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.**

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**SIXTH GRADE**

**Human Growth V**  
21 minutes  SVE and Churchill Media, 1998  
Presents animation depicting maturation and the reproductive system. Also presents reactions, questions, observations and feelings of young people about the wonder that is changing them.

**Sexual Harassment: It’s Hurting People**  
18 minutes  Sunburst, 1994  
Points out what viewers may not know about sexual harassment: that both girls and boys can be its victims; that it can involve the use of profanity, sexist terms, dirty jokes, or nasty rumors as well as unwanted physical contact; and that while harassers may not intend to hurt anybody and think their actions are funny, what they are really engaging in is unwelcome, obnoxious, and illegal behavior that is no laughing matter and has a hurtful effect. Calling sexual harassment a major offense that can lead to suspension, urges that it be taken seriously. Suggests steps students can take if it happens to them or if they see someone else sexually harassed. Urges that they also report these incidents to a parent, teacher, or principal.

**Update: Sexually Transmitted Diseases**  
28 minutes  Sunburst, 1995  
Video revolves around true-to-life stories of teenagers who must deal with the harsh realities of Sexually Transmitted Infections (STIs). Interweaving these stories, two hotline counselors and an STI clinic doctor use detailed, candid language to discuss genital warts, chlamydia, herpes, HIV, and other common STIs, and the harm each can do if left untreated. Advises viewers with any symptoms of an STI to seek early treatment. Urges viewers who are sexually active to protect themselves against STIs through consistent and proper use of condoms, and calls abstinence the best choice for staying healthy.
SEVENTH/EIGHTH GRADE

**Human Growth V**
21 minutes  
SVE and Churchill Media, 1998
Updated video previously adopted by TUSD Governing Board presents animation depicting maturation and the reproductive system. Also presents reactions, questions, observations and feelings of young people about the wonder that is changing them.

**Fetal Development: A Nine Month Journey**
15 minutes  
Sunburst, 1988
Traces fetal development from the moment of fertilization of a human egg by just one of several million sperm to the emergence of an actual baby through the birth canal at nine months. Clearly details the embryo’s rapid development after it implants itself in the uterus. Marks off the development as the embryo becomes a fetus and begins to look more and more like a baby. Shows how the mother’s body adjusts to the growing fetus. Details how the mother’s body prepares itself for the imminent birth. Describes events in the birth canal as the baby prepares to be born.

**Abstinence: It’s the Right Choice**
22 minutes  
SVE and Churchill Media, 1995
Intertwines street interviews with footage of a group of curious teens, who learn refusal techniques and alternatives to engaging in sexual activity from an older sister and her boyfriend. In an informal discussion led by these experienced peer counselors, and with essential advice offered by a mom, the video emphasizes to teens that there has never been a better time to abstain.

**The Incurable STDs**
18 minutes  
United Learning, 1994
Describes and distinguishes AIDS and the 15 incurables nobody talks about. Details the plague of cervical cancer. Emphasizes that one mistake is one too many by reinforcing abstinence as the best prevention. Includes a student guide and 25 black line masters.

**Real People: Relationships, When They Hurt, When They Help**
28 minutes  
Sunburst, 1997
Explores relationship problems to help teens recognize the warning signs of an unhealthy relationship. Explains why teens might fall into a relationship trap, offers ways to break loose, rebuild their self-esteem, and gorge the healthy patterns that can enrich their lives. Lists resources teens in an unhealthy relationship can turn to for help.

**When Dating Turns Dangerous**
33 minutes  
Sunburst, 1995
Addresses the growing problem of dating violence, describes the patterns it takes and why abusers act the way they do, and how the abuse gradually destroys a victim’s self-esteem. Asserting that abusers will not change without treatment, offers effective strategies for helping a victim reestablish a normal life.

**Real People: When I Say Stop, I Mean Stop**
25 minutes  Sunburst, 1998
Provides definitions, types and solutions to peer pressure and sexual harassment. Video allows students to critically think about potentially unsafe situations and how to handle them more responsibly. Includes a teacher’s guide, role-play guidelines, scenarios, and a questionnaire that allows students to rate comments as acceptable/unacceptable behaviors.

**Say No and Keep Your Friends**
25 minutes  Sunburst, 1994
Camp “junior counselors” role-play assertiveness in a variety of situations with friends. Provides examples of assertiveness responses. Several opportunities are provided to stop video to discuss questions and responses.

**Teenage Sex: Resisting the Pressure**
30 minutes  Sunburst, 1992
Designed for teenagers who need help in handling pressure to be sexually active. Affirming that everyone has the right to decide his or her own sexual behavior, emphasizes the importance of setting limits before a situation arises. Teaches basic assertiveness techniques to use in specific situations, helps viewers reach and enforce the decision to be abstinent.
NINTH – TWELFTH GRADES

What Teens Want to Know About Sex
28 minutes Sunburst, 1994
Presents the facts teens need to know for informed sexual decision-making. Provides answers to teens’ concerns about sexual development, conception, pregnancy, contraception, and STIs. Debunk myths about sex and carries a strong abstinence message.

Abstinence by Choice: Choosing to Be Disease-Free
22 minutes United Learning, 1998
Directed at the health and safety of teens, this video provides factual medical information about STIs. Video uses straightforward, honest discussion to explain in detail the hazards of sexual activity for teens, and to emphasize that because no form of protection is 100% effective, the safest choice is abstinence.

Abstinence by Choice: Emotional Choices: Not Just a Body
19 minutes United Learning, 1998
Video uses a group of insightful teens to examine the emotional impact of becoming sexually active, and of behaviors such as use of alcohol, which can put teens at risk. The self-affirming message, “Your worth the wait…give yourself time to be ready,” is clearly voiced through teen discussion and host presentation.

Abstinence by Choice: Physical Choices and Consequences: Pregnancy
16 minutes United Learning, 1998
Video makes a convincing argument for the choice of abstinence by illustrating the life-changing consequences of unplanned teen pregnancies. Once pregnant, an adolescent is forced to make many difficult decisions – none of which are easy or without consequences. The video encourages viewers to carefully think through consequences before they make the choice to have sex.

Abstinence by Choice: Social Choices and Consequences
17 minutes United Learning, 1998
This video explores the contemporary issues of date rape and sexual images in the media. Spontaneous teen discussions look at dating, the risks of becoming sexually active, and reasons to wait. Family influences are discussed and peer support and accountability are advocated. The conclusion presents a positive, upbeat message of staying healthy and keeping your future your own by choosing abstinence.

This Ain’t No Dress Rehearsal: Abstinence and Teens
27 minutes Sunburst, 1996
By using humor and old film clips, this video delivers a powerful abstinence message. Physician, Dr. John Young tells students there is “no dress rehearsal for life or sex.” The video explains how the most prevalent STIs among teens are contracted and the serious
medical problems and emotional turmoil these diseases can precipitate. Young people who have STIs offer poignant insights into why they chose to get sexually involved and how their disease has affected their life.

**STIs, AIDS and the Clean Love Solution**
30 minutes United Learning, 1997
Utilizes a story-line of two high school students who are doing a project to learn more about STIs and AIDS. They visit doctors, clinics, STI educators and young people who are infected with AIDS and other STIs. Video covers all common STIs without going into detailed symptoms. Video stresses communication between partners and abstinence. Emphasizes there is no such thing as safe sex.

**Just Like Us AIDS Prevention**
28 minutes Sunburst, 1993
This video provides interviews with HIV-positive, ethnically diverse young people, most of whom got the AIDS virus from heterosexual sex. The purpose of the video is to help students understand that anyone can get AIDS. Gives viewers an emotionally charged look at what it is like to have AIDS. Through these compelling interviews, abstinence is promoted.

**AIDS: One Teenager’s Story**
32 minutes Sunburst, 1996
This video is designed to break through teenagers’ sense of invulnerability and bring home the fact that AIDS can happen to them. Information is given on transmission, testing, treatment and emotional impact through the telling of one teen’s story. Emphasizes to take care of oneself and to be aware of the responsibility they have to protect themselves from sharing the depicted teenager’s fate.