AUDIO VISUAL RESOURCES

FOURTH GRADE

Growing Up For Boys
15 minutes Marsh Media, 1995
Presents boys in grades 4-6 with a candid look at the basics of male anatomy and development, health, hygiene and good grooming. The video can also help ease some of the growing pains as boys seek to cope with the physical and psychological changes that are part of growing up.

Growing Up For Girls
15 minutes Marsh Media, 1995
Provides girls in grades 4-6 with clear, authoritative information about the female reproductive system, the emotional physical transformations of puberty, and the importance of good health and hygiene. This video encourages a positive body image as well as a sense of self-worth for girls as they face the challenges of change and growth.

Better Safe Than Sorry
15 minutes Altschul Group Corporation, 1990
Dramatizes various situations which students can identify and engage in problem-solving discussions. A group of youngsters ranging in ages five to nine are led through a discussion of simple rules created to help children prevent and/or deal with potential abuse. Four principal themes are reinforced throughout the film: Say no, get away, tell someone and be believed.

It’s a Change Thing
15 minutes Kotex, Kimberly-Clark Corporation, 1998
Video is directed at girls and provides reassurance that change is normal. Video discusses external and internal changes including body growth, menstruation, and emotions. This video may be used earlier to help girls who begin their cycles earlier than fourth grade. It is available from the school nurse.

Spanish Videos—may be used in 4th or 5th grade.
Break The Silence 30 minutes, child abuse.
Boy To Man 20 minutes
Girl To Woman 20 minutes
FIFTH GRADE

**Break the Silence: Kids Against Child Abuse**  English and Spanish
30 minutes  AIMS Multimedia, 1998
Physical abuse, sexual abuse and neglect are explained in a way young children can understand. Four children talk candidly about their abuse and their abusers as they describe how adults use fear, manipulation and neglect to hurt children. As each story is told, animated versions of the child and the abuser help illustrate how the abuse happened and how it made the child feel.

**Feelings: Inside, Outside, Upside Down**
19 minutes  Sunburst, 1998
Examines the feelings of young people of both sexes toward the changes taking place in their bodies. Shows viewers how talking about these feelings with someone who has been through puberty can change their outlook.

**Don’t Stop Before You Get Started**
19 minutes  AIMS Multimedia, 1998
Promotes positive self-image in a lively, humorous manner that appeals to students in grades 5-9. Describes how a negative self-image limits growth, while a positive self-image can promote opportunities for having satisfying relationships, solving problems, and feeling good about oneself.

**Trust Me: Learning to Be Responsible**
23 minutes  Sunburst, 1996
Six scenarios explore issues of responsibility and help students work toward creating their own standards of responsibility: When must you take responsibility? What are your responsibilities as a student? Are you responsible for keeping a commitment even when you didn’t promise? How does the way you act affect the way grown-ups treat you? What are your responsibilities as a friend? What happens when your rights conflict with your responsibility?

**Boy to Man**  English and Spanish
20 minutes  United Learning an AGC Educational Media Company, 1992
Directed at male students, this video uses scenarios to provide students with an understanding of the physical and emotional changes of puberty. Provides factual information about male and female development.

**Girl to Woman**  English and Spanish
20 minutes  United Learning an AGC Educational Media Company, 1992
Directed at female students, this video uses scenarios to provide students with an understanding of the physical and emotional changes of puberty. Provides factual information about male and female development.

**It’s a Change Thing**
15 minutes  Kotex, Kimberly-Clark Corporation, 1998
Video is directed at girls and provides reassurance that change is normal. Video discusses external and internal changes including body growth, menstruation, and emotions. **Available from the school nurse.**