancy group.

Families of Alcoholics

11501298 15 Minutes 9-12
VHS 1985 MTI Film & Video
Three case histories focus on the innocent victims of alcoholism - the family members.

Families That Care - Guiding Good Choices (Preview Kit)

7750464 10 minutes 4-9
VHS 2003 Channing Bete
Is a preview kit for the award-winning research-based program that helps prevent youth substance abuse and delinquency.

Fast Forward Future

11501301 45 Minutes 4-6
VHS 1988 Weston Woods
Designed for students who are beginning to experience a variety of pressures to use drugs and alcohol.

Get Ready, Get Set, Take Two

Classroom Version

7750499 10-30 minutes 7-12
DVD 2006 MADD
This multi-media show designed for secondary schools takes students behind the scenes of a Hollywood production to show that on a movie set, mistakes get a second chance-a second take-but in the real world, there aren't always second takes. Using clips from major motion pictures and music from today's popular artists, Take Two encourages students to make healthy choices and reminds them that there are consequences for poor decisions such as underage drinking and substance use. The show also helps students to better understand the risks and responsibilities as new teen drivers.

Good Kids Die Too

5550186 19 Minutes 7-12
VHS 1990 Learning Corporation
This hard-hitting drama consists of parallel episodes which result in tragic consequences when two good kids become victims of substance abuse and peer pressure. Includes discussion guide.

Health

Growing Up Drug-Free - Parent's Guide to Prevention

14295 12+
Book 1998 Department of Education
This is based on the best available information about how children learn and what works to prevent drug abuse. There is nothing difficult about this information, and the only qualification needed to use it is a loving concern for the welfare of our children and families.

Guide to Curriculum Planning in Alcohol & Other Drug Abuse Programs

19163 12+
Book 1992 WDPI
Outlines a method of developing & delivering an AODA curriculum.

Hooked on Fishing - Not on Drugs

18642 12+
Guide 2002 Future Fisherman
Focuses on preventing drug use through sport fishing and aquatic resources education. Begins with the premise that most youth do not use drugs and that positive alternatives such as fishing can keep children from drug use. Entire program available to those who take the training inservice.

Hooked on Fishing - Not on Drugs/Fishing...Pass It Out

11502025 9 Minutes 4-12
VHS 1986 Future Fisherman
This educational documentary shows a positive alternative to drugs. It is intended for use by schools, drug prevention programs, or any other activity involving our youth. Also includes a music video to show to adult groups such as PTA's, service organizations, fishing clubs, etc. to instill the importance of fishing as a positive activity for young people.

How Do You Tell?

11502042 13 Minutes 1-6
VHS 1982 Coronet Film & Video
Live-action and animated vignettes encourage elementary school children to say "No" when friends want to experiment with drugs, tobacco and alcohol. "Some hard facts about drugs for young students, presented in a way that will create awareness and promote discussion on the subject."

How I Quit Smoking & Saved My Life

7750254 23 minutes 7-12
VHS 2001 Human Relations Media
Emphasizes the short and long term effects of smoking, coping strategies to combat tobacco triggers, pitfalls to be expected during and after smoking and individual choices of quitting smoking.

I Didn't Mean to Hurt You Baby

7750242 16 Minutes 7-12
VHS 1986 Virginia Dept. of Mental Health
This is a presentation on fetal alcohol syndrome, the third largest cause of mental retardation and birth defects. It recommends no drinking during pregnancy.

If You Change Your Mind

5550260 31 Minutes 9-12
VHS 1991 NCADI Videotape Resource
Video opens with a series of questions asked by students about drugs and alcohol. Student actors explain what addictions are and how they affect the lives of students. Other real life teens explain what it is like to be addicted to alcohol, drugs and nicotine. Experts, doctors and psychologists give further details about addictions and how they affect the brain and nervous system. Ideal for science class or health class.

Inhalant Abuse Prevention Kit

18498 12+
Kit 2004 Alliance for Consumer Ed
Is designed to help you educate others in your community. Are intended to support individuals and small-group education sessions for parents, caregivers and community leaders.

Inhalents - The Silent Epidemic

5550138 22 Minutes 4-12
VHS 1992 MTI Film & Video
Based on a real story, this dramatic reenactment is designed to teach young people the dangers of sniffing everyday household and office products. Scott Bradley, an all around "good kid", joins a group of young people, "sprayheads", who are sniffing inhalants at a party. Though he insists he'll only "try it once", Scott begins to use inhalants regularly and the sprayheads become his only friends. It takes the death of a close friend that Scott realizes he has a problem and enrolls in a treatment program.

Health

Just Say No

5550029 14 Minutes 1-6

VHS 1987 MTI Film & Video

This well-made program uses a combination of formats to make its points and to hold young viewers' interest. It begins with simple animation, changes to a rap vignette, and moves to a group session at school, using children who are unusually believable and natural in their discussion of ways to avoid pressure from their peers regarding drug use.

Kevin's Story

11502105 20 Minutes 9-12

VHS 1984 Durrin Films

Eighteen-year-old Kevin Tunell explains to a high school audience of teenagers that instead of enjoying a wonderful year at college he is spending 40 hours a week lecturing to students about the dangers of driving and drinking. Sentenced by a judge to give the lectures after killing an eighteen-year-old girl in a head-on collision while he was drunk, Kevin claims he lives with the accident twenty-four hours a day.

Let's Talk About Marijuana - Core

Lesson 1

5550327 8 minutes 7-12

VHS 1999 Project Alert

Motivates students to resist by having them identify immediate and later consequences of smoking marijuana.

Life Skills Training Promoting Health & Personal Development:

Book 1999 Princeton Health

The strengths of this program: based on scientific evidence of what causes substance abuse, uses a comprehensive approach, emphasizes proven skills training methods, documented effectiveness through extensive evaluation & proven to reduce tobacco, alcohol & other drug use.

Grades 3/4 - Level One 17632 12+

Grades 4/5 - Level Two 17637 12+

Grades 5/6 - Level Three 17639 12+

Middle School - Year One 17619 12+

Middle School - Year Two 17621 12+

Middle School - Year Three 17629 12+

Lifeskills Smoking & Biofeedback

11502869 9 minutes 12+

VHS 2000 Princeton Health

Teaches students about the immediate physiological effects of smoking by: discussing the importance of changes for prevention, demonstrating the impact cigarette smoking has on heart rate and hand-steadiness.

Lost Childhood - Growing Up in an Alcoholic Family - DVD

7750051 30 minutes 7-12+

DVD 2004 Nat'l Assn Children of Alcoholics

In this moving film, you'll visit a summer camp program for children of alcoholics and hear youngsters tell their experiences in their own words. Then 15 years later, meet some of these same children as adults who received the tools they needed to grow up and lead full, healthy lives. Close captioned.

Lots of Kids Like Us

11501531 28 Minutes 4-6

VHS 1983 MTI Film & Video

Two children are caught up in the trauma and confusion of having an alcoholic parent. This sensitive dramatization stresses healthy ways to deal with their feelings of guilt and unhappiness.

Making the Grade - A Guide to School Drug Prevention Program - Revised

17214 12+

Book 1999 Drug Strategies

Helps teachers, school principals & concerned citizens determine how to spend scarce prevention dollars. Helps parents judge for themselves the adequacy of the school prevention program.

Marijuana - Weeding Out the Hype

8850612 29 minutes 12+

VHS 2001 U.S. Dept of Health & Human

Is part of the Myths, Facts & Illicit Drug Series.

Masquerade - Unveiling Our Deadly Dance with Drugs and Alcohol

11502553 30 minutes 12+

VHS 1996 Focus on the Family

Youth speaker Milton Creagh blows the cover off many popular myths, including the "casual user" lie and exposes the hidden war with drug and alcohol addiction. He doesn't talk AT teens but speaks TO their hearts in a way they can understand and remember.

Health

McGruff's Drug Abuse Prevention Kit

5550342 22 minutes K-6
VHS 1986 U.S. Dept of Justice
Helps teach children ages 5-12 the negative consequences of drugs, how to refuse drugs and resist peer pressure, and how to develop and enjoy drug-free lifestyles.

Media Sharp - Analyzing Tobacco & Alcohol Messages

5550337 7 minutes 6-9
VHS 1998 Dept. of Health & Human Services
Designed to help enhance the ability of youth to assess media messages about alcohol and tobacco. Increases youth's understanding of the potential influence of such messages on behavior. Heighten youth's ability to resist influence of such media messages on their behavior.

Media Tool-Kit for Anti-Drug Action

17232 12+
Kit 2000 ONOCP
Introduces the initiative and provides practical advice and ready-to-use materials to help you earn media coverage and expand community-based networks to encourage kids to stay drug-free.

Meth - What's Cooking in Your Neighborhood?

7750393 27 minutes 7-12
VHS 2002 U.S. Dept of Health & Human
The goal is to help parents, families and communities understand this addictive drug and mobilize prevention programs.

Mostly Mice - Star is Reborn

5550190 17 Minutes 1-6
VHS 1992 MTI Film & Video
In this puppet show setting Wellington, the stage manage mouse, narrates. He does not feel good about himself and is offered drugs. He learns that taking drugs does not solve problems and true stars are not always the ones in the spotlight. Includes discussion guide.

My Pot Video

5550300 17 Minutes 6-12
VHS 1997 Gerald T. Rogers
A high school student senior, Mike Morgan, tells the viewer that he is "assigned" to make this video about smoking marijuana. It seems "the assignor" discovered that Mike was interested in making student videos and requests he produce one on pot for other students. It delivers important information about the serious problem of Marijuana in an entertaining, fast-paced style that will appeal to today's youth.

New Club Drugs - Designed for Death

11501222 24 minutes 7-12
DVD 2004 Human Relations Media
In the last few years, Ecstasy, GHB and other club drugs have not only inundated the club and party scenes, but have spread quickly to high schools and junior high schools throughout the United States. Just when drug educators, physicians and school officials thought they had learned all the hazards of these drugs, a new crop of dangerous substances called New Club Drugs has sprung up, posing even more dangerous risks than the first group. The new club drugs include Foxy – a pill that is two times stronger than Ecstasy and available at half the cost. Others are called AMT, YABA, Blue Mystic and 2C-B. The video uses the same compelling format as Club Drugs: The Real Deal to highlight each new club drug, how it works, how it affects the body and the mind, who is selling them and most importantly understand the very real health hazards. An emergency room physician, as well as a law enforcement officer, tips teens off to the latest information. Young users also describe the effects including hearing the parents of one teen who died of an overdose. The resulting message is clear – kids who take new club drugs or regular clubs drugs are putting their lives at risk.

No Ifs, Ands or Butts - Smoking Kills

7750214 23 minutes 7-12
VHS 2001 Human Relations Media
Teen viewers discover that they are prime targets of tobacco advertisers who need young customers to replace the older ones who have died from the many tobacco-related diseases.

One for My Baby

7750366 28 Minutes 7-12
VHS 1982 Aims Media
This video takes an in-depth look at Fetal Alcohol Syndrome (FAS). Using interviews with parents and medical experts, it details the damage to a fetus and the lifelong impact to a child that a pregnant mother's use of alcohol can have. Several children who have FAS show the consequences of drinking. This video strongly advocates no drinking during pregnancy as the only safe choice.

Health

Our Wonderful Body - Medicines, Drugs & Poisons

5550055 10 Minutes 1-3
VHS 1973 Coronet Film & Video

Wouldn't it be wonderful if people never got sick, but illness does occur. Introduction to common medicines and drugs and such safety rules as importance of reading labels and following a doctor's recommendations.

Potential danger of use and misuse of medicines and drugs is expanded to include some common poisons and household chemicals.

Power of Choice: Program 5 - Drugs and Alcohol - Part I

7750149 30 Minutes 9-12
VHS 1988 Live Wire Media

This is Program 5 in a series of videos which assist adolescents in decision-making. It features Michael Pritchard, juvenile probation officer turned stand-up comic, along with groups of teens discussing issues in a frank manner. The underlying message is that young people do have the power of choice in the problems and issues they face. An honest look at making hard choices in the real world.

Power of Choice: Program 6 - Drugs and Alcohol - Part II

7750150 30 Minutes 9-12
VHS 1988 Live Wire Media

This is Program 6 in a series of videos which assist adolescents in decision-making. It features Michael Pritchard, juvenile probation officer turned stand-up comic, along with groups of teens discussing issues in a frank manner. The underlying message is that young people do have the power of choice in the problems and issues they face. What to do when someone you care about is hooked.

Power of NO - The Wizard Returns

5550045 23 Minutes 1-6
VHS 1989 MTI Film & Video

In this effective awareness-building program, children of alcoholic parents are encouraged to tap their inner strength to resist the crutch of alcohol in their own lives. Live action and entertaining animation are skillfully employed to reveal alcohol as an "equal opportunity destroyer" that can be passed down from one generation to the next, wreaking havoc with lives and shattering dreams.

Project Alert - A Drug Prevention Program for Middle Grades

7750529 56 minutes 4-6
DVD 2006 BEST Foundation

The Project ALERT two-year Core Curriculum consists of 11 lessons that are most effective when taught once a week during the first year, plus 3 booster lessons that should be delivered the following year. Project ALERT complements other curricula and can be implemented in conjunction with lessons from sex education, health, physical education, science, and social studies.

Protect a Friend - Share your Skills - Alcohol, Tobacco and other Drug Preventions for Grades 7-8

19339 12+
Binder 2000 Central Michigan U

The goals of this module are that students will: understand the rules and laws related to alcohol, tobacco, and other drugs and apply them in their homes, schools, and communities; understand the influences that promote alcohol, tobacco, and other drug use in young people; understand the potential health, social, and legal consequences of alcohol, tobacco, and other drug use; review and teach four important skills needed to live a drug-free lifestyle; supply knowledge and skills in promoting drug-free messages to their peers; identify and locate reliable sources of information and assistance for drug-related issues; and make personal commitments to living drug free.

Protecting You Protecting Me - An Alcohol Use Prevention Curriculum Grade 5

7750514 12 minutes 5-7
DVD 2006 Hazelden

This is a SAMHSA Model, 5-year (grades 1-5), classroom based alcohol-use prevention curriculum. It was produced in collaboration by Mothers Against Drunk Driving and Hazelden. It is designed to reduce alcohol-related injury and death in our nation's youth. It is proven to change students' knowledge about their brains and personal development. Improves elementary students' vehicle safety skills. The curriculum: incorporates the latest research on human brain development; focuses on the immediate risks of using alcohol before age 2; and includes parental involvement activities.

Health

Ready, Set, Listen Game

18497 4-7
Game 2003 U.S. Dept of Health & Human
This motivational, informational, and instructional board game reinforces the six guiding principles from SAMHSA's flagship document, Keeping Youth Drug Free. The game strives to: improve the dialogue between parents/caregivers and tweens, increase the perception of harm resulting from underage alcohol use, use facts to dispel myths about alcohol use, and improve the communication skills of youth, 9 to 13, and their parents/caregivers.

Red Ribbon - A Story of Hope

17196 12+
Book 1994 Red Ribbon Works
Is a tale about a king who seeks to end the sadness destroying his kingdom. Is an education and prevention story developed to reach children.

Resources for School Tobacco Programs - A Selected List

14654 12+
Book 2007 WDPI
This descriptive list of resources and programs is designed to help Wisconsin school communities select materials that will assist them in implementing effective programs and policies to reduce tobacco use among youth.

Science-Based Prevention Programs and Principles 2002 - Effective Substance Abuse and Mental Health Programs for Every Community

18482 12+
Book 2003 U.S. Dept of Health & Human Services
This 250-page publication presents a state-of-the-science review of substance abuse prevention theory and practice. The publication includes a compendium of tested and effective model substance abuse prevention and mental health promotion programs, highlighting 34 programs from across the Nation and around the world.

Skills for Healthy Living: Weighing the Risks

11501461 30 minutes 9-12
DVD 2006 Discovery School
Presents teenagers recounting their experiences with the pressures to try drugs and alcohol, sparking discussion on different ways to say no.

Smashed - Toxic Tales of Teens and Alcohol

7750515 85 minutes 7-12
DVD 2007 HBO
To combat the high incidence of teen crashes nationwide, SADD has partnered with Recording Artists, Actors and Athletes Against Drunk Driving (RADD), HBO Family, National Highway Traffic Safety Administration (NHTSA), and other members of the National Organizations for Youth Safety (NOYS), on a project that will foster dialogue between parents and teens and teens and their peers on the importance of not driving impaired, buckling up, maintaining safe speeds and preventing underage drinking.

Sooper Puppy: Drink, Drank, Drunk

5550015 16 Minutes 1-3
VHS 1988 MTI Film & Video
While searching for his favorite bone, Baxter falls under the influence of a couple of neighborhood "characters" who pressure him into going to a party where "spiked" punch is served. The next day Baxter feels awful. He turns to his wise Grandpaw for enlightenment on the dangers of alcohol use. Puppets in combination with easy-to-follow animated segments effectively illustrate the effects of alcohol on the body and mind.

Sooper Puppy: Flying High

5550030 17 Minutes K-3
VHS 1988 MTI Film & Video
Baxter wants to fly, but when he goes looking for his flying cape, he finds temptation instead. Bumbling and mischievous Grizzle and Stoops try to convince him that he can really fly "high" on drugs. By illustrating that success in life requires work and imagination, not medications, this important program inspires children to look within themselves for happiness and to recognize those that who offer or use drugs cannot be friends.

Health

Spot - Speak Up, Speak Out and Speak Loud

7750034 35 minutes 7-12
DVD 2006 MADD School Outreach Program

Whether they realize it or not, teens are constantly in an environment that pushes them to use alcohol and other drugs at young ages. From cartoon characters selling alcohol in TV commercials to celebrities endorsing the legalization of marijuana, teens are bombarded with messages that scream, "Substance use is OK." And, in today's culture, there are more places than ever for those messages to pop up. Teen hang outs run the gamut from cell phones to the Internet to coffee houses—all of which are designed for chatting, playing games or just hanging together. The Spot encourages teens to take a hard look at the people they hang out with and the messages they are getting. Whether they spend time at a bowling alley, a friend's house, Starbucks, online or text messaging, The Spot shows teens that it is up to each of us to make sure our "spot" is safe and free of harmful elements.

Stand Up for Yourself? - Peer Pressure and Drugs

5550108 16 Minutes 4-8
VHS 1987 Churchill Films

Real-life situations and a peer workshop group dramatize proven ways young people can say no to street drugs, cigarettes and alcohol. Useful techniques provide social skills young people need to say no and still keep their friends. Older teens in the workshop model positive attitudes and offer motivation and encouragement.

Teaching Our Children They Are "Too Good" for Drugs

7750114 19 minutes K-12
VHS - C.E. Mendez Foundation

Combines strong training programs with innovative lesson plans to give teachers, students & parents the information & skills essential for exposing drug abuse & convincing our youth they are "Too Good for Drugs."

Teen Files Flipped: Drug Use & Addiction

7750456 21 minutes 7-12
DVD 2002 Aims Media

Self-absorbed teens Cory and Eva prefer the "high" life, and use drugs to achieve it. Eva's main goal is fun, which for her means getting high with her friends. Cory uses drugs to "experience life to the fullest", but feels torn between his drug habit and his love for family and friends. To avoid his mother's nagging, Cory has previously run away from home. When they are "flipped" for a day, Cory's emancipated from his Mom and heads out by bus to another city where he's hassled by one stranger and "rescued" by another. Eva's asked to co-host an MTV program. Eva's co-host and Cory's rescuer turn out to be heavy drug users who steal to support their habit, suffer withdrawal, and overdose themselves into the hospital.

Teens Voice Solutions to the Problem of Alcohol, Tobacco and Other Drugs For Grades 9-12

19348 12+
Binder 1999 Central Michigan U

The goals of this module are that students will: comprehend the physical, emotional, social, and economic consequences of alcohol, tobacco, and other drug use; analyze the impact of the school and community environment on the problem of alcohol, tobacco, and other drug use; understand the legal issues related to alcohol, tobacco, and other drug use among adolescents; research topics related to alcohol, tobacco, and other drug use by using print materials, interviews, and technology and will synthesize their findings; evaluate possible solutions to the problem of alcohol, tobacco, and other drug use among adolescents to identify the solution most likely to succeed; and apply their knowledge and skills by presenting a proposed solution to the problem of alcohol, tobacco, and other drug use to school and/or community representatives.

These Kids are Tough

5550122 22 Minutes 7-12
VHS 1991 Aims Media

It's hard enough just being a teenager. When the pressures of growing up are compounded, by poverty, crime, or shattered families, it's no wonder many teens give up, turning to drugs or alcohol for relief. Others tough it out. Real-life kids in this program fought intense pressures without using drugs. Their commitment to themselves, to real goals, and to solid achievement will help other teens find a way through difficult and challenging times.

Health

Think Before You Act

5550024 16 Minutes 4-6
VHS 1990 Aims Media

At the end of volleyball practice, Martin Kove gathers his sixth grade class together to talk about decisions. He tells the youngsters that the most important decisions they'll make will be whether or not to use alcohol or other drugs.

This Place

11501143 15 minutes 7-12
DVD 2005 FACE

This 15 minute film captures today's youth drinking culture. Shows the alcohol-saturated environment kids are exposed to and the impact of underage drinking. It offers a glimpse into communities that are taking action to reduce alcohol problems. This program is loaded with information, dramatic in its storytelling and a must-have as a meeting opener to communicate on the underage alcohol issue.

Time Challengers: Assignment Drugs

5550195 12 Minutes K-3
VHS 1991 Learning Corporation

Animated super heroes, the Time Challengers, travel through time to learn that drugs are never cool. Students will recognize that everything they need to succeed is already inside themselves. Includes a discussion guide.

Time Challengers: Assignment Smoking

11502084 13 Minutes 4-8
VHS - Learning Corporation

Soar through time with a multicultural cast of characters - The Time Challengers - to teach children and young teenagers the dangers of cigarette smoking and the power of individual choice with this fully-animated adventure.

To Julie, Love Dad

5550148 10 Minutes 7-12
VHS 1991 MTI Film & Video

Based on the book by Susan Newman. From time to time, everyone feels blue. But real depression is a very different feeling, one that left untreated is the major cause of suicides in teenagers over 14 years of age. Julie's depression is the result of her parents' divorce. She feels desperate and helpless, she feels like a failure. With the help of a counselor, Julie manages to free herself from her addictions and realize she must take life a step at a time.

Too Much - Extreme Dangers of Binge Drinking

11501223 26 minutes 7-12
DVD 2006 Human Relations Media

Against the backdrop of Spring Break overindulgence in Panama City, Florida, this documentary examines the harrowing and tragic consequences of underage drinkers who do not understand the real risks of out-of-control alcohol abuse. Introduces two brain and alcohol researchers who take students on an eye-opening video field trip, using their tools-of-the-trade (including MRIs and PET scans) to graphically show alcohol damage in the brain. Using 3-D images of the brain, the researchers describe what happens as drink after drink is consumed, causing the brain to ultimately shut down the autonomic nervous system, causing death. A young teenage girl who was sexually assaulted during a Spring Break drinking binge presents her painful story. Also interviews the parent of a student who died from alcohol poisoning while partying with his friends. Interspersed throughout is footage of alternative, alcohol-free Spring Breaks, featuring real teens who decided to do something constructive with their vacations, such as building housing for needy families.

Too Smart to Start - Community Action Kit

18495 12+
Kit 2002 U.S. Dept of Health & Human

Is an underage alcohol use prevention initiative that provides strategies and materials for professionals and volunteers working at the community level. Designed to help community-based organizations plan, develop and promote a Too Smart To Start initiative.

Truth About Alcohol

5550035 30 Minutes 4-8
VHS 1991 Sunburst

One in every 3 teenagers has problems at school, at home, or with the police, as a result of drinking. Opens with a typical situation in which teens might find themselves pressured to try alcohol. Calling a drink a drink, whether beer or wine or whiskey, discusses the way alcohol affects the body. Labels alcohol a junk food with no nutritional value. Shows how it harms body tissue and may even kill you.

Health

Truth About Drugs Education Kit

7750513 20 minutes 7-12
DVD 2008 Foundation for a Drug-Free World
This includes a special DVD presenting their drug prevention program and containing, in downloadable for, the drug education booklets and a lesson plan. A series of 16 powerful public service announcements alerting youth to the consequences of drug misuse completes the presentation.

Truth About Teen Alcohol Use - A Social Norms Approach

7750475 25 minutes 9-12
VHS 2002 Aquarius
A groundbreaking video that uses a social norms approach to show high schools students that most of their peers DO NOT DRINK. Through interviews and group discussions we learn how surprised and relieved students are to discover that their own attitudes align with those of a majority of their peers. This gives them confidence to be themselves by dispelling the myth that "Everybody is doing it." This video also stresses no-use of alcohol while delivering lifesaving facts students should know about alcohol poisoning.

Twee, Fiddle and Huff

5550044 12 Minutes 1-6
VHS 1990 Aims Media
A short, animated fable about young children of alcoholics. It provides an opportunity for caring professionals to reach out to these children and to show them how to get help. By viewing and discussing this fable, young children will discover that their experiences are shared by many other children. They'll learn they didn't cause their parents' problems and they can't fix them; it's okay to feel angry, scared, and lonely sometimes; there are people they can trust who can help them with their feelings and problems; and things can get better for them even if their parents don't stop drinking or using other drugs.

Under the Influence - Kids, Ads & Alcohol

11502072 18 Minutes 7-12
VHS 1994 CorVision Media
Video journalist Collin Siedor explores the advertising myths and their impact on our young people. The story is told from the kids point of view in a format that other kids will buy into. We see former heavy users who are still in their teens describing their addiction and its results on their education, family lives and health.

Wildwood Nights

5550113 25 Minutes 7-12
VHS 1991 Barr Films
Another wholesome beach vacation with her family proves to be too much for Stephanie Miller. When she meets a handsome older guy at the boardwalk she agrees to go out on a date with him, despite her parents' warnings. The date turns out to be disastrous, but Stephanie learns a few things about herself and her peers. This entertaining and often comic look at the coming-of-age of a young girl makes some keen observations about peer pressure and substance abuse.

You May Never Be What You Could Have Been

11502191 40 Minutes 7-12
VHS - Student Athletes Detest Drugs
Bob Anastas, former coach and athlete, speaks powerfully to athletes about drugs. Not a simple "drug presentation," Coach Anastas delivers a dynamic inspiring drug and alcohol free philosophy to an audience of athletes and coaches. Shows athletes how to be winners. Stresses four rules to successful athletic careers.

Tobacco

Breathing Easy

5550058 30 Minutes 4-12
VHS 1984 MTI Film & Video
LaVar Burton, Mark Harmon and Joan Van Ark appear on the "Breathing Easy" network which presents up-beat "programs" that extinguish the myths about smoking. It explores the concepts of self-identity, goal setting, value clarification, and decision making, while presenting health facts, smoking dangers, scientific experiments and prevention and cessation.

Dusty The Dragon & Dr. Margie Hogan Talk About Tobacco

7750198 12 minutes 3-6
VHS 1990 ETR Associates
Uses animation, live action and rap music to keep kids interested and involved while they learn tobacco-resistance skills. Features clear, humorous language to simplify difficult concepts for young viewers.

Growing Up in Smoke

11501369 15 Minutes 7-12
VHS 1984 Learning Corporation
A startling look at the manipulative tactics by which the tobacco industry promotes cigarettes to young people.

Health

If I'm Lying, I'm Dying

11502090 18 Minutes 4-12

VHS - Disney Educational

Concerned with teenage smoking. Is it cool or not? Are all the other kids smoking or not?

It's No Mystery - Tobacco is a Killer - for Grades 7-8

19336 12+

Binder 2000 Central Michigan U

The goals of this module are that students will: understand the health benefits of abstaining from tobacco use; understand the health, legal, social and financial issues related to tobacco use; analyze the influences to use tobacco and demonstrate ways to counter these negative influences; and apply their knowledge of tobacco and their skills to promote the norm of abstinence from tobacco use; utilize the skills needed to abstain from tobacco use and support others who choose to abstain; and utilize the skills needed to support others who want to quit.

Learning Modules on Social Norms in Youth Tobacco

18580 12+

Book 2004 WDPI

Puts together ideas teachers can use to present information gathered from the Youth Tobacco Survey, done every year in middle schools and every other year in high schools.

Not on Tobacco

16367 12+

Binder 2003 American Lung Assn

A state of the art program specifically designed for teenagers who want to stop smoking. N-O-T helps teens stop smoking or reduce the number of cigarettes they smoke. The curriculum consists of ten 50-minute sessions that typically occur once a week for 10 consecutive weeks. There are also four optional booster sessions. Because males and females may start and stop smoking for different reasons, N-O-T is gender-sensitive and includes different components, content, and techniques for males and females. Whenever possible, it is recommended that separate groups be held with each gender, led by same-gender facilitators.

Project T.N.T. - Towards No Tobacco Use

17197 5-8

Kit 1998 ETR Associates

Is a prevention program that works. Includes ten core sessions lasting 45-50 minutes each. These were written to be delivered over ten consecutive school days.

Science, Tobacco & You - Creating a Smarter "U" Through Science

7750396 9 minutes 12+

VHS 1999 Nat'l High Magnetic Field Lab

By providing teachers with resources and a context in which they can be used, the Center attempts to increase science literacy in the multi-disciplinary classroom. Tobacco and health related issues are the context for this curriculum resource. Guidebook can be downloaded in its entirety or in part, depending upon your needs.

Smokeless Tobacco - The Sean Marsee Story

5550011 26 Minutes 4-12

VHS 1986 Disney Educational

The very real dangers of smokeless tobacco are presented in this dramatic video based on the true story of Sean Marsee, a high school track star and habitual user of snuff who died of oral cancer at age 19. This incident serves as a springboard into interviews with Dr. Jim Nethery, a mouth and throat specialist, who describes symptoms and stages of oral cancer; Johnnie Johnson, defensive end for the LA Rams, who talks about professional athletes who use snuff and are trying to quit; and two teenagers, both habitual users of snuff, who discuss its addictive quality and the difficulty they've had quitting.

Smoking, Drinking and Drugs

11501747 15 Minutes K-6

VHS 1982 Coronet Film & Video

Illustrates the adverse effects of drugs, tobacco and alcohol, and encourages younger viewers to resist the temptation to try them.

Smoking: Choice is Yours

5550026 11 Minutes 4-8

VHS 1981 Disney Educational

This lively program explains the hazards of smoking and examines the reasons students begin to smoke: low self-esteem and susceptibility to peer pressure. Through humor and colorful animation this program will win students over instead of turning them off. They will empathize and identify with Edgar, who wants acceptance but learns that poor health due to smoking is too high a price to pay for popularity.

Health

Smoking: No Thanks!

11502085 7 Minutes 1-8

VHS 1993 Altschul Group

Video provides strong examples for young people not to succumb to the peer pressure to start smoking. Featured are a variety of scenarios in which young people are pressured to try a cigarettes. In each situations, the student who is pressured to start smoking, strongly asserts his or her reasons for not doing so. Provides ways for young people to say "No" to smoking and still be accepted by their friends.

Sooper Puppy: Puff of Smoke

5550046 17 Minutes K-3

VHS 1988 MTI Film & Video

Gives children information they will need to say "No" to smoking. Having mistaken Big John's cigarette smoke for a fire, Baxter ruins the cigarettes with water. When Baxter attempts to replace them, Grandpaw questions his actions. As Grandpaw relates the story of a young puppy with a weakness for cookies, Baxter is taught an important lesson in the dangers of nicotine addiction.

Take Action - Teen Voices for Change

7750481 20 minutes 6-12

VHS 1995 Silver Apple NEMN

This inspirational and educational video models advocacy behavior for teens as they plan and conduct anti-smoking advocacy activities. It comes with a brochure that describes how to use the video and lists other helpful advocacy resources.

Teen Files Flipped: Tobacco

7750457 21 minutes 7-12

DVD 2002 Aims Media

Explores the themes of addiction and the dangers of tobacco through the lives of two ambitious teenagers. Kyle, a self-proclaimed "nicotine freak" dependent on smokeless tobacco, hopes to become a professional baseball player, while Ashlee, a chronic cigarette smoker, hopes to make it as an actress in Hollywood. Each of them is unconcerned about their virulent habit, declaring themselves to be "invincible". For 24 hours, reality is controlled and belief is suspended as these two teenagers find their worlds upended and "flipped". Believing they've won an opportunity to live out their fantasies, they instead discover the destructive realities of tobacco as they watch their lives go up in smoke. This reality-based program brings a new twist to teaching students about the dangers of tobacco.

Teens as Teachers

17241 12+

Kit 1995 Am Nonsmoker's Rights Found

Was designed with teenagers as the primary audience. While elementary students gain from the program as well, it is important to keep the teens as your primary focus.

Teens Campaign Against Tobacco

16684 12+

Book 2004 Central Michigan U

Six lessons cover: Campaign for a Tobacco-Free Society; Tobacco Prevention and Tobacco Cessation Messages; Communicating Concern in a Way Others will Listen; Helping Others Quit; Exploring Tobacco-Related Topics; and Getting the Word out - No Tobacco for Us.

Tobacco and Death - Perfect Together

11501215 27 minutes 7-12

DVD 2006 Human Relations Media

Documentary interviews of real people whose lives have been ravaged by tobacco use are intertwined with actual images of diseased lungs, damaged hearts, and various cancers to give viewers a true picture of the effects of tobacco. Real victims deliver a powerful no-use message. This compelling program delivers an unflinching expose on the terrible toll of smoking—one that will linger in the minds of teens long after viewing it. The program opens bleakly in a morgue and crosscuts with interviews of smokers dying from head and neck cancers, lung cancers and heart disease. In each case, viewers learn the terrible toll of smoking, chewing, and second-hand smoke exposure. Leading anti-tobacco experts weigh in with the latest statistics on morbidity and mortality rates, including the rising numbers of deaths of young adults due to tobacco use. A powerful section entitled "The Top Ten Ways Tobacco Kills You" takes a hard look at the devastating health issues caused by tobacco.

Tobacco and Human Physiology

5550088 21 Minutes 7-12

VHS 1986 Aims Media

In a university laboratory, Dr. Mark Robinson explains physiological effects of smoke on human bodies. He covers the effects of both smoked and smokeless tobacco. Dr. Robinson shows how the human respiratory systems works and how it is damaged by the particulate matter in cigarette smoke. The severe problems caused by smoking are described including emphysema, cancer, and heart attacks. Effects of smoking on an unborn child are explained.

Health

Tobacco and You

11502081 10 Minutes 4-12

VHS 1990 Sunburst

The video is most effective in demonstrating to young teenagers that cigarette smoking or dipping snuff is an ugly habit and offensive to others. Once in the grip of powerful and addictive nicotine, they may not be able to quit. The best way to overcome a nicotine addiction, the program advises, is never to use tobacco in the first place.

Tobacco Use Prevention - Health Literacy Performance Assessments

7750398 22 minutes 12+

VHS 2004 WDPI

Includes a video of media spots and a tips sheet to accompany the media spots. Set of 23 tobacco use prevention performance assessments to be utilized within the classroom.

Tobacco War - Inside the California Battles

17198 12+

Book 2000 University of California

Explains what had to be done to get a law passed in California to make all bars smoke-free.

Uncovering the Smoke Scene

7750373 27 minutes 6-12

VHS 2002 Dept. of Health & Family Services

Helps to encourage students to modify and challenge their own views, as well as the views of others in the class and the video. Reviewing the segments in the teacher's guide first will help the teacher determine which areas need to be explored more fully in classroom discussions.

Wisconsin Tobacco Control Board: Compilation Reel

7750182 18 minutes 6-8

VHS - Wisconsin Tobacco Control Board

Is part of a series of anti-tobacco television and radio ads. Includes information about the chemicals in cigarettes and the illnesses that cigarette smoke can contribute to.

Wisconsin Tobacco Control Board: Reel of Spots

7750089 22 minutes 12+

VHS 1998 Wisconsin Tobacco Control Board

Is a series of anti-smoking ads, campaigns, dialogue and poems that discuss the risks of tobacco use. Some information is also presented in Spanish.

You Can Choose: Saying No (To Smoking)

7750302 25 Minutes 3-6

VHS 1990 Live Wire Media

The objective is to teach children that sometimes they have to say "NO" to their friends and that there are ways of doing it successfully. It reaffirms that smoking is very definitely something to say "NO" to.

Fetal Alcohol and Drug Issues

And Down Will Come Baby

5550189 17 Minutes 7-12

VHS 1994 Scott Newman Center

Promotes an awareness of the effects of exposure to alcohol and other drugs on the fetus during pregnancy. Maternal drug use and drug exposure have far reaching effects and are not confined to pregnancy and delivery. Includes teacher's guide. Note: A reminder to complement this video with a discussion of the male's responsibility and possible effects on the sperm.

Preventing F.A.S.

5550074 21 Minutes 9-12

VHS 1989 Altschul Group

Looks at primary and secondary prevention of Fetal Alcohol Syndrome. Primary prevention aims to reduce alcohol consumption, and to raise public awareness of alcohol-related birth defects. Secondary prevention programs identify high-risk women to help them stop drinking.

What is F.A.S.?

5550078 24 Minutes 9-12

VHS 1989 Altschul Group

This overview program, designed for families, educators and health professionals, examines the cause, treatment and prevention of alcohol-related birth defects. Interviews with mothers and families of F.A.S. children are shown, and commentary from international experts offered.

When Your Unborn Child is on Drugs, Alcohol or Tobacco

5550065 15 Minutes 9-12

VHS 1990 Churchill Films

When a pregnant woman smokes, drinks or uses any kind of drugs, her unborn child suffers dangerous consequences. This straightforward, hard hitting video shows how. Animation illustrates the adverse impact on the fetus at each month of pregnancy. In emotional interviews, parents reveal the long term psychological and behavioral problems that result.

Health

Children of Alcoholics

Little Problem at Home

5550079 28 Minutes 7-12
VHS 1990 NEWIST

Focuses on unique problems of children in alcoholic families where there is also family abuse, the double abuse of alcohol and each other: physically, emotionally, sexually, by neglect or in combination. Adult and adolescent children of alcoholics candidly tell what it was like growing up in a home with an alcoholic parent and how it affected their lives.

Living with Parents Who Drink Too Much

5550010 18 Minutes 4-8
VHS 1991 Aims Media

Today, children of alcoholics can start to heal while they are still children. As many as 15 million children in our country are living with alcoholic parents. Video focuses on three children (from eight to twelve) who are currently part of a Children of Alcoholics (COA) group. Other children who live with alcoholics will identify with the painful experiences, dramatized in flashback, of these three youngsters, and they will learn from them how to start their own healing processes.

Story About Feelings

5550159 16 Minutes K-3
VHS 1981 Johnson Institute

Provides a story adults can easily use to help children understand the experience they may have had within their families, as well as to reinforce the message that help is available.

Tell 'Em How You Feel

5550012 18 Minutes 1-6
VHS 1986 MTI Film & Video

Six-year-old Adam is upset because his father has broken a promise to take him fishing. This sets off a chain of emotional and physical outbursts against his mother and best friend. While sulking alone by a pond, Adam meets the Grindlesnitch-friendly bridge troll and two bickering dragon pups. From them, Adam learns that telling others how you feel, calm discussion and good listening skills are the first steps to constructively resolving personal conflicts.

Under Control

5550126 26 Minutes 7-12
VHS 1991 Churchill Films

Stacy, a high school senior who lives with her alcoholic mother, has learned to keep things "under control" by covering up for her mother at home and work. But both Stacy and her mom pay a high price for their dysfunctional relationship. With mother and daughter sinking deeper into destructive co-dependency, Stacy finally realizes that something, or someone, has to change. A poignant and hard-hitting drama about the stress, pain and futility of enabling behavior.

What's Wrong with this Picture? - A Program About Self-Esteem

5550150 19 Minutes 7-12
VHS 1991 Disney Educational

For teenagers who grow up in a household with a parent who drinks, alcoholism and violence may seem like "normal" behavior. This program follows 18-year-old Max Ripley, who is becoming more and more like his alcoholic father, and examines the adverse effects his own drinking and abusive behavior have on the way he feels about himself and the way he treats others.

Alcohol and Traffic Safety

Alcohol...In Traffic

5550268 20 Minutes 9-12
VHS 1994 3-I Company

Discussing the problem of alcohol use in traffic, how alcohol impairs various driving skills, typical arrest procedures and the point alcohol begins to impair driving ability, this video is designed for drivers education classes or AODA awareness.

Ask Any Dummy--Seat Belts Make Sense!

5550092 18 Minutes 7-12
VHS 1989 Aims Media

Having completed another successful "buckle-up" ad campaign, crash dummies Vince and Larry are offered a week's vacation. Larry is elated, but Vince wants to parlay the one-week vacation into two by devising a system for protecting people who don't wear seat belts. The two embark on a weekend of R and D. Along the way, they're exposed to some of the physics of human bodies in motion inside crashing cars. Having considered all the forces at work on a body in an auto crash, Vince and Larry are forced to conclude there is no substitute for seat belts.

Health

Bars to Bars

11501361 26 Minutes 9-12
VHS 1988 WI Dept. of Transportation
Acquaints the viewer with the procedure by which police officers typically process drivers suspected of operating a motor vehicle while under the influence of an alcoholic beverage. Gives motorcycle operators basic information about how riding skills are impaired by the use of alcohol. It then goes one step further by showing the procedures used by law enforcement to detect, apprehend and arrest a motorcyclist who has been operating after drinking.

Desire' - A Personal Tragedy

11501046 25 Minutes 9-12
VHS 1986 WDPI
IMPORTANT**** Before you play this tape: The program is emotionally very powerful and goes far beyond the subject/content of the consequences of drinking and driving. It triggers intense feelings and reactions to death and separation from a loved one. It also heightens the acute frustration and depression associated with an "unfair death." The Driver Educator and Pupil Services staff should preview the film together and develop a plan to help viewers deal with these heightened emotions, and provide an opportunity for youth to discuss the impact of this film immediately following the presentation.

Drinking and Driving: Deadly Combination

5550091 22 Minutes 9-12
VHS 1990 Aims Media
While being honored for her work, Jane has two glasses of wine to celebrate with her co-workers. She is happy, and driving under the influence, when she picks up her children after school. Distracted by her daughter's amusing, sing-song congratulations for her award, Jane crashes into another car at an intersection. Within minutes, her life is changed forever. Daughter Julie is dead, son Paul is paralyzed, and Jane is imprisoned.

Drinking and Driving: Victory Party

5550116 33 Minutes 9-12
VHS 1991 Barr Films
Mike, a high school senior, is pressured into having "just one" drink at a teen party. Although he is not legally drunk, he gets into an accident that injures two of his passengers and a little girl in the other car. Along with this dramatic story are real-life testimonials from two students injured in drinking related accidents. This realistic program shows that a driver doesn't have to be "drunk" to get into trouble.

Drinking, Driving and Drugs - A Deadly Mix

7750134 20 minutes 7-12
DVD 2004 Syndistar
Is a riveting DVD that teaches viewers, aged 7th grade to adults, the deadly consequences of impaired driving. The 20-minute feature comes with a Leader's Guide for video presentation and discussion as well as Pre- and Post-Tests to measure audience comprehension. With an accessible, documentary style that includes moving first-person stories, this DVD introduces viewers to the profound dangers of driving under the influence of alcohol and other drugs.

Driving Drunk - Your Choice?

5550255 20 Minutes 9-12
VHS 1995 NCADD
This video focuses on 4 real-life situations where someone made the decision to drive drunk, and shows the long-term effects of those choices. You'll meet two moms who lost a young adult son and daughter to drunk drivers. You'll meet a man responsible for his own single car crash. Now he lives with the result of his choice. Finally, you'll meet a young man who insisted on driving drunk in spite of efforts to stop him, killing a young mother and her child. Their stories will affect you too, and influence your choices.

Drugs and Driving - Double Trouble

5550114 20 Minutes 9-12
VHS 1987 Barr Films
This dramatic film focuses on an often overlooked impediment to good driving. Drugs whether they be over-the-counter cold medicine or illegal narcotics, can have negative effects on driving abilities. Through a series of dramatic vignettes, set-up and narrated by the film's host, viewers watch what can happen when drugs are ingested before and during driving.

DUII - The Price is Too High

5550039 23 Minutes 7-12
VHS 1987 Aims Media
Dramatic vignettes make it clear that there are life-altering legal consequences of DUII, driving under the influence of intoxicants. The stories of three young first-time offenders are typical. None of them had an accident; they weren't driving recklessly for kicks. After their arrests, each of the drivers faces the painful consequences of their actions, including loss of driver's license, the need for an attorney, sentencing, payment of fines, attendance in an alcohol- and drug-awareness program in lieu of jail, canceled auto insurance or increased insurance premiums, and in the case of at least one of the three, termination of employment.

Health

Fatal Vision Goggles

5550241 12 Minutes 9-12

VHS 1996 Fatal Vision

Fatal Vision can be used as an effective tool to reach people and educate them on the dangers of drinking and driving, or riding with someone that has been drinking. Four pair of goggles are included with a walk-the-line tape, and Instructor's Guide and student handouts. Fatal Vision video shows a teenage ghost who gives a spirited talk on the dangers of drinking and driving. The video Fatal Story is a true story of one parent's loss of a child to drunk driving.

Fatal Vision Goggles - Revised

5550338 - 7-12

Kit 1999 Innocorp

Fatal Vision can be used as an effective tool to reach people and educate them on the dangers of drinking and driving, or riding with someone that has been drinking. Four pair of goggles are included with a walk-the-line tape, and Instructor's Guide and student handouts. Fatal Vision video shows a teenage ghost who gives a spirited talk on the dangers of drinking and driving. The video Fatal Story is a true story of one parent's loss of a child to drunk driving.

Final Score

5550066 23 Minutes 7-12

VHS 1989 Churchill Films

Life looks rosy for Alex Stuart, a clean-cut high school student and captain of the hockey team. He has a loving family and a loyal girlfriend, but he blows it all when he drinks too much at a party, then drives, and hits a little girl. Alex doesn't even realize what he's done until he's arrested at school. From then on his fate is out of his control. For prevention and treatment programs for adolescent drinkers, and for driver safety classes. A realistic story of great empathy, produced by some extraordinary student filmmakers.

Forever a Child

5550130 26 Minutes 9-12

VHS 1995 AMK Productions

Factual account of a drinking and driving accident that caused the death of a teenage girl. Occupants in the car as well as law enforcement officers, family members, friends, and school district personnel share their feelings about the crash. The driver of the car tells the story as well as shares his feelings about what happened.

Impact

5550166 17 Minutes 9-12

VHS 1993 Impact Productions

Over the course of one school year, five serious car accidents occurred in one community in Northern Vermont. Local high school students wanted to stop them from happening again. They made IMPACT, the video you are about to see. They also helped organize over 500 local people to incorporate the video into a Video Theater production which received national recognition. It is their statement to anyone who drives recklessly, or has ever ridden with someone who drives recklessly.

Just Another Friday Night

11501041 18 Minutes 9-12

VHS - AAA Found. for Traffic Safety

Story of a young driver who, through reckless driving and driving while drinking, caused the deaths of eight teenagers. Program is open-ended to provide for classroom discussion.

Last Night of Summer

11501592 27 Minutes 9-12

VHS 1987 University of Wisconsin

Intended to replace myth and misinformation about OWI laws and the arrest procedure with factual information. Includes information on penalties and a teacher's guide with discussion questions.

Loaded Weapon - A Story About Drinking and Driving

5550140 22 Minutes 7-12

VHS 1992 Disney Educational

Based on the true story of 17-year-old Alexandra Vincent's tragic death at the hands of a drunk driver, this program strives to break through to teenagers who think drinking and driving crashes and fatalities can't happen to them. Produced in cooperation with Mothers Against Drunk Driving (M.A.D.D.).

No Second Chance

5550061 14 Minutes 7-12

VHS 1987 MTI Film & Video

Every year highway accidents caused by teen drug or alcohol use result in 8,000 fatalities. Harrowing dramatization tells the tragic story of a popular 17-year-old who now faces life as a paraplegic because he had too much to drink at a party, yet insisted he could drive. The emotional trauma of injury and death is vividly portrayed.

Health

Not a Drop

11501599 14 Minutes 9-12
VHS - WI Dept. of Transportation
Designed to provide factual information about the "not a drop" law for underage drivers, juvenile drinking laws, and laws about operating while intoxicated. Open-ended to encourage classroom discussion.

Power of Choice: Program 7 - Drinking and Driving

7750151 30 Minutes 9-12
VHS 1988 Live Wire Media
This is Program 7 in a series of videos which assist adolescents in decision-making. It features Michael Pritchard, juvenile probation officer turned stand-up comic, along with groups of teens discussing issues in a frank manner. The underlying message is that young people do have the power of choice in the problems and issues they face. How to stay out of (or get out of) drunk driving predicaments and still be cool.

SADD - Students Against Drunk Driving

11502488 30 Minutes 9-12
VHS 1985 Chuck Neff Comm
Bob Anastas, a former high school athletic coach, is founder and executive director of S.A.D.D. (Students Against Driving Drunk.) In this film, Anastas delivers a dynamic, unforgettable lecture to teenage audiences.

Death and Suicide

Adam's Last Day

11502071 16 Minutes 7-12
VHS 1993 CorVision Media
Is a Day One report about the death of a friend, killed in an automobile accident over a Thanksgiving weekend. The driver of the car was Adam's close friend, Neil. Neil was drunk. Home from college, Adam and Neil met up at a party. Going to a second party, Adam fatefully turned his keys over to Neil, because he believed himself to have had too much to drink. Neil took the wheel. Shortly thereafter Adam was dead.

Amy and the Angel

11501034 30 Minutes 7-12
VHS 1982 Learning Corporation
Depressed about her lack of social life and her parents' divorce, 17-year-old Amy contemplates suicide, until her guardian angel shows her how dismal life would have been for her family and friends if she had never been born.

Andrea - A Friend In Need

7750349 44 minutes 7-12
VHS 1987 NEWIST
Story of a 16 year old girl who died after poisoning herself with fumes from the family car. She left a large group of stunned friends. During interviews with trained therapists, her friends reflect on their feelings of sadness and loss and discuss how teen suicide can be prevented.

Children and the Grief Process

11501170 21 Minutes 4-6
VHS 1983 Coronet Film & Video
Illustrates ways to help youngsters come to grips with the realities of separation and deal with their feelings about death in a positive manner.

Cipher in the Snow

11501190 24 Minutes 7-12
VHS 1973 Encyclopedia Britannica
In writing the obituary of a young boy who perished mysteriously, a teacher discovers the youngster led a lonely life that was gradually snuffed out by people's indifference.

Cry for Help - How to Help a Friend Who is Depressed or Suicidal

7750468 22 minutes 7-12
VHS 2001 Aquarius
In the wake of a suicide, family members and friends wonder what they could have done to help, how they could have prevented this tragedy. Made for a teen audience, this video educates young people to recognize the signs of depression and suicide in their peers. Featuring Sue Eastgard, President of The American Association of Suicidology, and groups of teens, this video talks about how to intervene and get help when a friend is contemplating suicide.

Dying to be Heard...Is Anybody Listening?

7750253 25 Minutes 9-12
VHS 1987 Ivanhoe Communications
This video provides a good overview of teen suicide statistics, the contributing factors, and intervention techniques. It does a good job of pointing out that depression can affect both the punk and the preppie students. Included are interviews with key people from the successful suicide prevention program in Plano, Texas.

Health

Eternal High - A Teenager's Experience with Depression & Suicide that will Change Your Life

7750528 30 minutes 7-12
DVD 2006 Aquarius

Crying uncontrollably at the kitchen table, mind racing with thoughts of suicide. How could this happen to a teen who has everything: a budding film career, popular in school, an all-state athlete, a good student, loving parents, and a wonderful girlfriend? Everything was great yet suddenly everything was horrible. Why? Bryce captured his true-life battle with depression and suicide in this film. An excellent resource & tool enabling anyone including teenagers, parents and teachers to discuss depression and suicide openly and thus erasing the stigma that still exists today.

It's Never Too Late - Stopping Teen Suicide

7750492 28 minutes 7-12
DVD 2005 Human Relations Media

Armed with the latest statistics and facts on teen suicide, this DVD and print program teaches viewers how to recognize and respond to the risks of teen suicide. Viewers will learn how feelings of rage, isolation and depression affect suicidal behavior and will understand the differences between normal "blues" and the symptoms of severe depression. Following media guidelines developed by the American Association of Suicidology, this program does not dramatize suicide. Rather, it focuses on stories of young adults who have overcome their problems by getting counseling and helps teenagers recognize the warning signs of suicide in their peers.

Last Cry for Help

11501492 32 Minutes 9-12
VHS 1980 Learning Corporation

Unable to talk with anyone about her feeling of depression, a seemingly popular teenage girl attempts suicide. When her parents deny that problem exists, a psychologist helps the girl understand that things won't change until she takes control of her own life.

My Turtle Died Today

11501707 8 Minutes 1-6
VHS 1968 BFA

In this first-person story, a boy recalls the death of a pet. His father, his teacher, and the pet-store owner are unable to help his sick turtle, and it dies. This story creates an opportunity for discussion of the inevitability of death and the continuity of life.

Please God, I'm Only 17

7750197 37 Minutes 7-12
VHS 1993 Churchill Films

Originally a CBS schoolbreak special, this video focuses on the unnecessary risks that 17 year old Michael takes as he pushes his chances just a little beyond the safe point. Like other teenagers, he feels he is immortal. One night he miscalculates a red light and crashes into another car. As doctors try to save his life, Michael relives some of his recent days and agonizes what he's done to his family and friends. Even after his death, he is heard to be silently raging that this can't be happening, he needs another chance because he's only 17.

Power of Choice: Program 10 - Depression and Suicide

7750154 30 Minutes 9-12
VHS 1988 Live Wire Media

This is Program 10 in a series of videos which assist adolescents in decision-making. It features Michael Pritchard, juvenile probation officer turned stand-up comic, along with groups of teens discussing issues in a frank manner. The underlying message is that young people do have the power of choice in the problems and issues they face. What to do if you or someone you care about is at risk.

Power Surge: Depression

7750232 16 Minutes 9-12
VHS 1993 Media International

Using teens and counselors, depression is shown to be a common feeling among teens. It is described as emotions holding one down, feeling empty and alone even when surrounded by people. One girl who was on the pep squad and in sports talks about her depression. Teens are encouraged to get out of depression by talking to a counselor, relative, or youth pastor. Depression is recognized as a very real feeling, but there are ways to deal with it.

Power Surge: Suicide

7750006 16 Minutes 9-12
VHS 1993 Media International

Using teens and counselors, suicide is shown to be a cry for help to make the pain go away. Common feelings are anger, disillusionment, and no hope for the future which gets turned on oneself. Teens are encouraged to talk to someone who may help find other options. A teen who was suicidal talks about how his life got better after seeking help. Counselors point out that things do change and can get better.

Health

Saying Good-Bye

7750167 12 Minutes K-4
VHS 1993 Sunburst

Introduces young students to death and loss by using the death of a classroom pet rabbit to answer common questions about death and to present death as a natural part of a life cycle. This leads one girl to talk about her grandmother's death, the funeral, and her family's feelings about the death including sadness, anger and good memories. The students decide to have a funeral for the dead rabbit and use poetry and pictures so they can share their grief and their happy memories during this sad time.

Saying Goodbye

VHS 1994 Aquarius

In this straightforward video, bereaved adolescents, ages 12 - 20, share their pain and growth after the loss of a loved one by expressing their feelings of anger, denial, depression, relief, guilt and even suicide. Through the process, they realize that although life is not always fair, it is definitely worth living. This video set includes two separate versions - one for teens and one for parents and professionals.

Teacher & Parent

Edition 7750473 34 minutes 12+

Teen Edition 7750474 34 minutes 6-12

Signs of Suicide

7750486 22 minutes 9-12
VHS 2003 Screening for Mental Health

Is an evidence-based cost-effective program of suicide prevention and health screening for secondary schools.

SOS High School Program

7750522 22 minutes 7-12
Kit 2008 Screening for Mental Health

This program highlights the relationship between depression and suicide, teaching that suicide is, most often, a fatal response to a treatable disorder - depression. School staff will learn about depression, suicide, self-injury, and the associated risks of alcohol use.

SOS Get into the Act -Middle School Program

7750508 18 minutes 5-8
DVD 2006 Screening for Mental Health

The DVD serves as the main teaching tool of the SOS Program. The program is approximately 20 minutes in length and is accompanied by a Discussion Guide that includes topics for classroom discussion led by a school health professional or counselor. There are 3 sections of the video: Vignettes: Dramatizations that show adolescents who are depressed, suicidal, or say they are self-injuring and what they may say or do to indicate that they are suffering from an emotional problem; Group Discussion: Five middle school-age students discuss the topics of depression, suicide, bullying, self-injury, and getting help; and Student Interview with School-based Counselor: A school counselor answers questions raised by one of the students from the Group Discussion.

Suicide

7750454 59 minutes 12+
DVD 2000 Cambridge Educational
VIEWER DISCRETION IS ADVISED. An HBO production. This emotionally charged program offers approaches to understanding and preventing suicide while exploring the anguish that accompanies it. Groundbreaking brain research, graphic death scene photos, and actual 911 recordings add powerful support to the case studies and treatment options documented.

Suicide - Call for Help

7750239 23 Minutes 7-12
VHS 1987 Aims Media

Using a group of teens, a crisis intervention worker provides information about teens who commit suicide. Stresses there are better ways of solving problems and the finality of suicide. Gives suggestions for lifting oneself out of depression, identifies warning signs of someone who is depressed and needs help.

Suicide - Dead is Forever

7750453 17 minutes 8-12
DVD 2000 Cambridge Educational

Viewers take a tour through a cemetery, stopping at the graves of teens who have committed suicide. We see their lives through flashbacks and the reasons they died. Then we hear from survivors, those who have been affected by suicide, and learn about risk factors, statistics, and warning signs. Using an unusual dramatic approach, we hope to provide an overview of suicide and its impact on friends and family members, and to discuss warning signals and avenues of help.

Health

Suicide Prevention - Health Literacy Performance Assessments

18576 12+

Book 2003 WDPI

Is designed to help teachers and pupil services personnel implement up to a week-long set of lessons that builds on the essential knowledge and skills in suicide prevention.

Talking about Death

16896 12+

Book 1990 Beacon

Why do people die? How do you explain the loss of a loved one to a child? This book is a compassionate guide for adults and children to read together, featuring a readalong story, answers to questions children ask about death, and a comprehensive list of resources and organizations that can help.

Teen Suicide

7750022 35 Minutes 9-12

VHS 1994 Cambridge Educational

Information about teen suicide from experts is interspersed with the stories of three different teens who attempted suicide. One girl talks about the stress and loneliness of her parents divorce. One boy tells about a family move and drifts into drug use. Another boy, an athlete, tells of his depression. They describe what led up to their attempt and how they attempted. Viewers are given the warning signs and symptoms, the need to take threats seriously, what to do to help and where to go for assistance.

Warning Signs - How to Help Someone Who is Suicidal

7750469 20 minutes 7-12

VHS 2001 Aquarius

The video discusses depression and its relationship to suicide, groups that are at high risk for suicide, signs that a person is suicidal, and practical ways to help a person in crisis. Warning Signs gives viewers the knowledge they need to reach out confidently to a suicidal loved one.

When a Loved One Dies -Walking Through Grief as a Teenager

7750459 30 minutes 6-12

VHS 2002 Aquarius

Features interviews with bereaved teens, because teens are most receptive to their peers. They speak from the heart, sharing candidly about their pain and healing. The video covers topics such as surviving the first days, weeks, and months after the death, grieving the relationship lost, facing the future, and rebuilding your life. This video gives insight not only to teenagers, but also parents, teachers, and counselors who want to know how to help bereaved youth.

Yellow Ribbon Suicide Prevention Program

7750369 39 minutes 12+

VHS 2001 Light for Life Foundation

Is a non-threatening prevention training program. The success and effectiveness of this program lies in its "comprehensive simplicity". Everybody, from the average adult to the professional, to teens and children can understand and follow the simple steps that may help to save a life.

Diseases

Bloodborne Pathogens

8850065 20 Minutes 12+

VHS 1992 Coastal Video

Developed to help school system employees understand the dangers of bloodborne diseases and provide safe working methods to reduce risk of infection. Designed with natural stopping points to permit discussion during viewing. Includes a Leader's Guide.

Bloodborne Pathogens - Early Childhood

7750445 15 minutes 12+

VHS 2002 Coastal Video

Kids will be kids and minor cuts and scrapes happen all the time. But before you dismiss them as no big deal, your faculty and staff need to consider the possibility of life-threatening bloodborne pathogens. Understand bloodborne pathogens and learn to follow established safety procedures with this video.

Health

Bloodborne Pathogens & Other Traveling Germs

7750115 11 minutes K-6
VHS 1998 MarshMedia

Explains how to avoid transmission of pathogens, with emphasis on those carried by blood and other body fluids. By showing kids everyday dangers of classroom and playground, this video will help keep your students and their friends safe and healthy.

Bloodborne Pathogens In School - A Refresher Course

7750287 10 minutes 12+
VHS 1999 Coastal Video

Highlights the latest AIDS, Hepatitis B and Hepatitis C concerns and is an effective refresher course for your school employees. Covers: transmission of bloodborne pathogens, reducing risks and exposure control plans.

Bloodborne Pathogens In Schools - A Refresher Course

7750443 10 minutes 12+
VHS 2001 Coastal Video

This video highlights the latest AIDS, HBV and HCV concerns. Effective as both refresher or initial training for your entire faculty and staff.

Communicable Diseases

7750186 14 Minutes 4-7
VHS 1990 Churchill Films

Combining live action with animation, this video describes the four categories of microorganisms, bacteria, viruses, fungi and parasites and gives some examples of diseases they cause such as colds, flu and athlete's foot. It mentions AIDS as a communicable disease. It tells how to avoid exposure and stay healthy.

How to Catch a Cold

7750230 10 Minutes K-4
VHS 1987 MTI Film & Video

This animated video provides children with information about the cold virus, how it is transmitted, how to avoid spreading it, and introduces the immune system. It stresses medications that relieve symptoms but does not cure a cold and should only be taken when given by a parent, doctor, or nurse. It dispels myths about catching a cold and stresses good health habits to prevent it.

Lyme Disease - Danger in the Grass

11501076 13 Minutes 7-12
VHS 1990 Aims Media

Like any newly discovered medical condition, Lyme Disease has already become a problem of misinformation and misunderstanding. In this ABC news feature, the truth about Lyme Disease is brought to bear: how the disease is spread, what symptoms can lead to early detection, and what long term effects occur without treatment.

Someone I Once Knew

11501757 30 Minutes 9-12
VHS 1983 MTI Film & Video

A poignant and informative documentary on Alzheimer's Disease, a progressive mental deterioration which will affect one in six Americans who live to the age of 65. Case studies reveal the painful changes that victims and their families must endure. "The best overall introduction and profile of Alzheimer's Disease to date."

Viruses - What They are and How They Work

11501868 18 Minutes 7-12
VHS 1988 Encyclopedia Britannica

The urgent need to find a cure for AIDS and cancer has pushed scientists to try to unlock the mysteries of viruses. Viewers discover how viruses can invade, alter, and destroy healthy cells. They also see the structure and diversity of animal and plant virus types through the film's electron microscopy and computer graphics. Researchers explain the viral life cycle, uses of viruses, disease-producing viruses, and antigen-antibody reactions.

Physical Fitness

A.M. & P.M. Yoga

99515096 60 minutes 12+
VHS 1998 Gaiam

Instructor Yee leads a series of gentle yoga poses to awaken your body and energize your mind in A.M. yoga. Instructor Walden gives an inspiring evening workout to transition from the business of the day to a peaceful evening.

Abs of Steel 2000 - Platinum Series

99515024 50 minutes 12+
VHS 1993 Maier Group

Concentrated exercises tone and define the inner and outer thighs, hamstrings and quadriceps. Plus, there's low-impact aerobics for overall conditioning. The upbeat music track will keep you moving.

Health

Aerobic Step

14444 1-12
Equipment - Step Company
With this equipment, you burn fat while you tone and strengthen your muscles.

Bean Bag Set

17735 K
Kit 2003 Lakeshore
Eight colored bean bags with color names printed on them.

Exercise! Feel Good, Think Sharp, Look Your Best

11502694 15 minutes 5-8
DVD 2002 100% Educational Videos
This clever, upbeat program shows how exercise can result in enormous physical, intellectual and psychological benefits. Students are seen making decisions about health-related issues on an individual and collaborative basis. The program's exercise concepts are placed within a wider context of a healthful lifestyle - one that includes a balanced diet and safe behaviors. Based on the National Health Education Standards of the American Association for Health Education.

Firm - Total Body Sculpting Basics

99515027 60 minutes 12+
VHS 1994 BMG Video
This is a total-body, 2 in 1 aerobic weight training workout for simultaneous fat-loss and muscle-shaping.

Fitness and Conditioning - Benefits for a Lifetime

11501488 30 Minutes 7-12
VHS 1991 Human Relations Media
This video program has been developed to stress the importance of fitness and to offer practical guidelines for training and diet that apply to any person who wishes to have both the physical and psychological benefits that go along with being fit.

Fitness for Good Health

11501337 10 Minutes 1-3
VHS 1993 Altschul Group
Jackie, a young girl, accepts her teacher's exciting fitness challenge: to become her own fitness hero. Jackie learns that fitness is something everyone can enjoy, no matter what their athletic ability, physical challenges, their size or their age. Youngsters will learn about strength, endurance and flexibility, and are told to develop a fitness program that is both fun and easy to follow everyday.

Fitness Formula

99515018 33 minutes 12+
VHS 1987 Jazzercise
Gentle movement including Jazz isolation exercises and then high energy dance movements.

Healthy Heart Walking Book

14436 12+
Book 1995 Macmillan
Explains why activity should be a way of life including walking. Includes a diary to chart your progress.

Hop Ball - Hop 55

17718 1-4
Manipulative- Gymnic Live
Heavy duty bouncer for play and exercise, indoors and out. Balls sustain over 300 lbs. Use for relay races, team play or just for fun.

Hop Ball - Hop 66 Senior

17717 4-8
Manipulative- Gymnic Live
Heavy duty bouncer for play and exercise, indoors and out. Balls sustain over 300 lbs. Use for relay races, team play or just for fun.

It's Time to Move! - for Grades 7-8

19340 12+
Binder 1998 Central Michigan U
Goals of this module are that students will: understand the benefits of regular physical activity; understand the recommended amount and types of physical activity necessary to achieve health benefits; analyze the barriers to being physically active and the influences which encourage physical activity; apply their knowledge and skills to set personal goals for maintaining or increasing their physical activity; apply their knowledge and skills to monitor their progress toward being physically active; and apply their knowledge and skills as they promote physical activity among their peers.

Kids in Motion

99523095 14 minutes 1-6
VHS 1987 Educational Record Center
Contains: movement activities, games and interactive exercises. Is a wonderful musical/movement experience.

Health

Stay Physically Active - For Life for Grades 9-12

19345 12+

Binder 1998 Central Michigan U

Goals of this module are that students will: understand the six components of wellness and the contribution of physical activity to physical wellness; understand the recommended amount and types of physical activity necessary to achieve health benefits; understand the benefits of regular physical activity and the potential consequences of being active; analyze the barriers to being physically active and develop ways to overcome the barriers; apply their knowledge and skills to assess their current level of physical activity and to set personal goals for incorporating physical activity into their lives; and apply their knowledge and skills to advocate for school and community support of physical activity.

Super Session - Stretch & Tone

99515017 41 minutes 12+

VHS 1988 Jazzercise

Has graceful fluid motions designed to firm every part of the body while increasing flexibility and strength. Can be used with or without weights.

Why Exercise?

11502693 15 minutes 2-5

DVD 2002 100% Educational Videos

Many types of enjoyable exercises are shown throughout the presentation and the program makes it clear that a well-balanced exercise routine often carries the largest number of benefits. Activities that strengthen the cardiovascular, muscular and skeletal systems are emphasized and the importance of good diet is also covered. Based on the National Health Education Standards of the American Association for Health Education.

Yoga - Mind and Body

99515045 53 minutes 12+

VHS 1994 Warner Home Video

Demonstrates a dynamic, low-impact workout. Includes routines on Ujjayi breathing, the Cat Pose, Sun Salutations and ten more routines.

Stress and Trauma

After the Violence

99515141 50 minutes 12+

VHS 2003 Institute for Trauma & Loss
Adult survivors exposed to the traumatic and violent deaths of their children tell their story. Following each survivor's story, others briefly identify specific reactions and talk about the healing process. An excellent training tool for use by any clinician who has not had significant exposure to adults traumatized by a violent death of a family member. It gives the clinician a language that becomes invaluable in communicating with trauma survivors.

Children of Trauma, Tools That Help the Helper

99515140 69 minutes 12+

VHS 2003 Institute for Trauma & Loss

This video demonstrates TLC's Structured Sensory Intervention with children in 3 case studies. Children 6, 11, and 15 years old are interviewed, demonstrating specific trauma intervention tasks and questions. Dr. Steele comments on the responses of the children to the structured sensory process for a thorough study of each case.

Helping Children Feel Safe - A Debriefing Program for Children K-6th Grade

18499 12+

Kit 1999 Institute for Trauma & Loss

The program includes the Helping Children Feel Safe book which provides professionals with a series of sensory-based activities for children who have experienced a trauma. The easy to follow activities help re-establish a sense of safety in children and What Parents Need to Know, which is utilized as an educational tool for parents. This booklet is designed to teach parents age-appropriate responses for traumatized children 6-18 years old. The program also includes Brave Bart, a storybook for young school-aged children; Brave Bart and Helping Hannah puppets are included as well. Lastly, TLC has included the Trauma Debriefing Handbook. This Handbook provides schools and agencies the necessary tools to debrief staff, students, and crisis response teams.

Health

I Feel Better Now!

99515139 30 minutes 12+
VHS 2001 Institute for Trauma & Loss
Intervention is a group program for children ages 8 - 12 years old. It has been field-tested in 15 different school districts and agencies with 150 traumatized children with significant results. Included in this intervention program: Leaders Guide - takes the caregiver through each of the 8 sessions and activities; Workbook - is a comprehensive tool containing worksheets that use both cognitive and psychomotor activities. You may copy the workbook to use over and over again; Just Because I Am book - is a wonderful resource, full of positive affirming, and helpful activities for children and parents; Helping Traumatized Children Video - gives an introduction to the benefits of this program by the field-testers and participating children, followed by puppet scenarios for use in the sessions.

Less Stress - 2nd Edition

5550070 14 Minutes 4-8
VHS 1991 Churchill Films
Stress can be as harmful to the young as to people buffeted in the adult world. Presents dramatic stressful episodes common to many, if not most, young people: a girl who is paralyzed by the feared exam, a young boy who can't study in a noisy home environment, the brother and sister angry about different wants, the child who is badgered by friends to do something he thinks is wrong, the troubled child with an alcoholic father in an unhappy home.

Meditation

99515112 60 minutes 12+
VHS 1990 Richard Francis Productions
This inspirational video provides a complete introduction to the concept of meditation: it's benefits, underlying philosophy and practical application.

No Time to Be a Kid

5550144 8 Minutes 7-12
VHS 1991 MTI Film & Video
Stress is a part of life for all young people. But for some teenagers, stress becomes so overwhelming that it causes a physical or emotional reaction. Frank believes he is responsible for his parents' inability to get along. Their constant arguments give him headaches, hives and insomnia and it is increasingly difficult for Frank and his sister, Lisa, to invite their friends over. When a concerned teacher guides Frank to a school counselor, Frank discovers that the best way to cope with his parents' fighting is to take better care of himself. he learns that some problems are too big to handle alone, and that it's important to keep problems in perspective.

Relaxation & Stress Reduction

Workbook - 5th Edition

16351 12+
Workbook 2000 New Harbinger
Are simple, concise, step-by-step directions for mastery of: breathing, progressive relaxation, meditation, self-hypnosis, worry control, thought management and more.

Skills for Healthy Living: Handling

Stress

11501454 30 minutes 9-12
DVD 2006 Discovery School
Guides students through the best ways to deal with different kinds of stress, ranging from exam anxiety to bullying.

Trauma Intervention Program - Revised

99515137 12 minutes 12+
VHS 2003 Institute for Trauma & Loss
A structured format consistent throughout all sessions and easily adapted to both violent and non-violent traumatic experiences. Resource materials specific for parents to educate them as to the differences between grief and trauma and also explains the kinds of interventions their child will receive.

What Color is Your Hurt? Trauma Intervention Program

18500 12+
Kit 1999 Institute for Trauma & Loss
Is designed to help young children cope with trauma and it's connected grief reactions. Program Includes: Intervention Manual guiding you step-by-step through ten sessions of trauma-specific activities; Children's Workbook with activities that target specific and very common trauma reactions; Brave Bart, a colorfully illustrated story of a traumatized kitty who is helped by Helping Hannah, a neighborhood cat, to become a survivor; Brave Bart and Helping Hannah Puppets are included in this program; and What Parents Need to Know booklet helps parents and caretakers in their efforts to help their traumatized child.

Health

What Do I Tell My Child When I'm Scared Too?

99515138 56-60 minutes 12+

VHS 2003 Institute for Trauma & Loss

These questions and others can be answered by using this program, which was created for professionals working with parents of traumatized children. It includes a set of two videotape presentations and educational handouts for each video. The first video is interactive and allows parents time for discussion and questions throughout the 20-minute presentation. The second video is a straight 20-minute presentation followed by educational handout materials. This program also provides a manual for the professional, which discusses grief and trauma, unique presentation modules, and appropriate educational tools for parents.

Worry - Controlling it and Using it Wisely

8850671 71 minutes 12+

VHS 1999 Wellspring Media

As Dr. Edward Hallowell, a lecturer at Harvard Medical School, points out, we all worry: "We're wired to worry from the moment we're born." Some worry is useful, it helps solve problems or alerts us to danger. But excessive worry isn't good; it's unproductive and adds stress to our lives. Dr. Hallowell aims to rid us of this "toxic worry" by a method both simple and difficult: reduce your feeling of vulnerability and increase your feeling of power and control. He convinces us that we do have the tools to keep things under control, using some techniques that are basic common sense, such as never worry alone and make a plan, and some that may be new to you, such as practice brain maintenance.

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