

DVDs for **SCHOOLS**

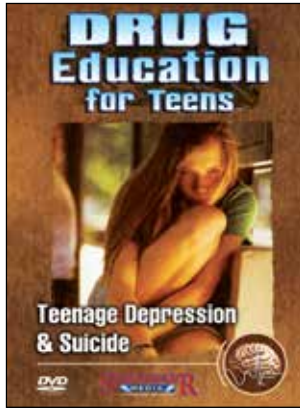
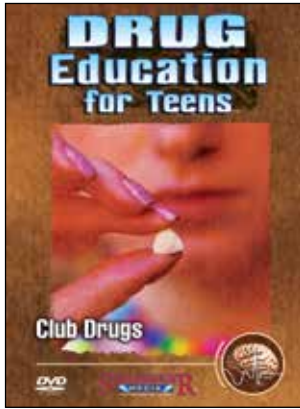
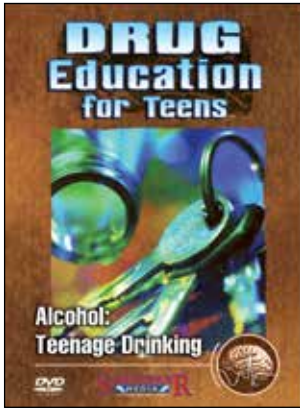
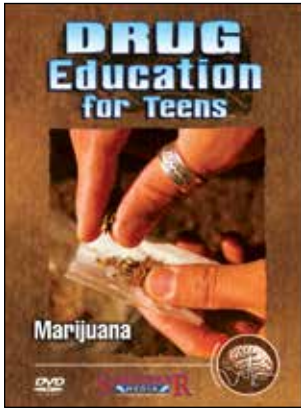
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COUNSELING RESOURCES FOR K-12



**HUNDREDS OF TITLES TO SUPPORT
SOCIAL EMOTIONAL LEARNING**



CONNECT WITH KIDS DRUGS AND ALCOHOL SERIES
DVD CE6130GE0919 • 3-Vol. Set: \$146.85 • Each: \$49.00
20 Minutes Each

Grades 6-12 The programs in this series deal with the dangers of drug and alcohol use, why some teens abuse drugs and alcohol, and how to get help with addiction. Edited for classroom use.

- DRINKING & DRIVING KILLS DVD CE4919GE0919
- GATEWAY TO ADDICTION DVD CE4920GE0919
- OTC DRUGS & INHALANTS DVD CE4921GE0919

DRUG EDUCATION FOR TEENS VIDEO SERIES [CC]
DVD CE4717GE0919 • 12-Vol. Set: \$479.40 • Each: \$39.95
23 Minutes Each

Grades 7 & Up This informative series empowers teenagers to make responsible decisions by providing them with honest and realistic information and an accessible scientific foundation upon which to base them. Cutting-edge graphics and animations illustrate the immediate physiological effects of abuse, and a sharp mix of expert interviews and first-person testimonies sheds light on the long-term psychological effects, as well as the social and legal consequences of drug use.

Bringing drug education into the 21st century, this series replaces our critically acclaimed Video Encyclopedia of Psychoactive Drugs. 2004

DVD Features: English & Spanish Language Tracks, Chapter Select, Discussion Questions & Activities

2004 WorldFest Houston Silver Award

“★★★★...the program adopts more of an informative tone than a heavy-handed scare tactic approach, employing excellent graphics, simple but accurate language from experts, and real stories from a variety of former addicts to help viewers make informed and responsible choices about saying ‘no’ to drugs...Recommended.” — Video Librarian

- ALCOHOL & ALCOHOLISM DVD CE4718GE0919
- ALCOHOL: TEENAGE DRINKING DVD CE4719GE0919
- CLUB DRUGS DVD CE4720GE0919
- COCAINE & CRACK DVD CE4721GE0919
- HALLUCINOGENS DVD CE4722GE0919
- HEROIN & OTHER OPIATES DVD CE4723GE0919
- 2004 U.S. International Film and Video Festival Silver Screen Award
- INHALANTS DVD CE4724GE0919
- MARIJUANA DVD CE4725GE0919
- METHAMPHETAMINE & OTHER STIMULANTS DVD CE4726GE0919
- STEROIDS DVD CE4727GE0919
- TEENAGE DEPRESSION & SUICIDE DVD CE4728GE0919
- TRANQUILIZERS & OTHER DEPRESSANTS DVD CE4729GE0919

ADDICTION [CC]

DVD CE5863GE0919 • \$19.97 • 6 Hr. 30 Min. • 4 Discs
Grades 10 & Up Research shows that one in four Americans has a primary family member who is struggling with addiction. This documentary examines the myths, explains what addiction really is, what causes it and how to get the best treatment available.

“★★★★...this is an essential addition for high school, college, and public libraries. Highly recommended. Editor’s Choice.” — Video Librarian

BRAIN SCANS: ALCOHOL AND THE TEENAGE BRAIN
DVD CE7474GE0919 • \$139.95 • 23 Min.

Grades 7+ This video takes teens on a tour of several labs across the country researching the effects of alcohol abuse in teenage brains. Utilized for training by Mothers Against Drunk Driving (MADD) ©2002

DREAM STEALERS: A TRUE STORY ABOUT CIGARETTES
DVD CE4266GE0919 • \$59.95 • 25 Min.

Grades 8-12 This informative program discourages children and teens from smoking by discussing the health hazards. Real-life stories from smokers provide further details about the dangers of cigarettes.

DRUGS & ALCOHOL AND YOUR CHOICE
DVD GH4483GE0919 • ~~\$99.95~~ \$63.96 • 30 Min.

Grades 9-12 Provides a comprehensive overview of sensitive issues that affect teens. Programs include a teacher’s guide on CD-ROM.

PARTY DRUGS [CC]
DVD CE4966GE0919 • \$64.95 • 18 Min.

Grades 8-12 Programs take an unbiased, realistic look at the variety of issues teens face daily, from a teenage perspective. Young teens tell their stories in their own words to cut through communication barriers. Programs also present honest and relevant advice. Guides available online.

PROMISE ME: PARENTS WITH ADDICTIONS

DVD CE7081GE0919 • \$79.95 • 18 Min.
Grades 7-12 Ann and Mike see their parents’ addictions of alcoholism and gambling slowly destroy their family. But things reach critical mass when their father gambles away Ann’s college fund. 2010

STONED AT SCHOOL
DVD CE4975GE0919 • \$64.95 • 20 Min.

Grades 8-12 Programs take an unbiased, realistic look at the variety of issues teens face daily, from a teenage perspective. Young teens tell their stories in their own words to cut through communication barriers. Programs also present honest and relevant advice. Guides available online.

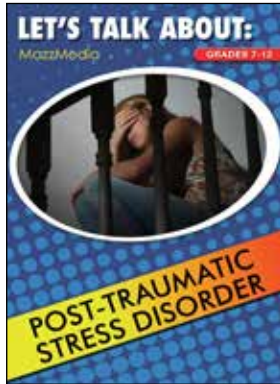
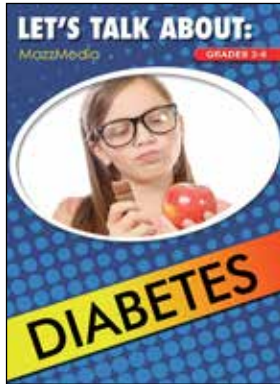
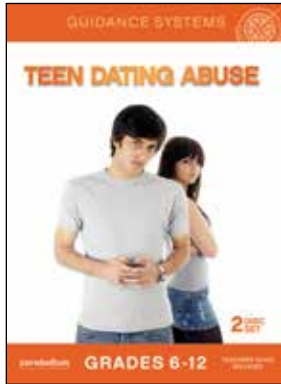
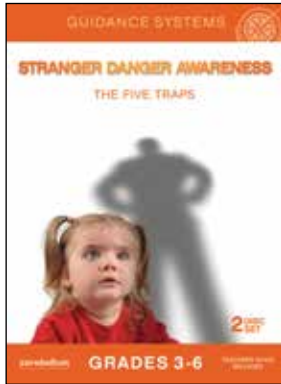
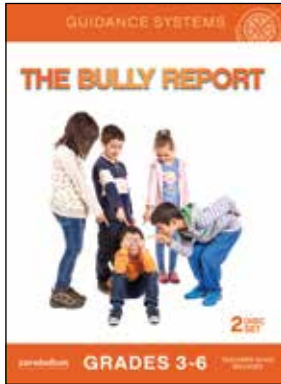
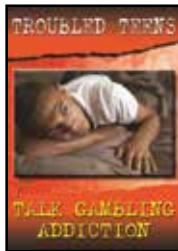
VIDEO GAMING ADDICTION

DVD CE7651GE0919 • \$64.95 • 22 Min.
Grades 8-12 Video gaming has exploded over recent years and the realism and escapism that is now on offer to teenagers can be a source of relaxation and pleasure. But this same realism and escapism can become a trap that turns carefree gamers to serious addicts. This program delves into the world of video game culture to try and shed light on the issue of video game addiction. Thomas Clare was an average teen when he got lost in the world of gaming, and neglected his ‘real life’. We speak to Thomas and his family about the effect this had on all of their lives.

TROUBLED TEENS TALK ADDICTION

Single Title: \$64.95 • 22 Min. • Grades 8-12 • ©2014

- ALCOHOL ADDICTION DVD CE7649GE0919
This program interviews teens out for a good time, alcohol addicts, as well as those working hard to combat the problem.
- DRUG ADDICTION DVD CE7648GE0919
In this program experts discuss their experiences working with drug addiction. Current and ex-addicts tell of their daily battle with this deadly addictive behavior and teens give us access to their drug history and rehabilitation treatments on their journey to recovery.
- GAMBLING ADDICTION DVD CE7650GE0919
Gambling is an addiction that is well recognized, however with the growth of online casinos, mobile gambling and eye-catching slot machines, young people today live in a society surrounded by and encouraged to gamble. Can one more roll of the dice lead a teen to throw away a life full of opportunity before it’s even begun?
- SEX ADDICTION DVD CE7647GE0919
For teens living in a society where everything from perfume to pastry is sexualized and internet porn is readily accessible, is it too easy to go too far? We question those involved with Sex Addicts Anonymous about the battles addicts face everyday.
- SOCIAL MEDIA ADDICTION DVD CE7646GE0919
With the rising phenomenon of social networking, constant interconnectivity with friends and family is now part of daily life. But as opposed to enriching our lives, is social media just another thing for teenagers to become addicted to? Speaking to a broad range of experts as well as those affected by social media addiction, this program seeks to answer this question. ©2014



YOU CAN KEEP YOURSELF SAFE:

TOUCHING SAFETY & STRANGER SAFETY

GH5137GE0919 • ~~\$119.95~~ \$119.96
UPC: 631865513734 • ISBN: 978-1-61867-710-5
Grades 5-8 Students will come to understand that any touch whether it’s a high-five, a hand shake, a kick, a fist bump, a punch or a kiss can be labeled safe or unsafe depending on the situation and whether or not someone agrees to the touch. The video reinforces the message that only YOU can decide if it’s a safe touch or an unsafe touch and that YOU set the boundaries. Viewers will also come to know about “private parts” of the body and that nobody should ever touch your “private parts” with a few exceptions. Students will learn what they can do when they feel uncomfortable with a touch. They will come to realize that they’re in charge of their body and that only they can decide if it’s a safe or unsafe touch. In the video, children will learn the importance of not keeping secrets and the need to get help by telling the secret to a trusted adult. Many children are sexually abused by a family member, the child often feels that it’s their fault. They’re reluctant to inform anyone of the situation because of the personal ramifications and impact on their family. n this program, students will come to understand the tactics and methods “strangers” use to manipulate and recruit their victims. Students will learn the warning signs and learn what to do to avoid potentially dangerous situations. 2016

THE BULLY REPORT

GH5167GE0919 • ~~\$63.96~~ \$63.96
UPC: 631865516735 • ISBN: 978-1-61867-731-0

STRANGER DANGER AWARENESS: THE 5 TRAPS

GH5168GE0919 • ~~\$63.96~~ \$63.96
UPC: 631865516834 • ISBN: 978-1-61867-732-7

TEEN DATING ABUSE

GH5169GE0919 • ~~\$63.96~~ \$63.96
UPC: 631865516933 • ISBN: 978-1-61867-733-4

TALK IT OUT SERIES

GH5182GE0919 • ~~\$567.78~~ \$467.78
UPC: 631865518234 • ISBN: 978-1-61867-746-4
Grades 7-12 Through vintage footage, animation, graphics, and scientific demonstrations, this series explores the various types of substance abuse and addiction and their impact on individuals, families, and society as a whole. 2016

THE EFFECTS OF WEED ON BODY AND BRAIN

GH5177GE0919 • ~~\$103.96~~ \$103.96
UPC: 631865517732 • ISBN: 978-1-61867-741-9
Grades 7-12 • 2016

ADDICTION: ENSLAVING YOUR BRAIN

GH5178GE0919 • ~~\$103.96~~ \$103.96
UPC: 631865517831 • ISBN: 978-1-61867-742-6
Grades 7-12 • 2016

UNDERAGE DRINKING, DANGERS AND CONSEQUENCES

GH5179GE0919 • ~~\$103.96~~ \$103.96
UPC: 631865517930 • ISBN: 978-1-61867-743-3
Grades 7-12 • 2016

TOBACCO, VAPING AND NICOTINE

GH5180GE0919 • ~~\$103.96~~ \$103.96
UPC: 631865518036 • ISBN: 978-1-61867-744-0
Grades 7-12 • 2016

HEROIN, ABUSE AND ADDICTION

GH5181GE0919 • ~~\$103.96~~ \$103.96
UPC: 631865518135 • ISBN: 978-1-61867-745-7
Grades 7-12 • 2016

LET’S TALK ABOUT - DRUG EDUCATION 4-PACK

GH5174GE0919 • 46 Min. • ~~\$297.85~~ \$297.85
UPC: 631865517435 • ISBN: 978-1-61867-738-9
Grades 3-5 This 4-pack, designed for elementary-aged children, presents information on legal and illegal drugs in an easy to understand way. It delves into the impact of the use and abuse of these substances on the human body, individuals, and society. 2016

PRESCRIPTION DRUGS AND MEDICINE

GH5170GE0919 • ~~\$79.96~~ \$79.96
UPC: 631865517039 • ISBN: 978-1-61867-734-1
Grades 3-5 • 2016

TOBACCO

GH5171GE0919 • ~~\$79.96~~ \$79.96
UPC: 631865517138 • ISBN: 978-1-61867-735-8
Grades 3-5 • 2016

ALCOHOL

GH5172GE0919 • ~~\$79.96~~ \$79.96
UPC: 631865517237 • ISBN: 978-1-61867-736-5
Grades 3-5 • 2016

MARIJUANA

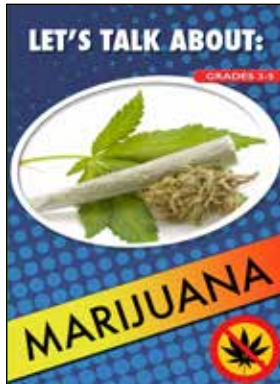
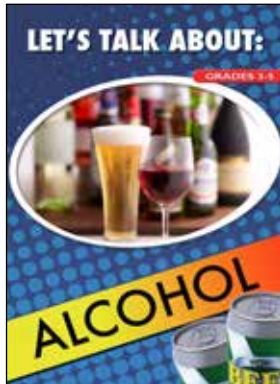
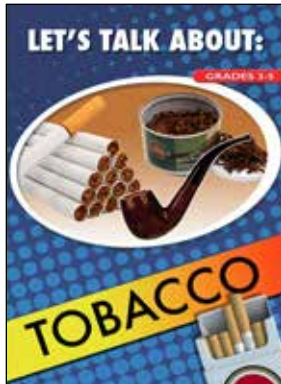
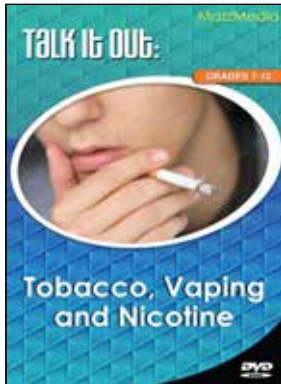
GH5173GE0919 • ~~\$79.96~~ \$79.96
UPC: 631865517336 • ISBN: 978-1-61867-737-2
Grades 3-5 • 2016

DIABETES

GH5336GE0919 • ~~\$79.96~~ \$79.96
UPC: 631865533633 • ISBN: 978-1-61867-891-1
Grades 3-6 • 2017

POST-TRAUMATIC STRESS DISORDER

GH5443GE0919 • ~~\$79.96~~ \$79.96
UPC: 631865544332 • ISBN: 978-1-61867-998-7
Grades 7-12 • 2017





CHARACTER EDUCATION



GUIDANCE SYSTEMS

GUIDANCE SYSTEMS ELEMENTARY SERIES

DVD GH4516GE0919 2-Vol. Set: ~~\$149.95~~ **\$115.16**
Each: ~~\$74.95~~ **\$63.96** • 15 Min. Each

Grades 3-6 This series was designed to help educators address sensitive issues in the classroom. Real-live vignettes help students understand the consequences, emotions and age-appropriate solutions related to each topic. Includes a CD-ROM with digital workbooks. **2012**

• **RUMORS, GOSSIP, AND TEASING: IT HURTS** DVD GH4482GE0919
“This thoughtful, well-focused presentation would be an excellent introduction to units dealing with interpersonal relationships.” — School Library Journal

• **SAY NO WITH PRIDE** DVD GH4481GE0919
Youngsters will understand that feeling comfortable and safe sometimes means saying “no.” This program teaches that when they do, they’ll feel better – this is called pride. By the end students will be taught ways to say no with confidence and stand proud.

CONNECT WITH KIDS CHARACTER DEVELOPMENT SERIES

DVD CE6134GE0919 • 2-Vol. Set: **\$97.90** • Each: **\$49.00**
20 Minutes Each

Grades 6-12 Students discuss everything from beating the odds, learning to be respectful and avoiding the spread of affluenza in these programs. Edited for classroom use.

• **THE BUY-ME GENERATION** CE4923GE0919
Kids who define success in dollars, happiness by what they drive, and popularity by what they wear are showing symptoms of a disease experts call Affluenza. Viewers will meet Jakiya, 16, whose single mother works two jobs to be able to support her wardrobe, which includes 48 pairs of jeans, 20 pairs of shoes, and 26 skirts.

• **FROM RUDE TO RESPECTFUL** CE4924GE0919
In a recent survey, 81% of teachers said that students are ruder today than they were 30 years ago. Four of every five children have experienced sexual harassment, and 97% say they have cheated at school. What is the best way for children to learn respect and responsibility? Viewers will meet Michelle, 15, whose out of control behavior almost got her kicked out of school. This important program asks if troubled kids act the way they do because they feel isolated and unconnected to those around them.

ALL ABOUT MIDDLE SCHOOL

1003863GE0919 • ~~\$149.95~~ **\$111.96**
25 Min. • UPC: 743452862528

Grades 5-8 Middle school not only brings changes in responsibility, workload, and extra-curricular activities, it also brings physical, emotional, and social changes as well. This fast-paced, fun-filled program gives young teens an insider’s look at how to manage all of these changes. **2006**

GET ORGANIZED! MANAGING SCHOOL, LIFE, AND FUN

34760GE0919 • **\$89.95** • 23 Min.
ISBN: 978-1-4213-4989-3

Grades 6-12 This program uses a lighthearted approach that engages viewers, while driving home a serious message: Effective organizational tactics will be a valuable asset throughout your education and career. **2006**

GOAL SETTING: DISCOVERING YOUR GIFTS [CC]

DVD CE4808GE0919 • **\$49.95** • 20 Min.

Grades 9 & Up This informative program explores goals and explains how they can be accomplished. Features real-life interviews with students who are working to achieve their goals. Teacher’s guide available online.

HOW TO BE ASSERTIVE – STICKING UP FOR YOURSELF

GH5016GE0919 • ~~\$149.95~~ **\$119.96** • 20 Min.

Grades 7+ In this program, students will come to understand that assertiveness is a kind of confidence. It is a skill that helps people clearly communicate their needs, wants and feelings without hurting anyone else. This program presents true-to-life scenarios where teens are pressured into a behavior that is risky, illegal or unhealthy. **2011**

HOW TO FIGHT FAIR – THE RULES OF ENGAGEMENT

GH5014GE0919 • ~~\$149.95~~ **\$119.96** • 28 Min.

Grades 7+ Every couple faces disagreements and conflicts. That’s why fighting fair is an important skill to have in any relationship. The trouble is most people never learn how to handle their feelings in a constructive manner. This program helps viewers to understand their conflict style and to recognize their partners’, too. Each scenario demonstrates the skills necessary to resolve conflicts so that everybody wins. **2011**

LET’S ALL GET ALONG: CONFLICT RESOLUTION

1004043GE0919 • ~~\$89.95~~ **\$79.96**

16 Min. • UPC: 743452404322

Grades K-2 Using delightful songs and situations students will easily relate to, Betsy the Bus Driver helps youngsters see how cooling down, asking questions, using your words, and compromising make it possible to resolve conflicts peaceably. **2005**

PUT YOURSELF IN SOMEONE ELSE’S SHOES:

BUILDING CHARACTER

1004027GE0919 • ~~\$89.95~~ **\$79.96**

16 Min. • UPC: 743452402724

Grades 3-5 This program helps children grasp the meaning of empathy and the importance of trying to imagine how someone else feels in a difficult situation. **2001**

REAL LIFE TEENS: COMMUNICATION BREAKDOWN - BRIDGING

THE STUDENT -TEACHER GAP

DVD CE6407GE0919 • **\$64.95** • 20 Min.

Grades 8-12 In this program we address the communication gap that occurs between students, their teachers and counselors. We discuss how students can better understand the challenges facing teachers and counselors today. **2013**

STAND AND DELIVER [CC]

DVD CE5487GE0919 • **\$5.97** • 103 Min.

Grades 7 & Up This program presents the saga of real-life heroes determined to conquer a foe few people dare to confront: the National Advanced Placement Calculus Exam. Edward James Olmos plays Jaime Escalante, a math teacher at East Los Angeles’ Garfield High, who refuses to give up on his inner-city students. Based on a true story. Directed by Ramon Menendez. Produced by Tom Musca. **1987**

TAKE YOUR MANNERS PUBLIC

DVD CE7547GE0919 • **\$79.95** • 20 Min.

Grades 5+ This video teaches teens that small courtesies can add up to big impressions anywhere. **2007**

THINKING ABOUT OTHERS: WHAT IT MEANS TO BE CONSIDERATE

1003904GE0919 • ~~\$89.95~~ **\$79.96**

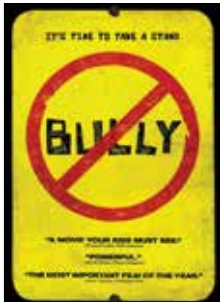
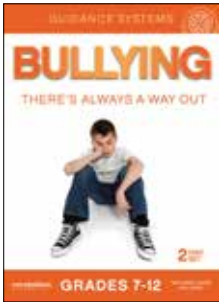
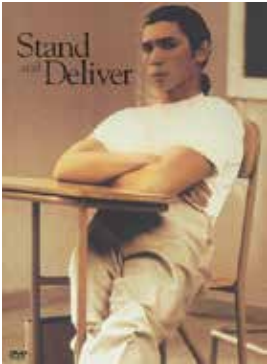
14 Min. • UPC: 743452903429

Grades K-2 After viewing this program, students will recognize the difference between being considerate and inconsiderate; understand why it’s important for them to treat others as they would like to be treated; and learn that the best way to understand another’s feelings is to think about how they might feel. **2007**

WHAT’S RESPECT?

GH4015GE0919 • ~~\$79.95~~ **\$63.96** • 9 Min. • UPC: 631865155521

Grades 4-7 This program teaches about respect and the importance of respecting rules, themselves, and others. Students will understand the importance of knowing what their values are and how they are unique. **2010**



7 WAYS TO BLOCK A CYBERBULLY [CC]

DVD CE3564GE0919 • **\$79.95** • 20 Min.

Grades 6 & Up Research shows that more than 40 percent of teens have been bullied through text messages, emails, instant messages, blogs, chat rooms and social networking sites. This program outlines strategies for students and parents for dealing with a cyberbully.

“★★★☆☆Recommended.” — Video Librarian

BULLY [CC] DVD-Wide CE6025GE0919 • \$14.98 • 99 Min.

Grades 7 & Up This feature documentary follows the lives of five students whose stories each represent a different facet of America’s bullying crisis, and the families that fight for them. Free guide available online. **PG-13**

BULLYING DVD CE3493GE0919 • \$39.95 • 15 Min.

Grades 5-12 Students are faced with a myriad of difficult situations in their day-to-day lives that require effective decision making skills and coping strategies. Includes dramatizations of real-life situations and the opportunity to reflect on choices made by kids just like themselves. **2003**

BULLYING AND TEENS: TAKE A STAND \$103.96

1003988GE0919 • ~~\$129.95~~ • 22 Min. • UPC: 743452988020

Grades 5-9 Specifically created to address the needs of urban middle-school, students learn why bullying is wrong, what bullies are really after, and how to best address bullying in their school. **2005**

BULLYING, THE INTERNET, AND YOU \$103.96

1003843GE0919 • ~~\$129.95~~ • 20 Min. • UPC: 743452842124

Grades 5-9 Students who have suffered at the hands of Internet bullies speak openly about their uniformly painful experiences. Experts on Internet safety offer practical advice to help teens protect themselves and limit bullying or harassment online. **2005**

BULLYING: THERE’S ALWAYS A WAY OUT

GH4364GE0919 • ~~\$79.95~~ **\$63.96**

25 Min. • UPC: 631865436422 • ISBN: 1-58565-403-5

Students present bullying scenarios through the internet, texts and video. Difficult and distressing situations in a variety of settings are addressed and resolved. **2011**

CLIQUE’S? \$63.96

GH4018GE0919 • ~~\$79.95~~ • 18 Min. • UPC: 631865401826

Grades 4-7 Finding their place in a particular social group is a primary concern of many children. This program explores how cliques can affect a student and an entire school. Kids will come to understand that it’s okay to have different sets of friends. **2010**

CONNECT WITH KIDS: CYBERSTALKING & BULLYING

DVD CE2612GE0919 • **\$49.00** • 20 Min.

Grades 6-12

CYBER BULLYING DVD CE2576GE0919 • \$64.95 • 20 Min.

Grades 8-12 An unbiased, realistic look at the variety of issues teens face daily, from a teenage perspective. Young teens tell their stories in their own words to cut through communication barriers. It also presents honest and relevant advice. Guides available online.

END THE SILENCE: STOP THE BULLYING \$103.96

1003812GE0919 • ~~\$129.95~~ • 27 Min. • ISBN: 1-59443-185-X

Grades 7-12 This program shows teens that they are powerful in the face of bullying and they can join together and end the silence. **2001**

GHOSTS IN THE HALL: AFTERMATH OF BULLYING

DVD CE7076GE0919 • **\$79.95** • 23 Min.

Grades 7-12 Jim has reached the edge of violence after being the victim of incessant bullying. Unfortunately, Jim’s family doesn’t help him cope with his problems and things get progressively worse. **2004**

GOSSIPING, TAUNTING & BULLYING \$111.96

1003871GE0919 • ~~\$129.95~~ • 20 Min. • UPC: 743452869527

Grades 5-9 With the encouragement of a school counselor, young teens share their own experiences coping with bullying, taunting, and teasing. **2000**

HATING TAMI: A LOOK AT FEMALE BULLYING

DVD CE7079GE0919 • **\$79.95** • 26 Min.

Grades 7-12 Angela and her friends are making Tami’s life miserable, even pranking her on a social networking site. In a dramatic turn of events, Angela’s cruel prank is uncovered - but is it too late? **2008**

SILENT ON THE SIDELINES: WHY WE IGNORE BULLYING

1003859GE0919 • ~~\$129.95~~ **\$103.96**

21 Min. • UPC: 743452858927 **Grades 5-9** After viewing this program, students will better understand why witnesses should not tolerate bullying, reasons students stay silent, strategies to prevent bullying, the power of the group to combat bullying. **2004**

ANTI-BULLYING KIT - HOW TO STAMP OUT BULLYING AT

SCHOOL & IN THE CLASSROOM - 3 DVD SET

CE7811GE0919 • **\$175.00** • 175 Min. • UPC: 709629025103

Grades 6-12 Offering insight into different facets of bullying at school, the Anti Bullying Kit goes beyond the bystander, the bully or the victim, to get to the underlying causes of bullying in the classroom. Host Keith Deltano uses comedy to show students why they do what they do, how to change their behavior as well as the tools and resources to ignite powerful dialogue and prevent bullying in the classroom. **2015**

WIPE OUT BULLYING SERIES

\$64.95 Each • 30 Min. Each • Grades 6-12 • 2015

• **WHY DO BULLIES BULLY? WHO THEY PICK ON & WHY**

CE7812GE0919 • UPC: 709629025110

• **THE 4 TYPES OF BULLYING**

CE7813GE0919 • UPC: 709629025122

• **WHERE DOES BULLYING HAPPEN -**

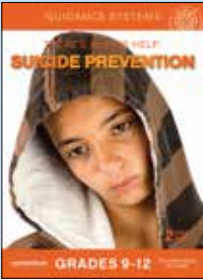
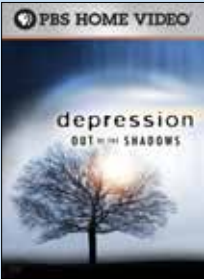
HOW TO DEAL WITH PHYSICAL THREATS & INTIMIDATION

CE7814GE0919 • UPC: 709629025134

• **BULLY THINK TWICE - HOW TO DEAL WITH A BULLY**

CE7815GE0919 • UPC: 709629025141

DEPRESSION & MENTAL HEALTH



AFTER I’M GONE

DVD CE7083GE0919 • **\$79.95** • 23 Min.

Grades 7-12 Cari, a young girl who appears to have taken her life due to relentless abuse, gets a revealing and inciteful lesson in suicide awareness and prevention before she is finally revived. **2012**

DEPRESSION: OUT OF THE SHADOWS [CC]

DVD CE3512GE0919 • **\$24.99** • 90 Min.

Grades 9-12 Documentary provides a glimpse into the disease that affects approximately 15 million Americans. Features real-life stories from people who are dealing with depression as well as interviews with experts.

THE HURTING: CUTTING FOR RELIEF

DVD CE7077GE0919 • **\$79.95** • 21 Min.

Grades 7-12 Ashley regularly cuts herself to substitute the inner pain of an abusive father with an external pain she feels better able to manage, until she finally reaches out to a sympathetic teacher. **2006**

JENNY’S REASONS: A STORY ABOUT TEEN DEPRESSION

DVD CE7075GE0919 • **\$79.95** • 20 Min.

Grades 7-12 Jenny, in the throes of clinical depression and unable to understand why she “feels so bad all the time,” makes plans to end her life - until her best friend confronts her. **2003**

P.S., I MISS YOU: THE AFTERMATH OF SUICIDE

DVD CE7078GE0919 • **\$79.95** • 21 Min.

Grades 7-12 Following her older brother’s suicide, Tanya has been coping by helping others, but gradually turns to drinking until her life spins out of control and a friend intervenes to get her help. **2006**

TEENAGE DEPRESSION & SUICIDE

DVD CE4728GE0919 • **\$39.95** • 23 Min.

Grades 7+ Being a teenager is a huge challenge, and while it’s normal for teenagers to feel sad or stressed, there can be times in a teen’s life when sadness engulfs them. While “depression” is a normal human emotion, when feelings of depression persist for a lengthy period and interfere with a person’s ability to function, it becomes a mental health issue. In Teenage Depression & Suicide, students will get the lowdown on the causes, symptoms and treatments available for those suffering from depression, outfitting students with the necessary tools to deal with both friends and themselves. Part of the multivolume Drug Education for Teens DVD Series. A Teacher’s Guide is included and available online.

THERE’S ALWAYS HELP: SUICIDE PREVENTION

DVD GH4485GE0919 • ~~\$79.95~~ **\$63.96** 15 Min.

Grades 9-12 At some point everyone goes through very stressful and anxious situations. Those experiences can be very hard to cope with and lead to feelings of extreme sadness, anger and depression. Sometimes teens may feel like their situations are hopeless and think that one way to get relief from the bad feelings is to escape through suicide. What are the warning signs of suicide? Is there anything we can do to help prevent it? This is what this program will discuss.

“This frank, straightforward production, presented by a diverse group of actors, would be a solid addition to a high school guidance curriculum.”

— School Library Journal

INTERNET SKILLS and SAFETY



DIGITAL SAFETY AND RESPONSIBILITY SERIES

Grades 3+ The innovation and evolution of digital technologies has created a new way of teaching, learning, socializing, and communicating. The adoption of new digital technology is so rapid that a uniform and proactive concept of responsible use is often overlooked. With these constant changes, the irresponsible, and often dangerous and malicious use of these digital devices can lead to negative, life-altering consequences.

The Institute for Responsible Online and Cell Phone Communication's (IROC) founder Richard Guerry's* approach is solution oriented and preventive. In the digital world your actions are "public and permanent."

Working with IROC, Mazzarella Media has produced a series of programs that provides digital users, young and old, with the information they need to make good digital decisions.

Awareness greatly reduces the risk of becoming a victim of a cyber-crime or digital exploitation. There are separate age-appropriate programs and guides for grades 3-5, 6-8 and 9-college.

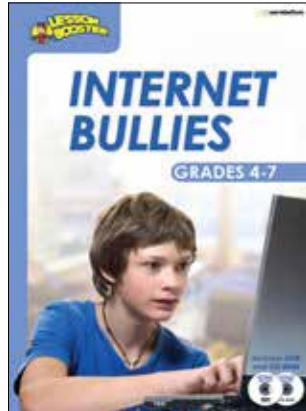
Each program is divided into several 7-10 minute chapters.

This Program aprovides tools, tips, and comprehensive curriculum to increase everyone's digital awareness and consciousness. 2011

COMPLETE 3-PROGRAM SERIES

GH5132GE0919 • 55 Min. • ~~\$399.95~~ \$287.96

- FOR GRADES 3-5
GH5049GE0919 • 12 Min. • ~~\$99.95~~ \$79.96
- FOR GRADES 6-8
GH5048GE0919 • 15 Min. • ~~\$149.95~~ \$119.96
- FOR GRADES 9+
GH5046GE0919 • 28 Min. • ~~\$149.95~~ \$119.96



DANGERS OF SOCIAL MEDIA [CC]

DVD CE4968GE0919 • \$64.95 • 18 Min.

Grades 8-12 Young teens tell their stories in their own words to cut through communication barriers. Programs also present honest and relevant advice.

DIGITAL DISTRACTIONS (HOW TO STAY SAFE, HEALTHY AND SANE) DVD GH5017GE0919 • ~~\$149.95~~ \$119.96 • 20 Min.

Grades 7-12 Programs tackle key issues that students face such as digital communication, bullying, conflict resolution and relationships. Teacher's guides are available online.

FRONTLINE: GROWING UP ONLINE [CC]

DVD CE5142GE0919 • \$24.99 • 60 Min.

Grades 9 & Up This Frontline program looks at the impact of the Internet on children and their parents. Viewers enter the private worlds that teens create online. Looks at the problem of cyberbullying, children whose only friends are online and teens who are YouTube celebrities. Viewer discretion advised for suggestive imagery and strong language.

"★★★★...Recommended." — Video Librarian

GOOGLE TOOLS FOR EDUCATION [CC]

DVD CE4232GE0919 • \$129.95 • 31 Min.

Grades 7 & Up Students and educators are introduced to the benefits of free Internet-based tools that can be used as learning aids. The program looks at Google Docs, Google Scholar, Google Earth, Gmail and more.

INTERNET BULLIES

GH4016GE0919 • ~~\$79.95~~ \$63.96

14 Min. • UPC: 631865166626

Grades 4-7 Three scenarios teach kids the meaning of cyber-harassment, why it's wrong and how they can avoid becoming victims. Students will understand how strong feelings and the internet can be trouble. 2010

INTERNET SAFETY FOR KIDS

DVD CE4963GE0919 • \$39.95 • 14 Min.

Grades 3-6 "Presented in a style suitable for today's tech literate students, this well-organized program is an excellent tool to jump-start conversations at home and lessons in school." — School Library Journal

PROTECT YOURSELF: PERSONAL SAFETY ON THE INTERNET

1004025GE0919 • ~~\$149.95~~ \$103.96

17 Min. • UPC: 743452402526

Grades 7-12 Features real teens talking about their internet experiences ranging from frequent messages from people they don't know to invitations to gamble. Teens learn to be assertive and smart when it comes to their actions on the Internet. 2007

SEXTING: SEX PLUS TEXT EQUALS TROUBLE

GH4365GE0919 • ~~\$79.95~~ \$63.96

28 Min. • UPC: 631865436521 • ISBN: 1-58565-404-3

Grades 7-12 Young teens view texting as an optimal way to communicate, but there are dangers behind sending suggestive text messages. Peer hosts and true-to-life vignettes show teens the dangers of sexting: the act of posting and sending sexually explicit or sexually suggestive messages, photographs, and videos. 2011

SOCIAL MEDIA MANNERS: POLITE BEHAVIOR IN THE SOCIAL MEDIA WORLD

DVD CE7553GE0919 • \$79.96 • 19 Min.

Grades 6+ This DVD addresses the general manners guidelines for cell phone use, text messaging, email, and social media websites and apps like Facebook or Twitter. 2015

STAYING SAFE: STRANGERS, CYBERSPACE & MORE

DVD CE2810GE0919 • \$29.95 • 23 Min.

Grades K-4 Health for Children introduces young viewers to the importance of making good choices about health and wellness, and gives practical advice about how to develop healthy habits and set personal health goals. Students model real-life scenarios and determine how to respond in healthy and positive ways at home, school and beyond! 2005

TEXTING AND SEXTING (THINK BEFORE YOU HIT SEND)

DVD GH5015GE0919 • ~~\$149.95~~ \$119.96

27 Min.

Grades 7-12 Programs tackle key issues that students face such as digital communication, bullying, conflict resolution and relationships. Teacher's guides are available online.

DANGERS OF TEXTING AND SEXTING (WHAT KIND OF MESSAGE ARE YOU SENDING?)

GH5011GE0919 • 14 Min. • ~~\$99.95~~ \$79.96

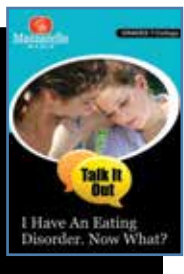
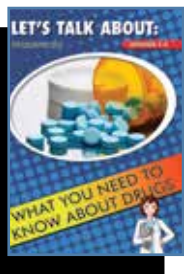
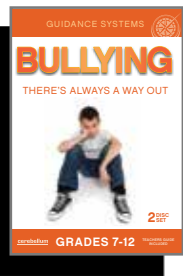
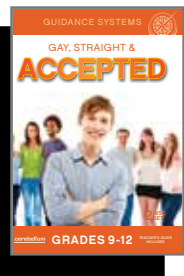
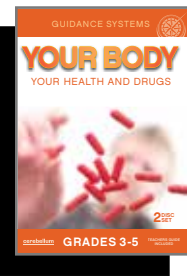
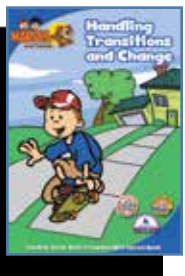
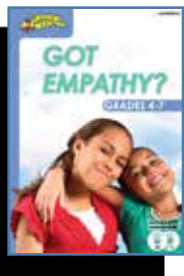
Grades 4-8 Cell phones, mobile email devices and handheld computers provide students with the ability to send and receive messages within seconds. Viewers will cover the basics on the do's and don'ts of texting and sexting. The program demonstrates the consequences of using this technology if you don't think ahead before you hit send. 2011



GH5494GE0919

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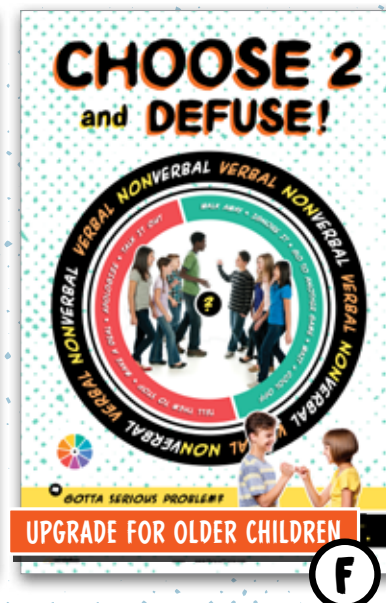
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- D** • Kelso and Lily plush puppets
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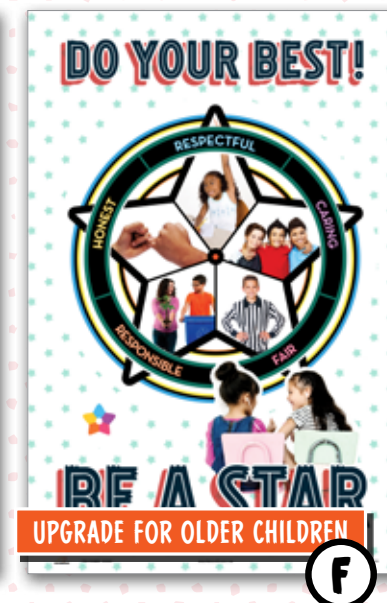
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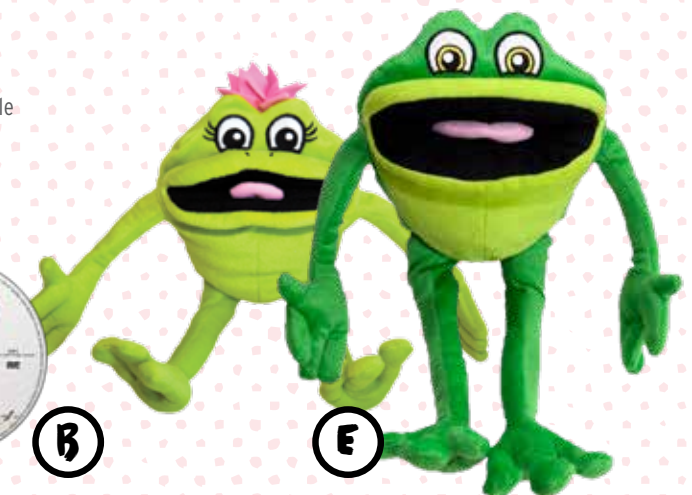
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Complete kit includes streaming, a digitally accessible Leader's Guide with 42 comprehensive lessons plus activities, 2 sets of photo card flip book images to project onto your smartboard or display on a computer screen for one-on-one work with kids, Back to Willow Pond storybook with discussion questions (both in PDF format and as videos you can stream).

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GET ALONG MONSTERS SERIES
DVD GH5117GE0919 • 9-Vol: ~~\$79.95~~ \$63.96 • 116 Min.

Grades K-4 Each episode combines humorous animated segments and age-appropriate live-action scenarios to demonstrate eskills. Each program comes with a teacher's guide and reproducible activity sheets. 2008

SINGLE TITLE: ~~\$89.95~~ \$79.96
RUN TIME: 13 MIN. EACH

5 WAYS TO WORK THINGS OUT DVD GH4989GE0919
This program gives kids five strategies to help them resolve the problems they face in a safe and appropriate way. Children are taught that hitting is not a way to solve a problem and that fights can be avoided when they use their words to talk about the problem.

8 GREAT WAYS TO HANDLE ANGER DVD GH4988GE0919
In this program, children learn that it's okay to feel angry and that there are safe and appropriate ways to handle it. Children learn that recognizing their feelings is the first step to handling anger and that they can be in charge of their angry feelings.

DON'T CALL ME NAMES DVD GH5006GE0919
Name-calling is an inappropriate way that kids express themselves when they're feeling angry or frustrated. To the child on the receiving end, it can be a painful experience. This program focuses on the reasons for name-calling and how it affects others. Kids also learn to be more assertive, to stop name calling themselves.

EVERYONE MAKES MISTAKES DVD GH5008GE0919
Making mistakes can cause children to feel bad and create anger and frustration. It's important for kids to learn the difference between silly mistakes, mistakes that take time to fix, and mistakes that can't be fixed. In this program kids learn that mistakes are just a part of life and that it's our response that really matters.

IT'S OKAY TO SAY NO DVD GH5018GE0919
Children who are taught refusal skills are more likely to make positive choices and avoid high-risk behaviors. It's important to help children set limits for themselves and say "no" to outside pressures. When children learn to consider consequences, and know how to say "no," they become better at refusing dangerous activities.

LET'S MAKE UP DVD GH5009GE0919
This program features scenarios that provide ideas to help students learn about conflict and model the skills involved in identifying and resolving conflicts peacefully. The program encourages students to think of different ways to solve their problems and differences with others without using violence.

NO MORE TEASING DVD GH5005GE0919
The objective of this program is to demonstrate effective strategies kids can use to protect themselves against teasing, harassment and bullying. Several vignettes show kids being teased. Peer actors then model ways to resolve the situation in a safe and positive way.

STOP PICKING ON ME DVD GH5007GE0919
Each and every day children encounter bullies. Whether it's at school, on the bus or at home, bullies are a part of life. In this program students will learn simple, easy to understand techniques that will help them to deal with bullies, get positive outcomes and stay safe.

WE ALL GET MAD (SOMETIMES) DVD GH4987GE0919
In this program children learn strategies that will help them to solve problems in safe and appropriate ways. Each segment combines humorous, animated segments and age-appropriate, live-action scenarios to demonstrate easy-to-understand skills.



GAY, STRAIGHT AND ACCEPTED
DVD GH4484GE0919 • ~~\$79.95~~ \$63.96 • 30 Min.
Grades 9-12 Provides a comprehensive overview of sensitive issues that affect teens. Programs include a teacher's guide on CD-ROM.

IF IT HAPPENS TO YOU ~~\$79.96~~
1003827GE0919 • ~~\$99.95~~ 20 Min. • UPC: 743452826421
Grades 3-5 This program talks to upper elementary-aged children about a difficult subject – abuse. Sensitive, age-appropriate scenarios explore three types of abuse – physical, verbal and sexual – as seen through the eyes of children. 2006

LOVES ME NOT ...A STORY ABOUT DATING VIOLENCE
DVD CE7082GE0919 • \$79.95 • 17 Min.
Grades 7-12 A story about dating/domestic violence from the POV of a 17 year old deceased victim named Cari, who was so badly bullied for leaving her abusive boyfriend that she committed suicide. Now, she tries to prevent a friend from suffering the same fate. 2011

MY BODY BELONGS TO ME \$63.96
1003836GE0919 • ~~\$99.95~~ 25 Min. • UPC: 743452835423
Grades K-2 Helps young children protect themselves from the trauma of sexual abuse by making it clear that their bodies belong to them, and reinforces the idea that every child's body is private and that no one is allowed to touch it. 1993

STARSHINE WORKSHOP SERIES [CC]
DVD CE6093GE0919 • 2-Vol. Set: \$89.90
Grades 2-5 Programs in this series focus on child and Internet safety. Teacher's guides are included.

INTERNET SAFETY FOR KIDS
DVD CE4963GE0919 • \$39.95 • 14 Min.
"Presented in a style suitable for today's tech literate students, this well-organized program is an excellent tool to jump-start conversations at home and lessons in school."
— School Library Journal

HEALTHY TOUCH, GOOD BOUNDARIES, SAFE KIDS
DVD CE4964GE0919 • \$49.95 • 34 Min.

SAY NO WITH PRIDE
GH4481GE0919 • ~~\$79.95~~ \$63.96 • 10 Min.
ISBN: 978-1-61867-211-7 • UPC: 631865448128
Grades 3-6 Youngsters will understand that feeling comfortable and safe sometimes means saying "no." This program teaches that when they do, they'll feel better – this is called pride. By the end students will be taught ways to say no with confidence and stand proud. 2012

CLIQUE? ~~\$79.95~~ \$63.96
GH4018GE0919 • ~~\$79.95~~ 18 Min. • UPC: 631865401826
Grades 4-7 Finding their place in a particular social group is a primary concern of many children. This program explores how cliques can affect a student and an entire school. Kids will come to understand that it's okay to have different sets of friends. 2010

EVERYBODY'S DIFFERENT
GH4014GE0919 • ~~\$79.95~~ \$63.96
16 Min. • UPC: 631865144426
Grades 4-7 In this program, students learn that everyone has different abilities. Some people are better at some things and not so good at others, and that's okay. The program stresses the importance of respecting people's differences. 2010

GOT EMPATHY?
GH4019GE0919 • ~~\$79.95~~ \$63.96
13 Min. • UPC: 631865401925
Grades 4-7 How do you show you care? Students learn that empathy is more than a feeling and that true empathy comes from our actions. Students learn that empathy is when they are willing and able to put someone else's feelings and needs first. 2010

INTERNET BULLIES
GH4016GE0919 • ~~\$79.95~~ \$63.96
14 Min. • UPC: 631865166626
Grades 4-7 Three scenarios teach kids the meaning of cyber-harassment, why it's wrong and how they can avoid becoming victims. Students will understand how strong feelings and the internet can be trouble. 2010

WHAT'S RESPECT?
GH4015GE0919 • ~~\$79.95~~ \$63.96
9 Min. • UPC: 631865155521
Grades 4-7 This program teaches about respect and the importance of respecting rules, themselves, and others. Students will come to understand the importance of knowing their values and how they are unique. 2010

WHY DO BULLIES BULLY?
GH4017GE0919 • ~~\$79.95~~ \$63.96
14 Min. • UPC: 631865177721
Grades 4-7 What does a bully look like? What does a bully sound like? This program provides insight that helps students identify bullies and understand why they do what they do. 2010

TURN IN THE ROAD
DVD CE7084GE0919 • \$79.95 • 18 Min.
Grades 7-12 A high school is turned upside down by tragedy when one of its students is killed by another who was texting while driving. 2013

VIOLENCE PREVENTION

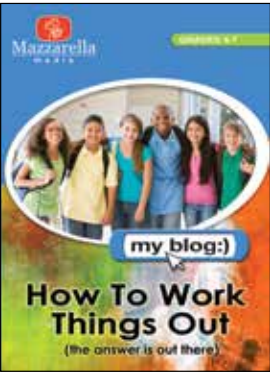


SCHOOL VIOLENCE: YOU CAN HELP PREVENT IT!
GH5136GE0919 • \$149.95 • 18 Min.
UPC: 631865513635 • ISBN: 978-1-61867-709-9
Grades 7-12 Violence is anything that hurts a person physically or emotionally. School violence refers to any act of violence that occurs within a school community. Both "threats of violence" and physical "acts of violence" create an unsettling and unsafe environment for everyone in a school community. Why does it happen? How can school violence be prevented? This program explores answers to those questions and seeks to help students understand the important role they play in preventing school violence. Through live-action, true-to-life scenarios viewers will learn to identify potential problem behaviors and warning signs that can typically lead to violence. Viewers will recognize that an important way they can prevent school violence has to do with simply being aware of the people around you and being able to spot something that isn't quite right before it escalates. Students will come to understand the difference between a direct and indirect threat and how context of the threat determines how threats should be handled. In addition, students will learn to identify behaviors that may be warning signs to potential violent actions and that whenever they feel threatened or unsafe that they have an obligation to report the incident to trusted adult within the school community. 2016

"★★★ Recommended" –Video Librarian



MY BLOG SERIES – PLAY IT OUT SERIES



MY BLOG SERIES COMPLETE 15-PROGRAM BUNDLE
GH5118GE0919 • 226 Min. • ~~\$1,099.95~~ \$1,079.96
Grades 4-8 • 2011

EACH TITLE: SRP ~~\$99.95~~ \$79.96

- **5 WAYS TO DEAL WITH ANXIETY GH5029GE0919 • 16 Min.**
In this program students will learn coping skills that will help them to manage their anxiety. When Claire has to make a presentation in front of her class. Kyle's parents are divorcing, he learns that he doesn't have control over the situation. Megan's friends start doing other activities, which alienates her. Henry saw his neighbor's house burn down. **2012**
- **5 WAYS TO RESPECTFULLY DISAGREE GH5028GE0919 • 16 Min.**
Whether it's with friends, siblings, classmates or adults, sometimes when you disagree with someone, you can feel angry, or frustrated and the disagreement can turn ugly and hurtful very quickly. Stay calm, don't make it personal, be considerate of others feelings and ideas and communicate by using I-statements and good listening skills. **2012**
- **A LITTLE RESPECT PLEASE GH5002GE0919 • 14 Min.**
What is respect? What does respect feel like? How do you show respect? Chelsea talks about respect on her blog. Viewers will learn what respect is and about different ways people disrespect people for their ideas or being different. The program also discusses respecting rules and the importance of self-respect. **2009**
- **CLIQUE, CLIQUE, CLIQUE! OUCH! (SOMETIMES CLIQUES HURT) GH4996GE0919 • 18 Min.**
Finding their place in a particular social group is a primary concern of many children. Cliques are groups of friends, but not all groups of friends are cliques. Typically, cliques leave some kids out on purpose, and kids may act much differently than they did before they were part of the clique. See how cliques can affect a student and an entire school. **2010**
- **DANGERS OF TEXTING AND SEXTING (WHAT KIND OF MESSAGE ARE YOU SENDING?) GH5011GE0919 • 14 Min.**
Cell phones, mobile email devices and handheld computers provide students with the ability to send and receive messages within seconds. Viewers will cover the basics on the do's and don'ts of texting and sexting. The program demonstrates the consequences of using this technology if you don't think ahead before you hit send. **2011**
- **DEALING WITH BULLIES (AND NO ONE GETS HURT) GH4994GE0919 • 14 Min.**
Bullying is a reality for students in schools everywhere. You're either a bully, a victim or a witness. Using true to life scenarios, this program explains exactly what bullying is and how it affects the targets. **2011**
- **HOW TO GET ALONG (WITHOUT BEATING EACH OTHER UP) GH5041GE0919 • 14 Min.**
Conflicts can always arise. This program helps viewers to learn the skills necessary to foster cooperation, collaboration and compromise in just about any situation. By viewing this program, students will learn specific methods and strategies for getting along. **2011**

- **HOW TO HANDLE ANGER (WITHOUT EXPLODING) GH4990GE0919 • 14 Min.**
For a variety of reasons, lots of kids come to school angry every day. Unfortunately, many pre-teens and adolescents don't know how to handle their angry feelings in appropriate ways. In this program, students will learn the skills necessary to recognize and deal with their own anger. **2011**
- **INTERNET BULLIES? (JUST A CLICK AWAY) GH4997GE0919 • 14 Min.**
For many kids, the Internet is an important part of their daily routine. Unfortunately, with the immediacy of the Internet, its anonymity and it's easy accessibility, kids are using Instant Messaging, Blogs, e-mail, chat rooms and social networks to spread gossip and rumors to harass and embarrass their peers. **2010**
- **WE'RE DIFFERENT (BUT THE SAME) GH4991GE0919 • 14 Min.**
Everyone is different in some way. Chelsea's blog takes on the issue of being different. Randal, Chelsea's friend is in a wheel chair and begins the discussion of being different by talking about physical differences. Subsequent stories talk about having different abilities, gender and cultural differences, too. **2009**
- **WHAT TO DO ABOUT RUMORS, TAUNTS AND BULLIES (HOW TO STOP THE PAIN) GH5001GE0919 • 14 Min.**
Gossiping, taunting and bullying are phenomena that occur at schools everywhere. Through vignettes, students will come to understand the devastating effects of these behaviors on individuals and the community. In addition, the program outlines solutions and strategies for coping with this pervasive problem. **2011**
- **WHAT'S EMPATHY? DO I HAVE IT? GH4992GE0919 • 14 Min.**
Children need help in understanding what empathy is and why it's important. Chelsea talks about empathy on her blog and shares stories from events she's witnessed at school and at home. In this program Chelsea asks viewers to think about how innocent jokes and rumors can hurt others and how they would feel if they were teased and bullied by others. **2009**
- **WHEN BFFS GO BAD (RESPONSIBILITY IN A DIGITAL WORLD) GH5030GE0919 • 16 Min.**
In this program students will learn that information stored on any digital device, computer, camera, electronic pad or cell phone at any second can become public and it can live forever in a digital world. **2012**
- **WHY ARE THERE BULLIES? (WHAT ARE THEY THINKING?) GH4995GE0919 • 20 Min.**
This program explores the reasons why kids become bullies. Through live-action, age-appropriate scenarios, viewers will come to understand why some kids are so aggressive, hurtful and mean to their classmates, teammates, friends and family members. Students will discover that there are a variety of reasons kids turn into bullies. **2010**
- **WORKING THINGS OUT (THE ANSWER IS OUT THERE) GH5010GE0919 • \$99.95 • 14 Min.**
Effective problem solving is one of the keys to finding solutions and resolving conflicts. In this program, students are taught the strategies and skills necessary to become problem solvers. Viewers will come to understand how asking questions, listening and brainstorming for ideas can result in a variety of solutions. **2011**



COMPLETE 9-PROGRAM PLAY IT OUT BUNDLE
GH5131GE0919 • ~~\$1,149.95~~ \$971.96
210 Min. • Grades 7+ • Each Title: ~~\$127.95~~ \$119.96

- **AM I READY FOR SEX? (HOW WILL I KNOW?) GH5043GE0919 • 27 Min.**
Just about everyone asks themselves, am I ready to have sex? Unfortunately, for most people it's never a definite "yes" or "no". The program suggests that a good question to ask yourself is "am I doing this because it's something I want to do?" It is emphasized that the decision to have sex has got to be on your own terms, and for your own reasons. **2011**
- **DIGITAL DISTRACTIONS (HOW TO STAY SAFE, HEALTHY AND SAME) GH5017GE0919 • 20 Min.**
Digital Distractions explores the issues of this technology addressing personal boundaries, privacy, relationships with others, multitasking and productivity and important health and safety issues. The program addresses the visual, physical and cognitive distractions caused by the use of digital technology. **2011**
- **HEALTHY DATING RELATIONSHIPS (HEAD OVER HEELS? HOW TO KEEP YOUR BALANCE) GH5013GE0919 • 26 Min.**
Healthy relationships are an important part of our lives. This program explains what makes a relationship healthy. Students will learn to grow and maintain a healthy relationship and to know if they're in a healthy relationship. The program discusses communication skills necessary to build healthy relationships. **2011**
- **HOW TO BE ASSERTIVE (STICKING UP FOR YOURSELF) GH5016GE0919 • \$149.95 • 20 Min.**
Assertiveness is a kind of confidence, it helps people clearly communicate their needs, wants and feelings without hurting anyone else. This program presents true-to-life scenarios where teens are pressured into a behavior that is risky, illegal or unhealthy. Viewers will learn to be more assertive. **2011**
- **HOW TO FIGHT FAIR (THE RULES OF ENGAGEMENT) GH5014GE0919 • 28 Min.**
Every couple faces disagreements. Some are trivial and others not so much. The trouble is most people never learn how to handle their feelings in a constructive manner. This program helps viewers to understand their conflict style and to recognize their partners, too. Each scenario demonstrates the skills necessary to resolve conflicts so that everybody wins. **2011**
- **TEXTING AND SEXTING (THINK BEFORE YOU HIT SEND) GH5015GE0919 • 27 Min.**
With the new technologies, students, using their cell phones, mobile email devices and handheld computers, can send and receive messages within seconds. Unfortunately, most kids don't know social and legal consequences of sending an inappropriate text or picture. This program explores the basic do's and don'ts of texting and sexting. **2011**
- **THE SEX TALKS YOU MUST HAVE (BEFORE YOU DECIDE TO BECOME SEXUALLY ACTIVE) GH5044GE0919 • 20 Min.**
For a teen, deciding to become sexually active IS a big deal. It IS a life-changing decision. That's why it's so important to have open and honest discussions with your partner about sex, before hand. **2011**
- **UNDERSTANDING SEXUAL CONSENT (THE PHYSICAL, EMOTIONAL AND LEGAL CONSEQUENCES) GH5045GE0919 • 21 Min.**
Many times people may feel confused when it comes to sex and intimacy. Sometimes it's difficult to know if the person you're with wants to be intimate and even more difficult to ask or find out. Everyone needs to understand what consent is and is not. **2011**
- **UNHEALTHY DATING RELATIONSHIPS (ARE YOU BLINDED BY THE BRIGHT LIGHT OF LOVE?) GH5012GE0919 • 21 Min.**
This program challenges teens to take time for a relationship check-up. The program helps viewers identify characteristics and behaviors that are not conducive to healthy relationships. Students are encouraged to honestly assess their relationship as to fairness, respect, trust and communication. **2011**



GRADES 9-12

A YOUTH MENTAL HEALTH INITIATIVE

Video Clips are available at www.DVDsForSchools.com

TEENS 101 IS A MULTIMEDIA INITIATIVE TOWARDS REACHING, GUIDING, EMPOWERING, INSPIRING YOUTH THROUGH THE ISSUES THAT CAN AFFECT THEIR MENTAL HEALTH AND WELL BEING. THE SERIES COMMUNICATES FROM A YOUTH'S PERSPECTIVE TOPICS SUCH AS: DEPRESSION AND ANXIETY, ADDICTION, SELF HARM, MENTAL ILLNESS, BULLYING, BODY IMAGE, SELF WORTH, FAMILY DYSFUNCTION, RACISM, SEXUALITY, AND LGBTQ. ©2017

COMPLETE 13-PROGRAM SERIES

Save when you purchase the complete 13-program series
GH5326GE0919 • 360 Min. • \$935.89
UPC: 631865532636 • ISBN: 978-1-61867-881-2

I'M NOT ADDICTED - WILL'S STORY

DVD GH5313GE0919 • 30 Min. • \$79.99
UPC: 631865531332 • ISBN: 978-1-61867-868-3

You can become addicted to just about anything. It becomes a serious problem when it takes you away from the things you normally do. Will's story shows that anyone can fall dangerously into addiction. It started with a video games addiction which was the beginning of the slippery slope that almost cost him his life. His remarkable story offers so much hope, and now he dedicates his life to helping youth.

DON'T DISS MY ABILITIES - MICHELLE'S STORY

DVD GH5314GE0919 • 30 Min. • \$79.99
UPC: 631865531431 • ISBN: 978-1-61867-869-0

As a child and teenager, Michelle endured a series of soul crushing events. She faced sexual abuse as a child, then, at the age of 16, she acquired a brain disease that rendered her blind. Her so-called friends bullied her at school. She fell into a deep depression and nothing seemed to help. Thankfully a miraculous turn of events saved her life and now this remarkable young woman faces all of her adversity with positive energy.

BREAKING POVERTY - BILLIONAIRE PA'S STORY

DVD GH5315GE0919 • 30 Min. • \$79.99
UPC: 631865531530 • ISBN: 978-1-61867-870-6

Poverty, drugs, violence, abuse, family death. All of which Dimitrius experienced as a child and young teenager. He became a great salesman. Sadly, he sold drugs on the street; landing him in and out of jail. He not only turned his life around, but is now saving so many others.

BROKEN FAMILIES - LYDIA'S STORY

DVD GH5316GE0919 • 30 Min. • \$79.99
UPC: 631865531639 • ISBN: 978-1-61867-871-3

Lydia's life as a child was filled with family dysfunction, drugs, abuse and the death of age 10 and would endure moving between 36 different foster homes. Lydia was left with a lack of identity, belonging, and self-worth. Nothing or no one could fill the void she felt. Somehow, she found the strength to turn her life around.

LGBTQ - ACCEPTANCE - JOEY'S STORY

DVD GH5317GE0919 • 30 Min. • \$79.99
UPC: 631865531738 • ISBN: 978-1-61867-872-0

At the age of 12, Joey was coming to the realization that he was gay. Within his school and community, Joey felt like the only gay teenager. This terrified him. He confided in a "friend" who soon spread the word around the school. Joey became the target of bullying and ridicule. His father would not accept him and abandoned the family. Soon, his mother left him to live with his "unaccepting" grandparents. He was alone in the world.

WHO AM I? - EILEEN'S STORY

DVD GH5318GE0919 • 30 Min. • \$79.99
UPC: 631865531837 • ISBN: 978-1-61867-873-7

Eileen's family emigrated from China to create a new life. Tragically, at a young age, she was sexually molested and kept it secret. She found it difficult to fit in with her peers and had Eileen was placed in a school for advanced education. She found hope from an unusual source and decided that she'd transform her life before college.

DEPRESSION & ANXIETY - ELEANOR'S STORY

DVD GH5319GE0919 • 30 Min. • \$79.99
UPC: 631865531936 • ISBN: 978-1-61867-874-4

Eleanor had a hard time fitting in, she was severely bullied at school. High school was worse as she became very depressed and developed paralyzing anxiety. She couldn't enter a room full of people nor could she be touched. Life was unbearable. With therapy and medication, Eleanor blossomed into a happy young woman.

FIRST NATIONS - LINDSAY'S STORY

DVD GH5320GE0919 • 30 Min. • \$79.99
UPC: 631865532032 • ISBN: 978-1-61867-875-1

Lindsay (Ekwol) grew up in the First Nations community. She experienced an unforgiving world of drugs, alcohol and violence within her family. As a child, she lived in fear while her parents and their friends had endless parties that often turned violent. Falling victim to drugs and alcohol herself she had blackouts, almost dying while unconscious on the highway. It was her wake up call. The path of being clean and sober led to becoming a successful hip hop artist.

EATING DISORDER/NUTRITION - LINDSAY'S STORY

DVD GH5321GE0919 • 30 Min. • \$79.99
UPC: 631865532131 • ISBN: 978-1-61867-876-8

At 13, Sterling was a cheerleader and cross country runner. One day her uncle said that she was getting a roll around her belly. Sterling became obsessed with her weight, then stopped eating. When she did eat, she purged. She lost weight to the point of self mutilation and was institutionalized. Her body started to shut down. Her miraculous recovery is truly inspiring. The moral of the story? - "One small unkind word can have devastating effects on another person's life."

DEPRESSION & SELF HARM - BRITTANY'S STORY

DVD GH5322GE0919 • 30 Min. • \$79.99
UPC: 631865532230 • ISBN: 978-1-61867-877-5

Following a quarrel with a friend of hers from school, Brittany turned to her mother for comfort. Instead, her mother lashed out at her calling her selfish. From that day on, Brittany began to internalize her feelings. Her insecurities grew and she turned to drugs and alcohol. The more depressed she got, the worse the self-inflicted harm became until she was hospitalized for it.

IDENTIFYING TRANSGENDER - DAVID'S STORY

DVD GH5323GE0919 • 30 Min. • \$79.99
UPC: 631865532339 • ISBN: 978-1-61867-878-2

As far back as David could remember, he did not identify with being a girl. He wished he were a boy. Depression and anxiety set in until he told his parents that he identifies as a boy and couldn't go on any longer. The moment he changed his name to David, life started making sense. Happiness set in like he had never experienced.

SOCIAL MEDIA BULLYING - CRISTINA'S STORY

DVD GH5324GE0919 • 30 Min. • \$79.99
UPC: 631865532438 • ISBN: 978-1-61867-879-9

At the age of 13, a boy asked Cristina to be his girlfriend. She declined and he became angry threatening that she would regret it. One day Cristina came to school and everyone eyed her every move. Whispers in ears and laughing, she felt something was terribly wrong. It destroyed her life as a teenager and broke her spirit and ultimately made her not want to live life anymore.

ASPERGER'S - SHAWN'S STORY

DVD GH5325GE0919 • 30 Min. • \$79.99
UPC: 631865532537 • ISBN: 978-1-61867-880-5

As early as he can remember, Shawn lived with extreme anxiety. Eventually he couldn't connect with other students and was bullied. After years of searching, finally a doctor pinpointed Shawn's mental health issue. He had Asperger's. Shawn found his way back in the world and learned how to control his disorder.



PUBERTY EDUCATION

A BOY’S GUIDE TO GROWING UP
CE7257GE0919 • \$79.95 • 11 Min. • ISBN: 978-1-55942-072-3
Grades K-12 An intro to puberty education for students with special needs, this program covers topics such as external anatomy, changes to expect during puberty, staying healthy, hygiene and privacy/safety issues. **2005**

A GIRL’S GUIDE TO GROWING UP
CE7259GE0919 • \$79.95 • 16 Min. • ISBN: 978-1-55942-360-1
Grades K-12 An intro to puberty education for students with special needs, this program covers topics such as external anatomy, changes to expect during puberty, staying healthy, hygiene and privacy/safety issues. **2005**

A GROWING UP! FOR BOYS
CE7272GE0919 • \$79.95 • 12 Min. • ISBN: 978-1-55942-591-9
Grades 5-7 Ease growing pains for the boys in your classroom. This program takes a look at the basics of male anatomy and development. It also provides useful advice on health, hygiene, good grooming, and points to sources of reliable information for boys during these sometimes confusing times. **2010**

B GROWING UP! FOR GIRLS
CE7273GE0919 • \$79.95 • 14 Min. • ISBN: 978-1-55942-589-6
Grades 5-7 Promoting self-confidence for girls, this program provides authoritative information about the female reproductive system. It also details the emotional and physical transformations of puberty, and the importance of good health and hygiene, encouraging a positive body image and a sense of personal worth. **2010**

C MEET THE NEW YOU FOR BOYS
CE7281GE0919 • \$79.95 • 19 Min. • ISBN: 978-1-55942-653-4
Grades 3-5 An Introduction to puberty for younger students who are not quite ready to learn about reproduction, but need to be aware of body changes, hygiene and emotional changes that happen during puberty. **2013**

D MEET THE NEW YOU FOR GIRLS
CE7282GE0919 • \$79.95 • 18 Min. • ISBN: 978-1-55942-635-0
Grades 3-5 An Introduction to puberty for younger students who are not quite ready to learn about reproduction, but need to be aware of body changes, hygiene and emotional changes that happen during puberty. **2013**

UNITY IN COMMUNITY Grades K-3 • 2009
CE7302GE0919 • \$79.95 • 15 Min. • ISBN: 978-1-55942-581-0

G WASH THOSE HANDS! Grades K-5 • 2012
CE7303GE0919 • \$79.95 • 12 Min. • ISBN: 978-1-55942-634-3
WE’RE GROWING UP! Grades 4-7 • 2010
CE7304GE0919 • \$79.95 • 11 Min. • ISBN: 978-1-55942-593-3
WE’RE JUST AROUND THE CORNER Grades 5-8 • 2011
CE7305GE0919 • \$79.95 • 16 Min. • ISBN: 978-1-55942-604-6
WE’RE JUST TALKING - FOR BOYS & GIRLS Grades 5-8 • 2007
CE7306GE0919 • \$79.95 • 17 Min. • ISBN: 978-1-55942-532-2

H YOU’RE NOT A LITTLE KID ANYMORE! PERSONAL HYGIENE Grades 3-5 • 2013
CE7307GE0919 • \$79.95 • 18 Min. • ISBN: 978-1-55942-636-7

I HEAD LICE: AN ITCHY PROBLEM Grades K-6 • 2013
CE7274GE0919 • \$79.95 • 14 Min. • ISBN: 978-1-55942-637-4

J HOW WILL YOU REACT? A STAFFS GUIDE: PREPARED FOR A SCHOOL SHOOTING Adult • 2014
CE7308GE0919 • \$79.95 • 15 Min. • ISBN: 978-1-55942-654-1
A BOY’S GUIDE TO PUBERTY & PERSONAL SAFETY Grades K-12 • 2006
CE7258GE0919 • \$79.95 • 14 Min. • ISBN: 978-1-55942-359-5
A GIRL’S GUIDE TO PUBERTY & PERSONAL SAFETY Grades K-12 • 2006
CE7260GE0919 • \$79.95 • 22 Min. • ISBN: 978-1-55942-361-8
LET’S JUST TALK-FOR BOYS Grades 5-8 • 2007
CE7278GE0919 • \$79.95 • 15 Min. • ISBN: 978-1-55942-531-5
LET’S JUST TALK-FOR GIRLS Grades 5-8 • 2007
CE7279GE0919 • \$79.95 • 19 Min. • ISBN: 978-1-55942-530-8

E JUST AROUND THE CORNER-FOR BOYS
CE7275GE0919 • \$79.95 • 9 Min. • ISBN: 978-1-55942-598-8
Grades 4-6 Younger elementary-level boys will appreciate this upbeat look at the changes of puberty. New narration and photography with lighthearted animated figures prepare boys for momentous changes like: the physical and emotional changes of puberty, the maturation of the male reproductive system, common experiences of puberty and the importance of good hygiene and healthy habits. **2011**

JUST AROUND THE CORNER-FOR GIRLS
CE7276GE0919 • \$79.95 • 14 Min. • ISBN: 978-1-55942-596-4
Grades 4-6 This reasurring presentation includes the same cheerful theme song and clearly illustrated biology, enhanced with new narration and photos to help prepare your younger elementary-level girls for changeslike: the physical and emotional changes, the maturation of the female reproductive system, menstruation and the importance of good health and hygiene. **2011**

KEEP IT CLEAN!
CE7277GE0919 • \$79.95 • 18 Min. • ISBN: 978-1-55942-602-2
Grades 5-8 Four talented young people rap to promote good hygiene in the catchiest way possible. While painlessly imparting lots of information on many important health topics including head to toe hygiene basics, self esteem, acne, tooth decay, eye safety, hearing safety, first aid, hand washing musts, wound care and sound advice on how to maintain a healthy body. **2011**

STRAIGHT TALK ABOUT PUBERTY FOR BOYS
CE7292GE0919 • \$79.95 • 15 Min. • ISBN: 978-1-55942-633-6
Grades 5-8 Designed to be shown to boys alone, this DVD is clean and fresh in its approach. Boys will learn about the male reproductive system, hygiene and good grooming, the dangers of alcohol, tobacco and other drugs to growing bodies, emotional and physical changes, importance of good nutrition and exercise. **2012**

STRAIGHT TALK ABOUT PUBERTY FOR GIRLS
CE7293GE0919 • \$79.95 • 15 Min. • ISBN: 978-1-55942-632-9
Grades 5-8 This new title is streamlined and trimmed down to “just the facts”. Girls will learn about the female reproductive system, hygiene and good grooming, the dangers of alcohol, tobacco and other drugs to growing bodies, emotional and physical changes, and the importance of exercise and good nutrition. **2012**



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SEX EDUCATION



ABSTINENCE: CHOOSING TO WAIT
1003841GE0919 • 23 Min. • ~~\$109.95~~ \$103.96
UPC: 7434452840120 • ISBN: 1-59443-180-9
Grades 7-12 This program emphasizes how responsible decision-making and communication result in more meaningful relationships and a decreased likelihood of teens engaging in sexual intercourse. **2004**

AIDS: ONE TEENAGER’S STORY
1003805GE0919 • ~~\$109.95~~ \$95.96
32 Min. • ISBN: 1-59443-188-4 • UPC: 743452803422
Grades 7-12 Dramatizes a story of what it’s like to find out you are HIV positive and explains how AIDS is transmitted and why AIDS is almost entirely preventable. **2005**

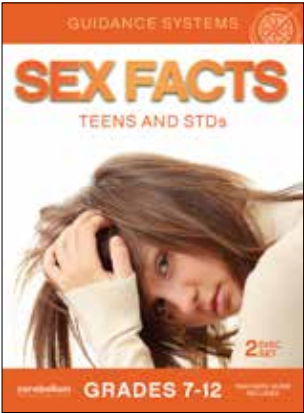
SEX FACTS: TEENS AND STDs
GH4366GE0919 • ~~\$109.95~~ \$63.96
28 Min. • UPC: 631865436620 • ISBN: 1-58565-405-1
Grades 7-12 True-to-life vignettes and information from hosts give teens the facts they need to know about sexually transmitted diseases: what they are, how they are contracted and the symptoms and treatment. The program makes clear that while using condoms offers protection, abstinence is the only 100% guaranteed way to be safe. **2011**

SEX TOO SOON
1003847GE0919 • ~~\$109.95~~ \$95.96
25 Min. • ISBN: 1-59443-177-9 • UPC: 743452846122
Grades 7-12 This program shows how early sex introduces enormous stress into young lives not yet ready for intimacy, as well as pain when relationships end or fail to materialize. **2001**

SEXUAL HARASSMENT
DVD CE3499GE0919 • \$39.95 • 15 Min.
Grades 5-12 Students are faced with a myriad of difficult situations in their day-to-day lives that require effective decision making skills and coping strategies. This series includes dramatizations of real-life situations and the opportunity to reflect on choices made by kids just like themselves. **2003**

SEXUALLY TRANSMITTED INFECTIONS: WHAT YOU SHOULD KNOW
1003963GE0919 • ~~\$109.95~~ \$103.96
27 Min. • ISBN: 1-59443-161-2
Grades 7-12 This program presents the facts and symptoms of common STIs, the pressure teens experience to have sex, and the social and emotional fallout as a result of their actions. **2003**

STIs: FACTS AND FICTION
DVD CE4217GE0919 • \$129.95 • 12 Min.
Grades 7-12 Students learn about sexually transmitted infections, facts and myths, and some common STIs. This health program discusses the symptoms and consequences, along with treatment and prevention options. Differences between STIs and STDs are also mentioned. Teacher’s guide available online.



TEENS AND SEX: WHAT YOU NEED TO KNOW
1003882GE0919 • ~~\$109.95~~ \$103.96 • 28 Min.
ISBN: 1-59443-166-3 • UPC: 743452898220
Grades 7-12 Two peer hosts, using a straightforward approach, answer questions and debunk myths about sexual development, conception, pregnancy, contraception, and sexually transmitted infections (STIs). Abstinence is presented as the only 100% foolproof way to avoid pregnancy. **2005**

REAL LIFE TEENS SERIES
DVD CE6242GE0919 • 9-Vol. Set: \$584.55 • Each: \$64.95
Grades 6-12 Programs take an unbiased, realistic look at the variety of issues teens face daily, from a teenage perspective. Young teens tell their stories in their own words to cut through communication barriers. Programs also present honest and relevant advice. Guides available online.

- **DANGERS OF SOCIAL MEDIA** [CC] **DVD CE4968GE0919 • 18 Min.**
- **EATING DISORDERS** **DVD CE4983GE0919 • 22 Min.**
- **PARTY DRUGS** [CC] **DVD CE4966GE0919 • 18 Min.**
- **STDs** [CC] **DVD CE4967GE0919 • 18 Min.**
- **STRESS** **DVD CE4984GE0919 • 20 Min.**
- **TEEN PREGNANCY** [CC] **DVD CE4969GE0919 • 18 Min.**
- **HIGH SCHOOL DROPOUTS** **DVD CE4973GE0919 • 20 Min.**
- **CYBER BULLYING** **DVD CE2576GE0919 • 20 Min.**
- **STONED AT SCHOOL** **DVD CE4975GE0919 • 20 Min.**

HIV-AIDS: IT’S STILL A BIG DEAL
GH5074GE0919 • ~~\$409.95~~ \$39.96 • 20 Min.
Grades 7-12 Recent news stories about a functional cure for HIV-AIDS, possible vaccinations and an AIDS-free future within our reach have made headlines all over the world. The hopeful message directed to persons with HIV-AIDS is that the disease is no longer a death sentence and you can live a relatively normal life. However, this message has also been misunderstood. Today, many people believe that HIV-AIDS is a disease they don’t have to worry about anymore. It’s no big deal.

In this program students will listen to straight talk by medical experts that work on the front line of HIV-AIDS treatment and research. They’ll also hear the stories of a young male and female who are living with the HIV virus today who candidly discuss how they contracted the disease and the social, emotional and financial impact it has had on their lives.

After viewing this program, students will come to understand that despite the recent medical advances in the treatment of HIV-AIDS, the risk of contracting this devastating disease is always present and that because everyone is at risk, they must take the necessary precautionary measures to protect themselves and to stop the proliferation of this devastating disease. **2014**



HEALTH FOR CHILDREN VIDEO SERIES [CC]
DVD CE2802GE0919 • 8-Vol. Set: \$239.06 • Each: \$29.95
23 Minutes Each

Grades K-4 Health for Children introduces young viewers to the importance of making good choices about health and wellness, and gives practical advice about how to develop healthy habits and set personal health goals. Students model real-life scenarios and determine how to respond in healthy and positive ways at home, school and beyond! **2005**

Parents' Choice Approved [Dealing With Feelings]

"The pacing is brisk, and the subject matter is important. A valuable series for health education."
— School Library Journal

DVD Features: English & Spanish Language Tracks, Chapter Select, Discussion Questions

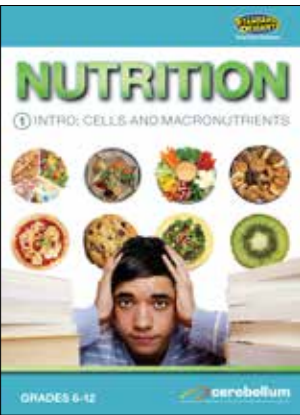
- DEALING WITH FEELINGS DVD CE2803GE0919
- DECISIONS & CONFLICTS DVD CE2804GE0919
- DRUGS & DISEASE DVD CE2805GE0919
- ENVIRONMENTAL HEALTH DVD CE2806GE0919
- NUTRITION DVD CE2807GE0919
- PERSONAL HEALTH & HYGIENE DVD CE2808GE0919
- SAFETY AWARENESS DVD CE2809GE0919
- STAYING SAFE: STRANGERS, CYBERSPACE & MORE DVD CE2810GE0919



Free Teacher's Guides



HEALTH and NUTRITION



TEACHING SYSTEMS NUTRITION

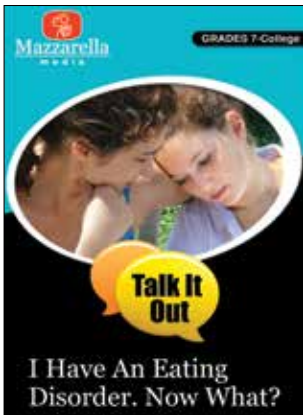
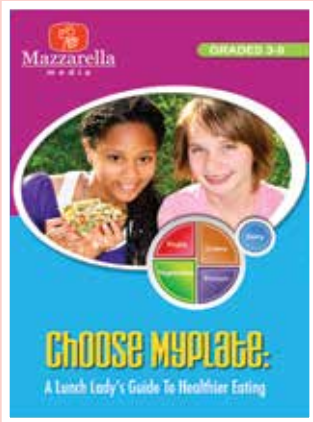
DVD GH4422GE0919 • 8-Vol. Set: ~~\$299.95~~ **\$287.99**
EACH: ~~\$37.49~~ **\$39.98** • 26 Min.

Grades 7-12 This curriculum-based series presents the biology and chemistry behind good nutrition. Topics: micronutrients, energy, the digestive system, disease prevention and more. Programs include teacher's guides on CD-ROM.

- EATING IN CONTEXT DVD GH4419GE0919
- THE FOOD SPECTRUM DVD GH4416GE0919
- INTRO: CELLS AND MACRONUTRIENTS DVD GH4414GE0919
- PREVENTING NUTRITIONAL DISORDERS DVD GH4418GE0919
- WHAT YOUR BODY DOES WITH FOOD DVD GH4415GE0919
- MICRONUTRIENTS: VITAMINS, MINERALS, AND WATER DVD GH4417GE0919
- WHERE DOES YOUR FOOD COME FROM DVD GH4420GE0919
- THE SAVVY EATER DVD GH4421GE0919

CHOOSE MY PLATE: A LUNCH LADY'S GUIDE TO HEALTHIER EATING

EATING GH5051GE0919 • ~~\$99.95~~ \$79.96 • 17 Min.
Grades K-5 The Lunch Lady is back to tell everyone about the new USDA "MyPlate" dietary guidelines. The food pyramid is gone, replaced with a simple plate icon. The new icon, MyPlate is easy to understand; one half of your plate should be filled with fruits and vegetables, with whole grains and lean protein on the other half. Low-fat dairy on the side, such as a cup of skim milk or yogurt, is also suggested. How many vegetables should you eat? Why is whole grain better for you? What is obesity? These and other important health questions are answered in this entertaining, fast paced program. MyPlate is a reminder to all Americans to adopt healthier eating habits. **2011**



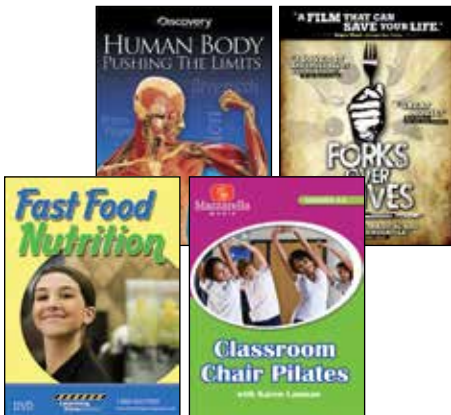
TALK IT OUT: EATING DISORDER SERIES
7-College • 2011

COMPLETE 3-PROGRAM BUNDLE
GH5119GE0919 • ~~\$999.95~~ **\$319.96** • 67 Min.

- I HAVE AN EATING DISORDER. NOW WHAT? GH5021GE0919 • ~~\$199.95~~ **\$119.96** • 24 Min.
Grades 7+ This program asks and helps to answer several questions: Do you or your friend have an eating disorder? Who can develop an eating disorder? By viewing this program, students will learn what they can do to help someone with an eating disorder and find out about the treatments that are available. **2011**

- WHAT CAUSES EATING DISORDERS? GH5020GE0919 • ~~\$199.95~~ **\$119.96** • 24 Min.
Grades 7+ This program explores the individual, family and cultural factors that have been linked to eating disorders. Students will come to understand that eating disorders can be triggered by major events in a person's life, such as a life crisis or the death of a loved person, family changes, school problems or personal failures. Viewers will learn the warning signs of anorexia and bulimia. **2011**

- WHAT IS AN EATING DISORDER? GH5019GE0919 • ~~\$199.95~~ **\$119.96** • 19 Min.
Grades 7+ This program explains what an eating disorder is and what the most common eating disorders are called. The program will provide an overview of Anorexia Nervosa, Bulimia Nervosa and compulsive overeating. In addition, students will come to understand what an eating disorder looks like. Symptoms may include thinking about food and dieting all the time, knowing about the amount of energy in every type of food, eating very little, vomiting after meals, a strenuous exercise routine, constantly in pursuit of thinness and more. **2011**



CLASSROOM CHAIR PILATES

GH5050GE0919 • ~~\$49.95~~ \$39.96 • 28 Min.
Grades K-8 Refocus and energize your students with Classrom Chair Pilates. This innovative program will teach students at every grade level simple breathing and exercise techniques. Pilates utilizes small movements of core muscles that stimulate blood flow and regulate breathing, enabling children to increase their attention span and improve their posture. This innovative program provides a series of short video segments demonstrating simple chair Pilates exercises that can be used individually in your classroom or grouped together as a physical education component. **2011**

COLOR POWER: FRUIT & VEGETABLES

DVD CE7539GE0919 • \$79.95 • 23 Min.
Grades 6+ Fruits and veggies are filled with a host of health-promoting benefits, but often times we fall short on our daily servings. How can we get ourselves to eat and enjoy more fruits and veggies? ©2014

DENISE AUSTIN'S FIT KIDS [CC]

DVD CE5943GE0919 • \$14.98 • 40 Min.
Grades K-8 Denise Austin leads children through a fun-filled workout featuring hip-hop dance moves, yoga and stretching. Also includes a workout for the whole family. Parents' Choice Recommended

EATING DISORDERS

Grades 8-12 Eating disorders in a teen's life is a complex subject with physical, psychological and emotional roots. Viewers will learn why becoming obsessed with weight can reveal serious underlying issues.
DVD CE4983GE0919 • \$64.95 • 22 Min.

FAST FOOD NUTRITION [CC]

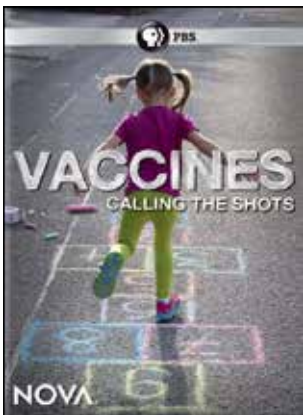
DVD CE3563GE0919 • \$79.95 • 16 Min.
Grades 6 & Up Hosts Genevieve and Rickey delve into the world of fast food to help viewers make healthy choices when eating at fast food restaurants. Includes a teacher's guide.

"Preteens and teens in health classes may be receptive to the information and think twice before eating fast foods." — School Library Journal

FAT: WHAT NO ONE IS TELLING YOU [CC]

DVD-Wide CE5140GE0919 • \$24.99 • 90 Min.
Grades 7 & Up Experts raise awareness of the obesity epidemic in this live-action program. Viewers discover the intense human dramas of those who are labeled obese and the difficulty of solving weight problems.

"★★★★...Recommended." — Video Librarian



FOOD FORWARD CE7653GE0919 • \$34.99 • 390 Min.

Grades 9-12 Food Forward showcases innovators and pioneers, food rebels transforming the way we grow and eat our food. We meet farmers, chefs, teachers, scientists, fishermen and ranchers in more than 50 cities across the country who are all providing new solutions to help combat America's growing food challenges. Every episode incorporates beautiful cinematography, clever animation, cooking segments and original music videos, blending personal storytelling with a unique educational perspective on the most pressing issues of the day. **2015**

FOOD, INC. [CC] DVD-Wide CE5868GE0919 • \$13.97 • 93 Min.

Grades 7 & Up Documentary reveals shocking truths about the nation's food industry, food production and what consumers eat. Exposes some corporations for putting profit ahead of the livelihood of farmers, worker safety, consumer health and the environment.
[TV-14] — For disturbing images & themes

"... a very powerful documentary...well produced and shot and visually appealing." — Library Journal

FORKS OVER KNIVES [CC]

DVD-Wide CE5933GE0919 • \$19.99 • 96 Min.
Grades 7 & Up This informative film discusses how degenerative diseases can be controlled or reversed by following a vegan diet instead of animal-based and processed foods.
[TV-14] — For incidental smoking & thematic elements **2011**

BILL NYE'S GERMS & YOUR HEALTH [CC]

DVD CE3861GE0919 • \$14.99 • 26 Min.
Grades 4-8 Includes a teacher's guide. **2011 Disney**

GET WISE TO PORTION SIZE

DVD CE7137GE0919 • \$79.95 • 18 Min.
Grades 6+ In Get Wise to Portion Size, viewers learn more about why portion size matters and how to eat the right amount for you. Short segments and an interview with a registered dietitian explain the issues with portion sizes.©2014

HUMAN BODY: PUSHING THE LIMITS [CC]

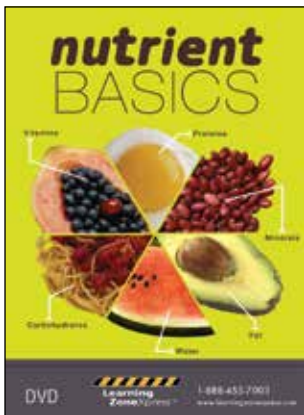
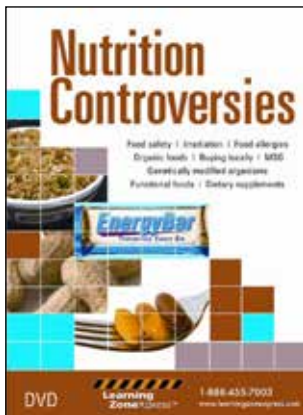
DVD-Wide CE5675GE0919 • \$19.98 • 165 Min. • 2 Discs
Grades 7 & Up Functions of the inner and outer body are explored in this program through photography and CGI animation. Segments include Sight, Sensation and Brain Power.

"★★★★...dazzling...highly recommended." — Video Librarian

MORE THAN THIS: BODY IMAGE

DVD CE7080GE0919 • \$79.95 • 27 Min.
Grades 7-12 A gripping story about an athlete on steroids, two girls with serious eating disorders, athletic performance and body image, and doing right by others - even when they don't want it. ©2009

HEALTH and NUTRITION



THE NEW FOOD PYRAMID: IT'S ALL ABOUT YOU!

DVD CE4909GE0919 • \$49.00 • 23 Min.
Grades 4-8 Hosted by teenagers, this live-action program shows how making the right eating choices helps keep bodies and minds fit, while encouraging viewers to combine sound nutrition with their own exercise plans.

"A must see for health, physical education and life-science classes." — School Library Journal

NOVA: VACCINES-CALLING THE SHOTS

DVD CE7008GE0919 • \$24.99 • 60 Min.
Grades 12+ Diseases that were largely eradicated in the United States a generation ago-including whooping cough, measles, mumps-are returning, in part because nervous parents are skipping their children's shots. Calling the Shots takes viewers around the world to track epidemics, explore the science behind vaccinations, and shed light on the risks of opting out. **2014 TV-PG**

NUTRIENT BASICS (2012) [CC]

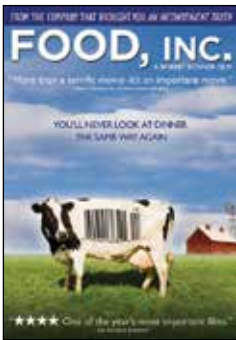
DVD CE4824GE0919 • \$49.95 • 20 Min.
Grades 6 & Up Understand the importance of eating a variety of nutrients for good health. This documentary features two students and a registered dietitian who explore the sources and benefits of fats, proteins, carbohydrates, minerals, vitamins and water. Teacher's guide available online.

NUTRITION CONTROVERSIES

DVD CE7551GE0919 • \$79.95 • 22 Min.
Grades 6+ Take a closer look at controversial nutrition topics to get the straight facts on food safety, organic foods, genetically engineered foods, food allergies, MSG, functional foods, dietary supplements, and more in this entertaining and enlightening video. ©2009

NUTRITION STARTS HERE: SMART EATING ON A BUDGET

DVD CE7552GE0919 • \$79.95 • 19 Min.
Grades 6+ Develop healthy eating habits that will last a lifetime and join Chef Marshall O'Brien as he shares nutritious food choices and healthy eating strategies. ©2015



DVDS FOR SCHOOLS

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