

REPRODUCTIVE HEALTH

Body Image and Puberty

2-V-267  *Loan*

THE TRUTH ABOUT BODY IMAGE: THE TEEN FILES SERIES - (21 MIN.)

Canadian Learning Company, 2001

Leeza Gibbons hosts a dynamic video about body image. During the video, teens visit a runway model and attend a photo shoot. They also learn how photos are changed in touch-up laboratories. There is brief mention of eating disorders and their relation to body image.

2-V-279  *Loan*

JUST AROUND THE CORNER - FOR GIRLS - (15 MIN.)

Marsh Media, 2000

A self-assured teenager named Megan talks to younger elementary girls about puberty and the changes that lie “just around the corner.” With the assistance of whimsical animated figures, Megan explains the onset of puberty, the physical transformation that puberty brings, the maturation of the female reproductive system, menstruation, the emotional ups and downs of puberty, and the importance of good hygiene and healthy habits. This upbeat program presents a positive attitude towards the changes ahead.

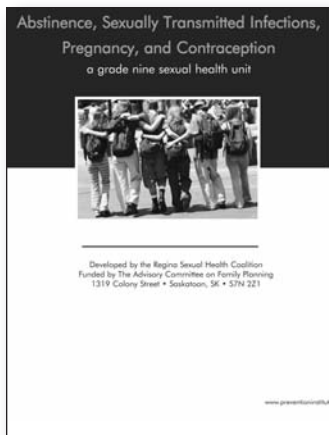
2-V-280  *Loan*

JUST AROUND THE CORNER - FOR BOYS - (15 MIN.)

Marsh Media, 2000

An easygoing teenager named Todd helps prepare younger elementary-level boys for the momentous changes of puberty. With the aid of lighthearted animated figures, Todd explains the onset of puberty, physical alterations that puberty brings, the maturation of the male reproductive system, and other common experiences, such as voice change, moodiness and feelings of awkwardness. Todd also stresses the importance of good hygiene and healthy habits during this time of growth and development.

Sexual Health



7-001  **Download**

A GRADE NINE SEXUAL HEALTH UNIT - MANUAL

Saskatchewan Prevention Institute, 2005

This manual was developed by the Regina Sexual Health Coalition and funded by the Advisory Committee on Family Planning to support grade nine health educators to help teach abstinence, sexually transmitted infections, pregnancy, and contraception unit. This unit requires school division board approval prior to teaching.

2-V-180  **Loan**

SOL GORDON SPEAKS - (60 MIN.)

Saskatchewan Prevention Institute, 2002

Dr. Sol Gordon is a psychotherapist who specializes in sexual health education. This presentation is in a lecture style. Dr. Gordon is an animated speaker who can hold youths' attention with his humorous yet informative style. The section at the end of the presentation is very useful as Dr. Gordon opens up the lecture to questions from a high school audience. The questions from the students and Dr. Gordon's answers are very frank. Teacher/facilitator should view this presentation first. It could be used in sections.

2-V-240  **Loan**

RAISING HEALTHY KIDS: FAMILIES TALK ABOUT SEXUAL HEALTH - (60 MIN.)

Media Works Inc., 1997

This set of two 30-minute videos with discussion guides is designed to help families of young children, preadolescents, or adolescents communicate about sexual health. The first video is for parents of young children. It includes interviews with children, parents, and experts and features discussion about inappropriate touch and more. The second video is for parents of preadolescents and adolescents. It includes interviews with young people, parents, and experts and features discussion about values, listening, avoiding absolutes, mixed messages, relationships, and more.

2-V-359  *Loan*

THE TALK: AN INTERCOURSE ON COMING OF AGE - DVD - (50 MIN.)

Youth Performance Company, 2006

This 50 minute DVD is designed to facilitate discussion about sexual health issues with youth over 12 and adults. The DVD can be used as a whole or chapter by chapter as appropriate.

NOTE: Adult facilitators MUST preview the content to make sure that it is appropriate for their audience. A discussion guide is included.

Building Relationships

2-V-327  *Loan*

STUDENT WORKSHOP: BUILDING GOOD RELATIONSHIPS - (38 MIN.)

Sunburst Visual Media, 2001

Many teens experience the challenge of knowing how to nurture and maintain bonds with others. This workshop is packed with techniques that can help young people get along better with friends, family, teachers, employers, and schoolmates. Each of the workshop's four parts deal with a different skill, and overarching all parts is a set of Relationship Rules to provide students with easy-to-remember rules for keeping all of their relationships healthy. Audience: Grade 7 - 12.

2-V-350  *Loan*

REAL PEOPLE: RELATIONSHIPS - WHEN THEY HELP . . . WHEN THEY HURT - (28 MIN.)

Sunburst Communications, 1997

This video offers examples of healthy and unhealthy relationships. Advises when and how to work on an unhealthy relationship and when and how to get out. Uses a mini-quiz to help viewers identify whether they are in an unhealthy relationship. Audience: Grades 7-12.

Abstinence and Contraceptive Choices

2-V-184  Loan

THIS AIN'T NO DRESS REHEARSAL: ABSTINENCE AND TEENS - (27 MIN.)

Sunburst Communications, 1997

Using humour and old film clips, Dr. John Young educates about the dangers of sexually transmitted diseases and about abstinence. Youth also speak about the life choices that they have made and how these choices have affected their lives.

NOTE: This video must be previewed before showing. Audience: Grades 9-12.

2-V-236  Loan

CONSIDERING YOUR OPTIONS - INFORMATION ON ABSTINENCE AND CONTRACEPTIVE CHOICES FOR TEENAGERS - (23 MIN.)

National Education Association Health Information Network, 1998

In this animated, fast-paced video, "Alex" goes online to learn more about his contraceptive options. This is combined 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 and Norplant, emergency contraception, as well as myths surrounding some methods. Teacher's Discussion Guide included.

2-V-330  Loan

SEX SMART FOR TEENS: ABSTINENCE - (27 MIN.)

Injoy Videos, 2003

Supercharge your abstinence presentation with Sex Smart for Teens: Abstinence. Using a fresh, non-judgemental approach to presenting essential information, this upbeat program inspires teens to consider abstinence and gives them the skills they need to make it work. It's fast-paced contemporary style, and engaging teen cast, will attract and hold the attention of your teen audience. Facilitator's Guide included.

Audience: Grade 7 - 12.

2-V-331  *Loan*

SEX SMART FOR TEENS: BIRTH CONTROL - (27 MIN.)

Injoy Videos, 2003

Teens need honest information about birth control, especially with the variety of choices available today. This up-to-date program presents the facts and encourages teens to make smart decisions about sex, without sounding preachy. Sex Smart for Teens: Birth Control entertains as it educates with its fast-paced style, teen-friendly cast, and humorous approach. Facilitator's Guide included. Audience: Grade 7 - 12.

Sexually Transmitted Infections (STIs)

2-V-264  *Loan*

THE TRUTH ABOUT SEX (SCHOOL VERSION) - (30 MIN.)

Canadian Learning Company, 2001

This video presents open, honest discussion with several teens about teen pregnancy, teen parenting, and sexually transmitted infections. Teen parents speak about the impact of being a parent. Teens visit a laboratory for sexually transmitted infection testing and visit a woman living with HIV. Parents speak with Dr. Drew and teens about the roles parents should take in sex and relationship education.

2-V-282  *Loan*

UPDATE: SEXUALLY TRANSMITTED DISEASES - (29 MIN.)

Sunburst, 1995

The video uses scenarios among teenagers as well as comments from an adult running an STD hotline to talk about sexually transmitted diseases. It opens with an introduction on STDs and how they are spread. Scenarios of normal teenagers contracting STDs are used to teach adolescents about various diseases. The video concludes with a list of facts about STDs and what teens can do to prevent them.

2-V-324  *Loan*

SEXUALLY TRANSMITTED INFECTIONS. WHAT YOU SHOULD KNOW - (22 MIN.)

Sunburst Visual Media, 2003

This educational package includes a video and a manual. This resource is designated for youth from grades 7 through 12. The manual contains discussion questions, role-play guidelines and suggested activities.

2-V-329  *Loan*

SEX SMART FOR TEENS: SEXUALLY TRANSMITTED INFECTIONS - (27 MIN.)

Injoy Videos, 2003

Sexually Transmitted Infections (STIs) are all too common among teens. This engaging program provides essential health information, including clear instruction on STI prevention. With a respectful tone and touches of humour, Sex Smart for Teens: STIs shows how an “it won’t happen to me” attitude can be dangerous for teens. Facilitator’s Guide included. Audience: Grade 7 - 12.

2-V-325  *Loan*

REAL PEOPLE: SEX TOO SOON - (26 MIN.)

Sunburst Visual Media, 2000

Youth as young as 12 or 13 are having intercourse, and the consequences are enormous. Millions of teens contract sexually transmitted infections each year, and girls are at a huge risk of becoming pregnant. Educators and other professionals who work with teens will find this video a valuable resource for helping young people begin to understand the causes and consequences of premature sex. Teacher’s Guide included. Audience: Grade 7 - 12.

Teen Pregnancy and Parenting

2-V-191  *Loan*

REAL PEOPLE: TEEN MOTHERS AND FATHERS SPEAK OUT - (27 MIN.)

Sunburst Communications, 1996

Presents in-depth interviews with real teen mothers and fathers to examine the reasons for teen pregnancy. Gives students a realistic perspective on teenage parenthood and helps them to question and understand their own motivations and behaviour. Discusses how the birth of a child changes everything for both parents. Makes viewers aware of the difficulties a teen mother faces in raising her child, getting an education, and the emotional and financial responsibilities a teen father has to shoulder. Encourages teens to get help for family or school problems and to learn more about contraception. Audience: Grades 9-12, young adults.

2-V-264  *Loan*

THE TRUTH ABOUT SEX (SCHOOL VERSION) - (30 MIN.)

Canadian Learning Company, 2001

This video presents open, honest discussion with several teens about teen pregnancy, teen parenting, and sexually transmitted infections. Teen parents speak about the impact of being a parent. Teens visit a laboratory for sexually transmitted infection testing and visit a woman living with HIV. Parents speak with Dr. Drew and teens about the roles parents should take in sex and relationship education.

2-V-289  *Loan*

MOTHERS TOO SOON - (15 MIN.)

2-V-290

FATHERS TOO SOON - (15 MIN.)

The National Campaign to Prevent Teen Pregnancy, 2002

These videos explore the lives of several teen parents. Each video provides a first-hand look at how a teen pregnancy impacts the lives of these teens, their children, and families. A discussion guide is provided with each video to help program leaders, teachers, parents, and young people explore in greater depth the issues raised in the videos.

Abuse and Violence

2-V-231  *Loan*

BEATING THE STREETS - (48 MIN.)

National Film Board, 1998

Narrated by Tom Jackson (North of 60), *Beating the Streets* traces six years in the lives of Marilyn Brighteyes and Lance Marty, two inner-city Aboriginal teenagers struggling to turn their lives around. It is also the story of Joe Cloutier, the teacher and former dropout who is determined to help them. Marilyn and Lance candidly discuss the abuse and violence that drove them into prostitution and drug dealing. The video also introduces Joe's innovative approach, combining alternative education and popular theatre as a way to get young people off the streets. Witness the remarkable transformation of Lance and Marilyn from 1986 to 1993 as they become leaders at their school.

NOTE: This video must be previewed before GENERAL VIEWING.

2-V-278  *Loan*

A LOVE THAT KILLS - (20 MIN.)

National Film Board, 1999

A Love That Kills is a powerful documentary in which a mother tells the tragic story of her daughter Monica, a 19-year-old who was murdered by her former boyfriend. Monica's mother speaks about Monica's life and aspects of physical, emotional, and economic abuse. Symptoms of abuse are highlighted to help viewers identify signs of various forms of violence. This video can be used to encourage discussion for youth learning and establishing relationships.

2-V-349  *Loan*

REAL PEOPLE: TEENS TALK ABOUT ALCOHOL, SEX AND VIOLENCE - (18 MIN.)

Sunburst, 2001

This video presents real teens talking about their personal experiences and those of their peers who drank alcohol and suffered negative consequences either because of their own behaviour or someone else's. The program focuses on unwanted sex, sex crimes, and other nonsexual kinds of violence. Teacher's Guide included. Audience: Grade 7 - 12.

2-V-350  *Loan*

**REAL PEOPLE: RELATIONSHIPS - WHEN THEY HELP . . .
WHEN THEY HURT - (28 MIN.)**

Sunburst Communications, 1997

This video offers examples of healthy and unhealthy relationships. Advises when and how to work on an unhealthy relationship and when and how to get out. Uses a mini-quiz to help viewers identify whether they are in an unhealthy relationship. Audience: Grades 7-12.

2-V-357  *Loan*

MY BODY BELONGS TO ME - (31 MIN.)

Dillingham Productions, Sunburst Visual Media, 2006

In this video, young viewers are 'empowered' to prevent themselves from becoming the victims of sexual abuse. Through age-appropriate information, viewers can learn that their bodies belong to them and there are definite restrictions on who else they should allow to touch it. Audience: Kindergarten - Grade 2. This video comes with a booklet.

Drepression and Suicide

2-V-266  *Loan*

**THE OTHER SIDE OF BLUE: THE TRUTH ABOUT TEENAGE
DEPRESSION - (31 MIN.)**

Canadian Learning Company, 2001

A focused look into the often forgotten issue of teenage depression. This video features four teens talking about living with depression. Suicide is discussed, as well as recognition of symptoms. Positive reinforcement is emphasized in seeking help and treatment for depression.

2-V-301  Loan

PATRICK'S STORY - (24 MIN.)

Co-produced by Cooper-Rock Pictures and the NFB, 1999

Patrick's Story explores what brought a young man to attempt suicide and what turns his life around. With the help of friends and his loving adoptive mother, Patrick begins the search for his identity and spirituality as a Cree man, while discovering his talents in music and acting.

NOTE: LANGUAGE WARNING.

2-V-302  Loan

REMEMBERING TOM: COPING WITH YOUTH SUICIDE - (24 MIN.)

Co-produced by Cooper-Rock Pictures and the NFB, 1999

This documentary underscores a family's grief and bereavement following a suicide. Their strength and resilience provide hope that although we cannot always prevent such a tragedy, we can make choices about how to cope.

2-V-303  Loan

ON THE EDGE: THE NATURE OF RISK - (47 MIN.)

Co-produced by Cooper-Rock Pictures and the NFB, 1999

Is there something about security-conscious societies that produces this taste for hair-raising adventure? Can genetic factors help explain the phenomenon? Interviews with Dr. Dean Hamer and Professor Marvin Zuckerman illuminate the culture and science of risk, helping to explain why some people feel fully alive when courting death.

GLBT

2-V-262  Loan

DOES IT MATTER? - (12 MIN.)

Youth Services Bureau, 2000

An upbeat video designed by and for youth. This video encourages discussion on gay, lesbian, bisexual, and transgender (GLBT) issues such as stereotypes and coming out. GLBT youth talk about their experiences in a positive and open manner.
