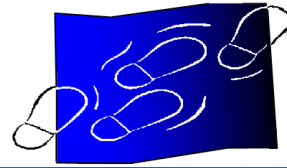


LSS Pathfinder



Family Life Education

2016

This is a guide to information currently available at the Library Resource Centre, Library Support Services on **Family Life Education**. To borrow these resources, book online in the [Library Resource Centre Online Catalogue](#), email inquiries to wlsslibrary@wsd1.org, visit the library, or call the LRC at 204-788-0203, 101343 VOIP. We are located in the Prince Charles Education Resource Centre at 1075 Wellington Avenue.

Prepared by A. Freeth-Prud'homme.

The book cover is a direct link to the item. Click on the link. Select "Place Hold" beside the graphic. Log into the catalogue. Selecting "I want to request the title for a specific date range" allows you to choose the dates you want the item.

SEARCH TERMS

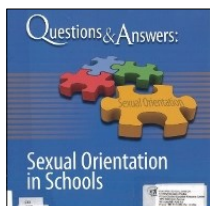
Keywords: Sex instruction
Family life

Subject Headings: Family Life Education, Selected
Resources Guide, Grades 4-12.

All material should be previewed by teachers prior to use for age, maturity, suitability and relationship to curricular outcomes. Grade recommendations are guidelines.

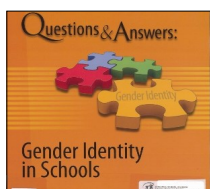
Note resources often contain content outside of curricular outcomes.

BOOKS FOR EDUCATORS



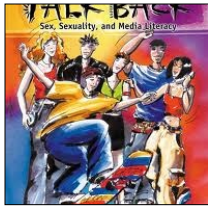
613.9071 QUE

Questions and answers : sexual orientation in schools. [Ottawa] : Public Health Agency of Canada, c2011. (Teacher resource)



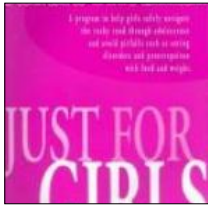
613.9071 QUE

Questions and answers : gender identity = Questions & réponses : l'identité sexuelle à l'école. [Ottawa] : Public Health Agency of Canada, c2011. (Teacher resource)



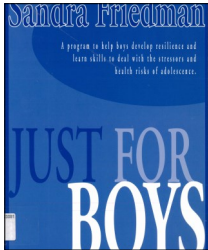
302.2308 FLA

Youth talk back : sex, sexuality, and media literacy. [Ottawa] : Planned Parenthood Federation of Canada, c2000. (Grade 7 & up)



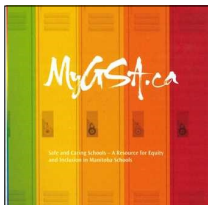
305.235 FRI

Friedman, Sandra Susan. *Just for girls : Facilitator's manual.* 2nd ed. Vancouver: Salal Books, c2003. (Grade 6 & up)



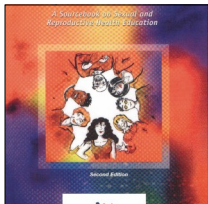
305.23081 FRI

Friedman, Sandra Susan. *Just for boys : A Program to help boys develop resilience and learn skills to deal with the stressors and health risks of adolescence.* Sechelt, BC: Salal Books, 2007. Recommended by WSD Health Education Consultant. (Grade 6 & up)



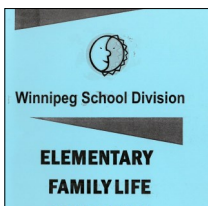
305.90664 SAF

Safe and caring schools : a resource for equity and inclusion in Manitoba school. [Toronto] : Egale Canada Human Rights Trust ; Winnipeg : Manitoba Education, [2011]. (Teacher resource)



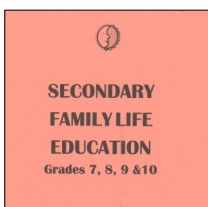
613.9071 BEY

Beyond the basics : a sourcebook on sexual and reproductive health education. [Ottawa] : Canadian Federation for Sexual Health, c2005. (Grades 4-12)



372.82 ELE

Elementary family life education. Winnipeg, Man. : Winnipeg School Division, 2002.



306.85071 SEC

Secondary family life education : grades 7,8,9,10. Winnipeg : Winnipeg School Division, [2014].



649.65 HIC

Hickling, Meg. *The new speaking of sex : what your children need to know and when they need to know it*. Kelowna, B.C. : Northstone, 2005.



305.90664 WEL

Wells, Kristopher. *Supporting transgender and transsexual students in K-12 schools : a guide for educators*. Ontario : Canadian Teachers' Federations, c2012.

Electronic Resources



Alexander Tsiaras from conception to birth. "Recorded at INK, The Ink Conference in association with TED"--Opening frames.

SUMMARY: Image-maker, Alexander Tsiaras shares a powerful medical visualization, showing human development from conception to birth and beyond.

Audience: Grades 7—12

MULTIMEDIA



Drama queens and tough guys ; helping teens handle emotions. Mount Kisco, NY: Human Relations Media, c2006. 1 videodisc (19 min.) + 1 teacher's resource book (44 p.).

SUMMARY: Program will help students explore their emotions, express themselves, and learn to control anger, jealousy and other potentially troublesome feelings.

Audience: Grades 5 - 9.

[BOOKING #DVD0058](#)

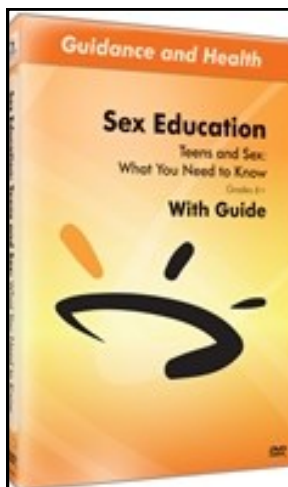


Standing tall : learning assertiveness skills. Mount Kisco, NY: Human Relations Media, c2006. 1 videodisc (19 min.) + 1 teacher's resource book (44 p.).

SUMMARY: Strategies to help young people understand what constitutes assertive behaviour, and why such behaviour is necessary in order to foster and maintain healthy relationships.

Audience: Grades 5 - 9.

[BOOKING #DVD0059](#)

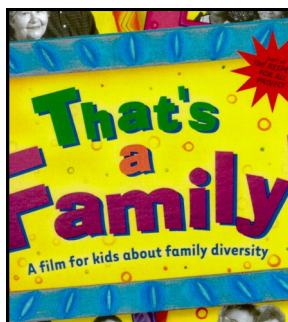


Teens and sex—what you need to know. Pleasantville, NY: Sunburst Visual Media ; Toronto, Kineticvideo [distributor], c2005. 1 videodisc (28 min.) + 1 teacher's resource book (57 leaves).

SUMMARY: Program provides straightforward information that answers teen's questions and concerns, debunks sexual myths, and corrects misconceptions. Addresses sexual development, reproduction, abstinence, contraception, and sexually transmitted infections (STIs). Note: US video -- all methods discussed in this video may not be available in Canada.

Audience: Grades 7 & up.

[BOOKING #DVD0012](#)



That's a family! San Francisco : Women's Educational Media, c2000. 1 videodisc (35 min.) + 1 discussion/teaching guide (59 p.)

SUMMARY: Helps kids see and understand many of the different shapes that families take today.

Cluster: Health family life.

Audience: Grades K—6

[BOOKING #DVD0852](#)

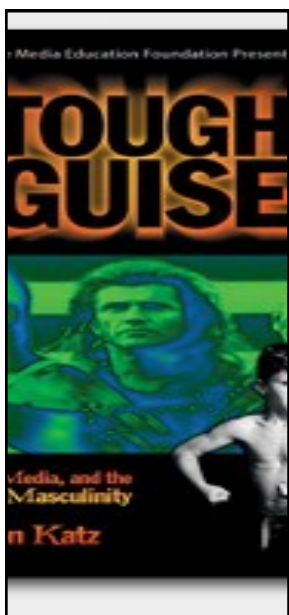


This is my body : a film by high school girls. , [Montréal, Québec] : National Film Board of Canada, c2007, 2006. 1 videodisc (34 min.) + 1 teacher's guide.

SUMMARY: Featuring a collage of girls' voices, this video is based on short documentary films made by a group of teenage girls over one school year. The students attended a Montreal all-girls high school and were enrolled in a media literacy and video production course. They share their experiences of what it means to be a girl at this time in their lives. They explore issues of body image, eating disorders, cutting, sexuality, friendship and parenting. They offer a message of urgency, hope and inspiration. Note: Sensitive content about cutting. Preview before screening in class.

Audience: Grades 9 & up.

[**BOOKING #DVD0286**](#)



Tough guise violence, media and the crisis in masculinity. [Northampton, MA] : Media Education Foundation ; Toronto : Kineticvideo [distributor], c2002. 1 videodisc (74 min.).

SUMMARY: Looks systematically at the relationship between the images of popular culture and the social construction of masculine identities in the U.S. in the late 20th century. In this innovative and wide-ranging analysis, Jackson Katz argues that there is a crisis in masculinity and that some of the guises offered to men as a solution (rugged individualism, violence) come loaded with attendant dangers to women, as well as other men. Examples of male vulnerability in popular culture are shown as part of the discussion around creating "better men." The video is divided into 6 parts which enables teachers to use a specific segment as a discussion starter.

Audience: Grades 9 & up.

[**BOOKING #DVD0391**](#)



AIDS update the latest facts about HIV and AIDS. Mount Kisco, NY : Human Relations Media ; Orangeville, ON : McIntyre Media [distributor], c2006. 1 videodisc (28 min.) + 1 teacher's resource book (42 leaves).

SUMMARY: Specific information about new testing procedures, risk factors and treatment options as well as general information about the prevention of HIV infection. This program, along with the activities in the teacher's resource book, will help teenagers translate the growing body of HIV information into tools they can use to protect themselves.

Audience: Grades 8 & up.

[**BOOKING #DVD0328**](#)

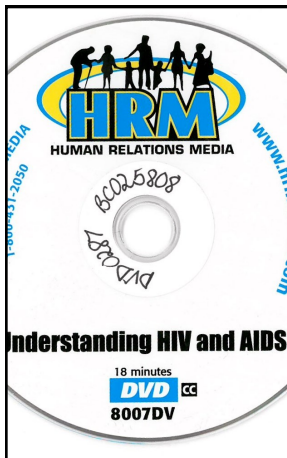


The truth about sex. Chatsworth, Calif. : AIMS Multimedia ; [Woodstock, ON] : Canadian Learning [distributor], c2000. 1 videodisc (30 min.) + 1 teaching module (40 p.).

SUMMARY: Discusses the risks associated with sex, including unwanted pregnancy and sexually transmitted diseases. Teens are introduced to several teen couples, many of whom are having unprotected sex. A group of teenagers tour a microbiology lab, where hundreds of cases of sexually transmitted diseases are diagnosed each year.

Audience: Grades 9 & up.

[**BOOKING #DVD0258**](#)



Understanding HIV and AIDS. Mt. Kisco, NY: Human Relations Media, c2007. 1 videodisc (18 min.) + 1 teacher's resource book (38 p.).

SUMMARY: This video is intended to increase students' understanding of HIV and AIDS and to assess their prior knowledge, attitudes and beliefs about this disease. Features a discussion group with students, a doctor who specializes in HIV education, and two HIV-infected individuals. Rapper and actor Bow Wow serves as the narrator for the program.

Audience: Grades 9-12.

[**BOOKING #DVD0287**](#)



Always changing : a DVD about puberty = Programmes grandir : un DVD au sujet de la puberty. Rochester, NY : Procter & Gamble, 2008. 1 videodisc (142 min.) + 1 student guide (41 p.) + 1 teacher's guide (29 p.).

SUMMARY: Provides information on the changes of puberty for both boys and girls. Information for the girls focuses on menstruation and the use of pads and tampons.

Audience: Grades 4-6.

[**BOOKING #DVD0429**](#)



Healthy relationships. Longmont, CO : Injoy Videos ; Toronto ; Kineticvideo.com [distributor], c2007. 1 videodisc (27 min.)

SUMMARY: Gives teens the tools they need to cultivate a relationship that supports their values and dreams, including what to look for in a partner, effective communication tips, and how to break up respectfully. Teens will learn how to : raise their level of self-awareness, develop healthy relationships skills, recognize a controlling or abusive relationship; use conflict resolution skills, avoid pregnancy and STIs.

Audience: Grades 8—12

[**BOOKING #DVD0625**](#)

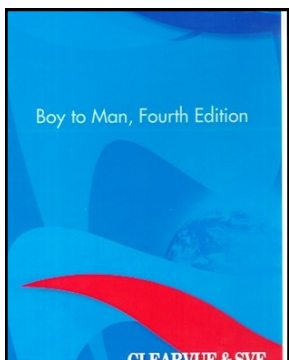


Becoming 13. Montréal : National Film Board of Canada, c2006. 1 videodisc (47 min.).

SUMMARY: Follows a year in the lives of three-pre-adolescent girls as they mature to age 13 in St. John's Newfoundland.

Audience: Grades 7—8.

[BOOKING #DVD0261](#)

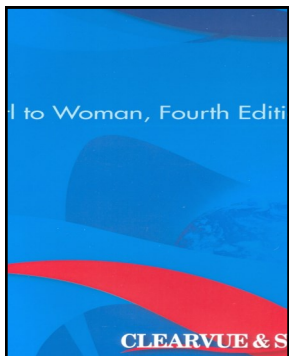


Boy to man. Chicago Ill. : CLEARVUE & SVE, [2005]. 1 videodisc (22 min.).

SUMMARY: Answers the difficult questions boys ask themselves as they go through puberty. Helps pre-teens understand the often confused feelings they have as their bodies prepare them for adulthood.

Audience: Grades 4-9.

[BOOKING #DVD1089](#)



Girl to woman. Chicago, Ill. : CLEARVUE & SVE, [2005]. 1 videodisc (25 min.).

SUMMARY: Answers the difficult questions girls ask themselves as they go through puberty. Helps pre-teens understand the often confused feelings they have as their bodies prepare them for adulthood.

Audience: Grades 4-8.

[BOOKING #DVD1088](#)



Caution ; teenager under construction. Mt. Kisco, NY : Human Relations Media, c2007. 1 videodisc (16 min.) + 1 teacher's resource guide (38 p.).

SUMMARY: This program uses humour and animation to introduce middle schoolers to the many changes that accompany adolescence. Program goes beyond the physical manifestations of puberty and discusses the enormous emotions, social and developmental changes that occur. Teen hosts reassure viewers of many normal aspects of early relationships with friends, a new sense of independence from parents, unpredictable moments of emotional upheaval and distraction, and more.

Audience: Grades 5-6.

[BOOKING #DVD0257](#)

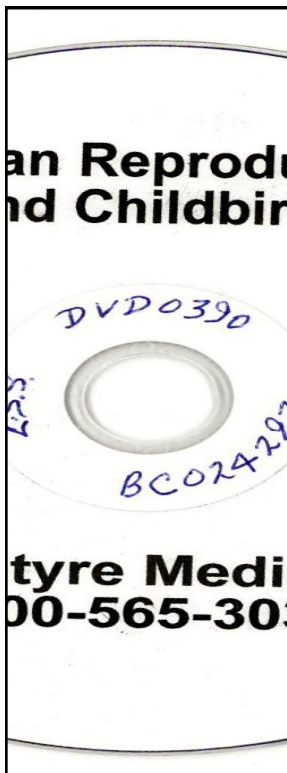


Healthy me : good hygiene. Hawthorne, NY : Sunburst Visual Media ; Toronto : Kineticvideo.com [distributor], c2004. 1 videodisc (12 min.) + 1 teacher's guide (32 p.).

SUMMARY: Designed to help middle elementary children navigate the early stages of puberty by showing them why they should make good personal hygiene a priority. Along with teaching them how to care for their skin, hair, teeth, and nails, the program also emphasizes frequent hand-washing to stay infection-free, and the importance to their good health of eating nutritious meals and getting plenty of exercise and sleep. Answers the difficult questions girls ask themselves as they go through puberty. Helps pre-teens understand the often confused feelings they have as their bodies prepare them for adulthood.

Audience: Grades 3 & up.

[**BOOKING #DVD0010**](#)

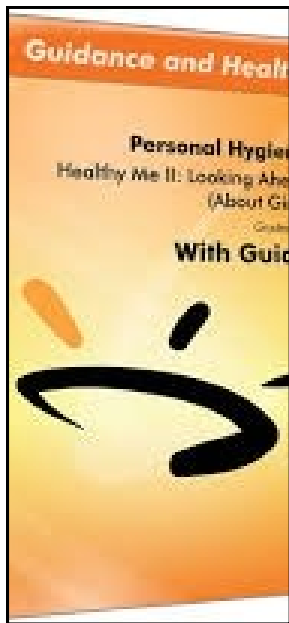


Human reproduction and childbirth. [Mount Kisco, NY] : Human Relations Media ; Orangeville, ON : McIntyre Media [distributor], c2009. 1 videodisc (20 min.) + 1 teacher's guide (40 p.).

SUMMARY: Using animated graphics, this program clearly and vividly illustrates the biological functions of the different parts of the male and female reproductive systems. It shows how millions of sperm race through the uterus and into the fallopian tube where fertilization occurs, and subsequently how the fertilized egg develops into an embryo. Program also describes the basics of menstruation. Animated graphics vividly detail the different stages or trimesters of embryonic and fetal development. The program also follows a young couple through the woman's pregnancy, as both husband and wife describe the importance of good nutrition, sleep, low stress, and avoidance of alcohol and drugs. The process of birth is described as the young couple talks about their joy at the birth of their baby daughter.

Audience: Grades 9 & up.

[**BOOKING #DVD0390**](#)

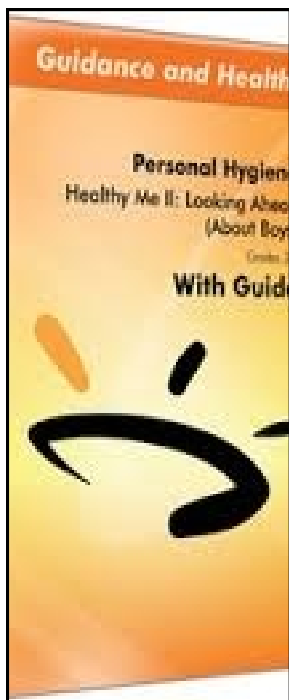


Looking ahead about girls. Hawthorne, NY : Sunburst Visual Media ; Toronto : Kineticvideo.com [distributor], c2004. 1 videodisc (11 min.) + 1 teacher's guide (31 p.).

SUMMARY: Program helps young girls, in grades 3-5, demystify the physical and emotional processes that change girls into young women, and helps them understand that what they are feeling is natural and normal. Discusses the importance of physical cleanliness, good nutrition and staying physically active. Contains age-appropriate section on the female reproductive system. Previewing the second section and accompanying teacher's guide is recommended before showing the entire program to students as maturity of each student group varies.

Audience: Grades 4—6.

[**BOOKING #DVD0007**](#)

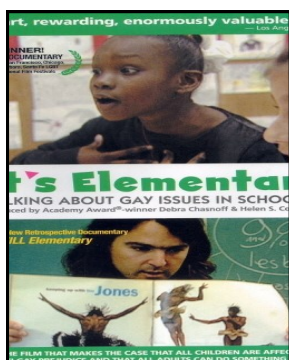


Looking ahead about boys. Hawthorne, NY : Sunburst Visual Media ; Toronto : Kineticvideo.com [distributor], c2004. 1 videodisc (10 min.) + 1 teacher's guide (32 p.).

SUMMARY: Explains the emotional, physical, social changes that puberty brings. Program helps young boys, in grades 3-5, demystify the physical and emotional processes that change boys into young men, and helps them understand that what they are going through is natural and normal. Discusses the importance of physical cleanliness, good nutrition and staying physically active. A separate age-appropriate section on the male reproductive system and nocturnal emissions can be shown at the teacher's discretion. Previewing the second section and accompanying teacher's guide is recommended before showing the entire program to students as maturity of each student group varies.

Audience: Grades 3—5.

[**BOOKING #DVD0009**](#)



It's elementary talking about gay issues in school. [United States] : Human Rights Campaign Foundations, [2011] . 1 videodisc (14 min.)

SUMMARY: This training film features twenty-five elementary school children sharing their concepts and experiences with the terms gay and lesbian. An additional feature shows four teachers comments on talking about the terms in the school environment.

Audience: Ages 6 and up.

[**BOOKING #DVD1054**](#)



The new me : about boys. Hawthorne, NY : Sunburst Visual Media ; Toronto : Kineticvideo.com [distributor], c2004. 1 videodisc (13 min.) + 1 teacher's guide (39 p.).

SUMMARY: Program focuses on two friends who are curious about the changes puberty brings. With the help of their mentor, Ian and Jason learn facts about puberty and diseases, and the changes their bodies are going through. The program answers questions about voice changes, muscular development, normal development of sexual organs and nocturnal emissions. As the boys question their mentor, viewers get explicit information about the physical and emotional changes that boys experience during puberty and why these changes happen to every boy but at different times and at different rates. They also get detailed facts about the male reproductive system and how fertilization takes place.

Audience: Grades 5—9, ideal for Grade 6

[**BOOKING #DVD0013**](#)

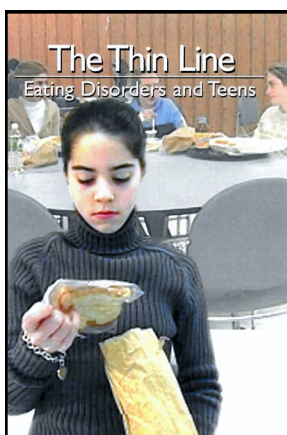


The new me : about girls. Hawthorne, NY : Sunburst Visual Media ; Toronto : Kineticvideo.com [distributor], c2004. 1 videodisc (13 min.) + 1 teacher's guide (41 p.).

SUMMARY: Kim, Melissa, and Jessica are all going through puberty at different rates. Addressing their concerns, this program helps girls understand the changes their bodies are going through. The program answer questions about physical development, menstruation, and reproduction. Through the girls' questioning viewers get explicit information about the physical and emotional changes that girls experience during puberty, and why they happen at different times and at different rates. They also get detailed facts about menstruation, the female reproductive system, and how fertilization occurs.

Audience: Grades 5—9, ideal for Grade 6

[**BOOKING #DVD0014**](#)

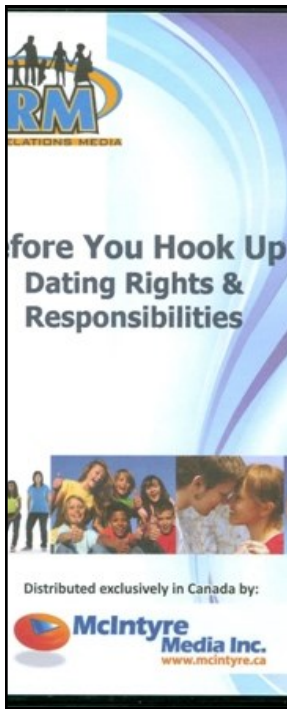


The thin line : eating disorders and teens. Toronto : Kineticvideo.com [distributor], c2003. .1 videodisc (16 min.) + 1 leader's guide ([13] p.)

SUMMARY: A portrait of the early stages of anorexia, this program presents a moving account of an adolescent girl's relationship with her mother and friends, as they try to cope with her eating disorder. Peer acceptance, self-esteem, overwhelming emotions and compulsions, adolescent stress, self-destructive behavior, breaching of confidences, and media influence are among the important issues explored.

Audience: Grades 5 – 8

[**BOOKING #DVD0110**](#)

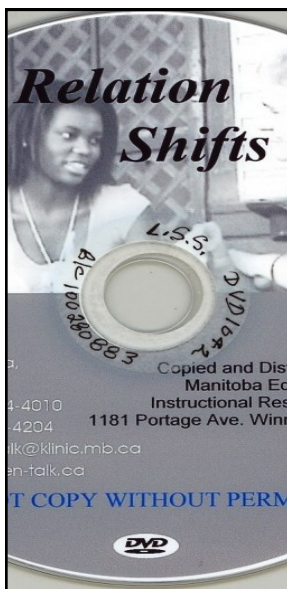


Before you hook up dating rights and responsibilities. [Mount Kisco, NY] : Human Relations Media ; [Orangeville, ON] : McIntyre Media [distributor], 2012. 1 videodisc (22 min.) + teacher's guide included on disc as PDF file.

SUMMARY: For teens who are just beginning to date, knowing how to behave in a relationship can be tricky. In this program, teens learn the essentials of a healthy partnership, including trust, communication, respect and conflict resolution. Real teens and experts emphasize the rights every young person has in a relationship. These include the right to disagree, the right to one's own life, and the right to be treated with respect. This enlightening video delivers a strong message against dating abuse and violence. Teens learn to recognize the signs of abuse in a relationship and how to become empowered to get out of an unhealthy partnership or help a friend do the same.

Audience: Grades 8—12

[**BOOKING #DVD1266**](#)

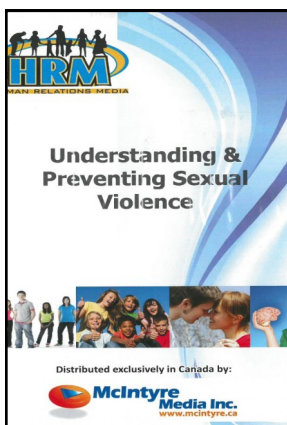


Relation shifts. [Winnipeg] : Clinic ; Winnipeg : Manitoba Education Instructional Resources Unit [distributor], [200-]. 1 videodisc (20 min.) + 1 facilitator's guide (23 p.)

SUMMARY: Program designed to raise awareness of violence in teen dating relationships. Each story line highlights different types of abuse in varying dating situations. Students learn about the warning signs of abusive relationships and how abuse can be subtle or obvious. They also learn that some relationships must end because they are unhealthy and, in some cases, place individuals in danger. Students learn to apply problem-solving and decision-making strategies to identify and prevent the development of abusive relationships.

Audience: Grades 12

[**BOOKING #DVD1042**](#)

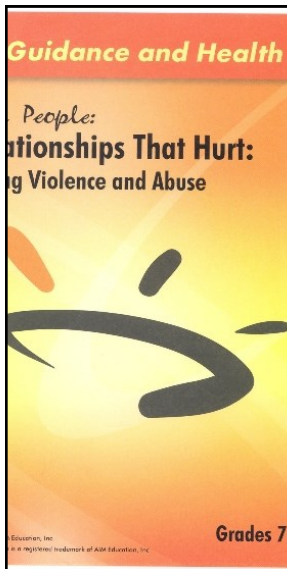


Understanding and preventing sexual violence. Mt. Kisco, NY : Human Relations Media , c2012. 1 videodisc + teacher's guide included on disc as a PDF file.

SUMMARY: The Centers for Disease Control reports that 8% of high school students have experienced sexual violence. Video is based on the CDC's recommendations for preventing sexual violence. Each segment presents a real-life scenario that encourages discussion of these sensitive topics among students.

Audience: Grades 9—12

[**BOOKING #DVD1646**](#)



Relationships that hurt. Plainview, NY : Sunburst Visual Media ; Toronto : Kineticvideo.com [distributor], c2008. 1 videodisc (22 min)

SUMMARY: Program explores how abusers engage in violence with the intent to exert power over their victims, isolating them from friends and family in order to gain complete control. Real teens talk about what they think constitutes abuse and why they may be vulnerable in romantic relationships. Experts explain how teens often don't tell anyone if they are victims of abuse because they are ashamed, or they don't want their parents stepping in to tell them what to do. Teens are advised how to get help for themselves, and how to help a friend who is being abused. While girls are by far the most frequent targets, the fact that boys also can be victims of dating abuse is discussed.

Audience: Grades 7—12

[**BOOKING #DVD0624**](#)



Confronting sexual harassment in school : what every student needs to know. Mt. Kisco, NY : Human Relations Media, 2012. 1 videodisc (24 min)

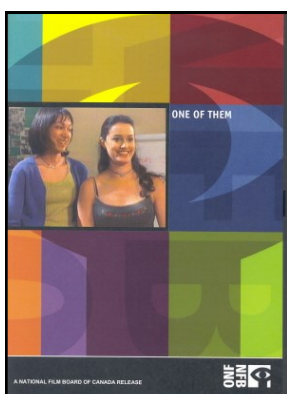
SUMMARY: More than 80% of teenagers have experience sexual harassment in school at least once. Students learn to recognize sexual harassment and to understand why these behaviours are harmful. They also learn how to stop harassment and where to go for help.

Please note—Reference is made to U.S. Federal Law Title 9. In Manitoba - the Human Rights code prohibits discrimination or harassment. Please see Winnipeg School Division policy GCPDA "Harassment Prevention" for details of the code and rules and regulations governing the handling of harassment. There is a reference in this DVD to suicide.

Please note— There is a reference in this DVD to suicide. Please ensure you provide students with the KidsHelp phone number 1-800-668-6868 and the Manitoba Suicide Line 1-800-435-7170.

Audience: Grades 9—12

[**BOOKING #DVD1648**](#)



One of them. Montreal : National Film Board of Canada, c2000. 1 videodisc (25 min.) + 1 guide

SUMMARY: Two members of a high school student council preparing a human rights day are subject to derogatory slurs, ridicule and threats after talking about homophobia. Their friendship is challenged by one of them coming out. The other gradually realizes that respecting human rights means accepting both visible and invisible difference

Audience: Grade 9 and up.

[**BOOKING #DVD0851**](#)



Straight talk : the truth about STDs. Mount Kisco, NY : Human Relations Media ; Orangeville, ON : McIntyre Media [distributor], c2009. 1 videodisc (18 min.) + 1 teacher's resource book (39 p.)

SUMMARY: STDs are a big problem for teens. This program teaches teens that STDs are still here and still dangerous. Using a health clinic setting, teens present "peer to peer" information on the six most common STDs today: HPV (genital warts), Chlamydia, HIV, Gonorrhea, Herpes and Hepatitis B. Students will learn the symptoms and complications of each disease as well as the latest treatment options, including a new vaccine for HPV. Students will also understand how to prevent these infections by being informed and practicing safe sex. Program presents a strong message that abstinence is the only 100% guaranteed safeguard.

Audience: Grades 8 & up.

[BOOKING #DVD0327](#)



Advertising, the media & your health. Mount Kisco, NY : Human Relations Media ; Orangeville, ON : McIntyre Media [distributor], c2008. 1 videodisc (19 min.) + 1 teacher's resource book (30 p.)

SUMMARY: This program examines how different forms of media encourage young consumers to smoke more, drink more, eat more unhealthy foods, and take greater risks with sexual behavior. Using the latest tools in brain imaging, program also demonstrates how violent video games may make people more accepting of violence while increasing feelings of anxiety or vulnerability. This unique presentation reminds today's teens that as they become skilled creators of media -- making their own films, music and blogs -- they can learn to look critically at media tricks. Real teens deconstruct ads to expose the emotional hooks used to encourage teens to buy unhealthy products.

Audience: Grades 7 & up.

[BOOKING #DVD0326](#)



Am I normal? Teens and emotional health. Mount Kisco, NY : Human Relations Media ; Orangeville, ON : McIntyre Media [distributor], c2008. 1 videodisc (22 min.) + 1 teacher's resource book (41 p.)

SUMMARY: Using a combination of real kids talking about their problems, two teen hosts plus an adolescent psychologist, this program will help students distinguish normal from abnormal reactions to many different human emotions, address the warning signs of emotional overload, give teens coping techniques and help them to recognize when professional help may be necessary.

Audience: Grades 7 & up.

BOOKING # DVD0330



Coming out what every teen (gay and straight) need to know. Mount Kisco, NY : Human Relations Media ; Orangeville, ON : McIntyre Media [distributor], c2011. 1 videodisc (23 min.) + 1 teacher's resource book (45 p.)

SUMMARY: As more teens choose to "come out of the closet" during their high school years, it is essential that educators work to create a safe learning environment for those students. One critical step to foster a more accepting atmosphere is to teach teens about the consequences that may result when bullying and bigotry collide. The program focuses on the importance of creating a safe, tolerant environment for all students based on understanding and respect.

Audience: Grades 9—12.

BOOKING # DVD1051

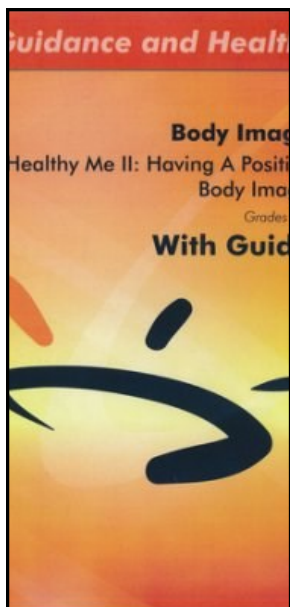


The 5 essential habits of healthy teens. Mount Kisco, NY : Human Relations Media ; Orangeville, ON : McIntyre Media [distributor], c2009. 1 videodisc (17 min.) + 1 teacher's resource book (37 p.)

SUMMARY: Follow Dr. Mohr, a registered dietitian and Board Certified Specialist in Sports Dietetics, as he explores the five essential habits that promote health: eating a nutritious diet, starting each day with breakfast, exercising daily, getting enough sleep and staying drug-free. Dr. Mohr follows real teens as they demonstrate each of the five strategies. Filled with helpful hints, easy recipes and lots of encouragement, this program will help motivate students and set the foundation for life-long good health.

Audience: Grades 7 & up.

BOOKING # DVD0329

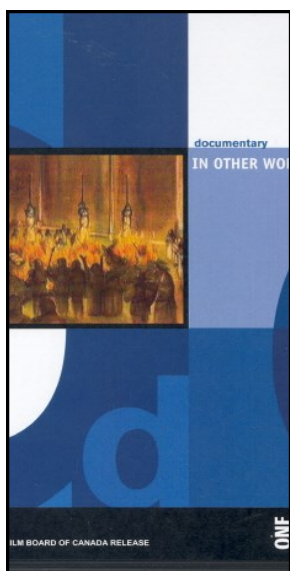


Healthy me having a positive body image. Hawthorne, NY : Sunburst Visual Media ; Toronto : Kineticrovideo.com [distributor], c2004. 1 videodisc (12 min.) + 1 teacher's resource book (30 p.)

SUMMARY: Designed to urge children in the middle elementary grades to resist comparing their own bodies to those of others, especially to media images. With the goal of checking problems before they start, the program helps viewers understand that their particular body type is the result of heredity, and encourages them to accept and appreciate the body they do have and treat it well. Alerts youngsters to the dangers of comparing their own bodies to those of the models and sports figures they see in the media, saying that much of what they see is not real. Explains the concept of body type and the importance of eating a healthy diet and exercising to feel good about their bodies.

Audience: Grades 4 & 5.

[**BOOKING # DVD0330**](#)

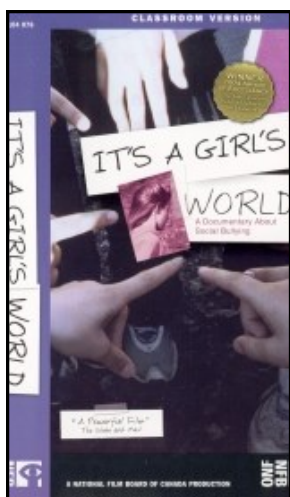


In other words. Montreal, Quebec. : National Film Board of Canada, c2001. 1 videodisc (27 min.) + 1 insert.

SUMMARY: An anti-bullying resource for teachers and students responding to homophobic language. Name-calling and cruel language hurt, say the teens who speak in this documentary video. But hurtful words can be overcome. Homophobic language is a common verbal put-down among young people, but many adults are uncomfortable responding to it. *In Other Words* provides a toll for teachers, counsellors and anyone else who wants to explore the homophobic language heard in and out of schools -- the words themselves, their origins, how young people feel about them, and how to overcome the hurt and anger they cause.

Audience: Grades 7 & up

[**BOOKING # DVD0849**](#)

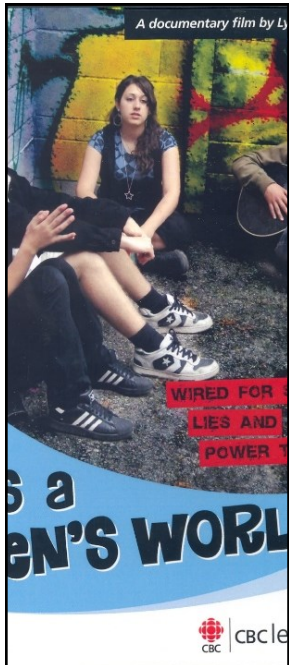


It's a girl's world. Montreal, Quebec. : National Film Board of Canada, c2007. 1 videodisc (52 min.).

SUMMARY: A stand-alone series of six modules with helpful on-screen text guides to assist with discussion and activities intended to promote a classroom discussion about the nature of social conflict in friendships, especially among girls. Each 5-10 minute module explores a different facet of social bullying ranging from what the behaviour looks like, to the role of power and control, to the consequences for the bully, the victim and the bystander. Modules 5 and 6 are recommended for high school level or children 14 years or older.

Audience: Grades 6 & up.

[**BOOKING # DVD0004**](#)

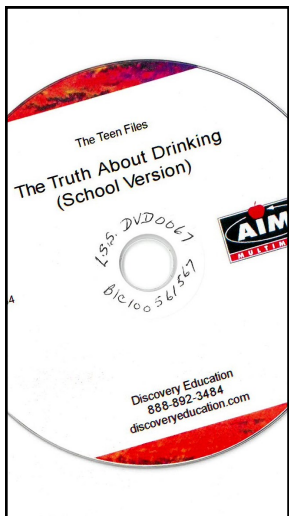


It's a teens world wired for sex, lies and power trips. Toronto : CBC Learning, c2009. 1 videodisc (75 min.) + 1 user guide

SUMMARY: What price do teenagers pay to be cool, hip and popular in a sexually-charged social world? Whether it's posting explicit photos or video on the net, inappropriate touching in the school hallway or spreading explicit gossip that shatters high school lives, harassment is commonplace, even acceptable. Through computer screens, inside all-ages clubs, with candid personal diaries and the teens' own short dramas about sexual pressures, three culturally diverse groups of Toronto teens share what it's like to navigate a tangled web of sex, lies and power trips

Audience: Grades 9—12. This program contains mature themes and coarse language and should be pre-screened for a you.

[**BOOKING #DVD0623**](#)



The truth about drinking. Woodstock, ON : Canadian Learning Company [distributor], c2003. 1 videodisc (30 min.) + 1 teaching module (32 p.)

SUMMARY: Teens who are current drinkers see first hand what the future may hold for them if they continue to drink. Viewers experience the potential consequences of alcohol use from every perspective: how drinking impairs a person's coordination, vision and reaction time; how the brain and other organs suffer permanent damage from alcohol use; how a drunk person really drives; and how drinking can lead to months in a rehabilitation center.

Audience: Grades 8 & up.

[**BOOKING #DVD0067**](#)

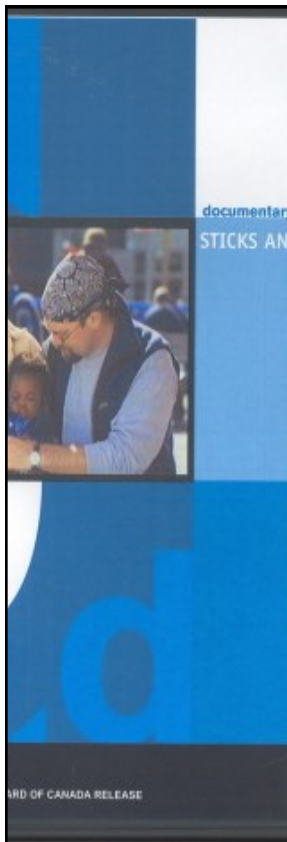


Sexy Inc. Sexy Inc. : our children under influence = Sexy Inc. Sexy Inc. nos enfants sous influence. [Montréal] : National Film Board of Canada, c2007. 1 videodisc (36 min.) + 1 facilitation guide

SUMMARY: Analyzes the hypersexualization of our environment and its noxious effects on young people. Experts criticize an unhealthy culture created by advertising and the media, and the many examples shown illustrate how children are reduced to consumers bombarded with images of girls treated as purely sexual objects. While the specialists emphasize how these stereotypes, as well as early exposure to internet pornography, damage young people's development, the film does suggest ways we can counteract this worrying phenomenon

Audience: Grades 10—adult.

[**BOOKING #DVD0623**](#)



Sticks and stones. [Montreal] : National Film Board of Canada, c2001. 1 videodisc (18 min.) + 1 guide.

SUMMARY: Children with same-sex parents or lesbian and gay family members are no longer in remarkable circumstances. Children live in many types of families, and they learn from subtle clues what society thinks about gender roles, same-sex parents and family differences. Children ages 5 to 12 describe how they feel when they hear put-downs of themselves or their families in this video for kids, their educators and parents. Children learn from subtle clues what society thinks about gender roles, same-sex parents and family differences. The children vividly describe how it feels to be teased when their families don't follow traditional gender roles. This compelling video uses interviews, animations, and documentary footage in a lively style to spark discussions about families, gender stereotypes and name-calling. It encourages all children to feel empathy and respect for their classmates.

Cluster: Family Life anti-homophobia.

Audience: Grades 3—7.

[**BOOKING #DVD0850**](#)



Staying real ; teens confront sexual stereotypes = Être ou paraître? : les jeunes face aux stéréotypes sexuels. [Montréal] : National Film Board of Canada, c2010. 1 videodisc (24 min.) + 1 animation guide (32 p.).

SUMMARY: Preteens and adolescents discuss the adverse effects of the sexual stereotypes with which they are constantly bombarded. They talk about how hard it is to develop their own personality and make friends when they don't conform to media and advertising images.

Cluster: Family life, sexual health

Audience: Grades 6-8.

[**BOOKING # DVD1050**](#)

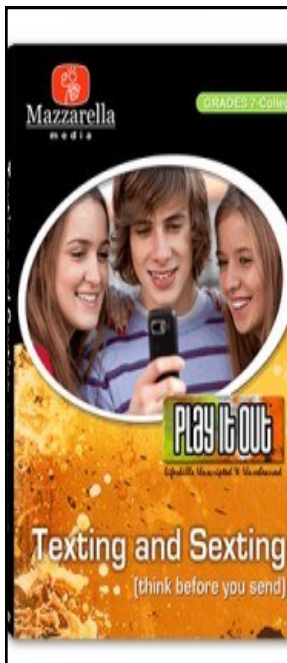


Sexting sex plus text equals trouble. San Francisco, CA : Cerebellum; Southington, CT : Mazzarella Media [distributor], c2010. 1 videodisc (30 min.) + 1 CD-ROM (contains digital workbook).

SUMMARY: 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 most often using cell phones.

Audience: Grades 7 and up.

[**BOOKING #DVD1340**](#)

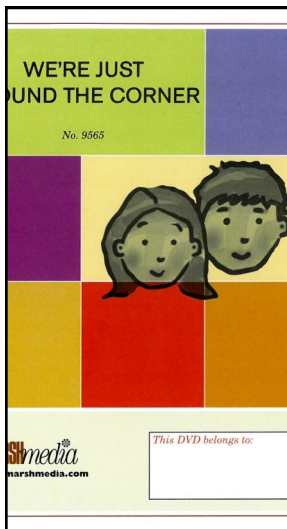


Texting and Sexting : think before you send. [Southington], CT : Mazzarella Media, c2011. 1 videodisc (27 min.).

SUMMARY: Dramatic scenarios will help students to understand the positive and negative sides of this new technology. 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. After viewing this program, students will come to realize the importance of considering the long term and unintended consequences of hitting "send."

Audience: Grades 9 and up.

[**BOOKING #DVD1714**](#)

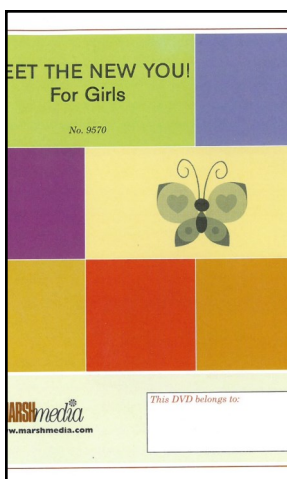


We're just around the corner. Baltimore, MD : MARSHmedia, c2011. 1 videodisc (15 min.) + 1 teaching guide.

SUMMARY: Are your students ready for a little more information on puberty and reproduction? It is grounded in fact, sensitive to adolescent feelings, and reassuring about changes that are on the way. This program presents information on topics that include: The physical and emotional changes of puberty; The maturation of the male and female reproductive systems; Conception, pregnancy, and fetal development; The importance of reliable information as vital to good decision making; The importance of good hygiene and healthy habits.

Audience: Grades 6—8.

[**BOOKING #DVD1716**](#)

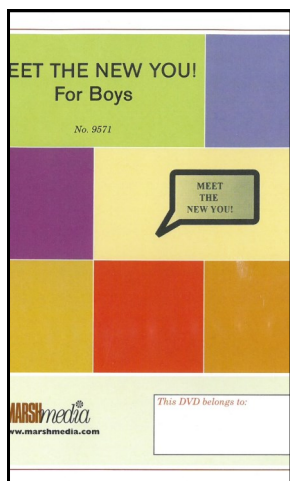


Meet the new you! For girls. Baltimore, MD : MARSHmedia, c2013. 1 videodisc (19 min.) + 1 teaching guide.

SUMMARY: The right amount of information for younger students. This introduction to puberty includes new music, new information and a fresh, new take on the changes coming soon for girls. Prepare your youngest students with the basics of puberty. Topics include when to expect the onset of puberty; physical and emotional changes, menstruation; the importance of good hygiene, exercise and sleep; self-esteem.

Audience: Grades 4—6.

[**BOOKING #DVD1655**](#)

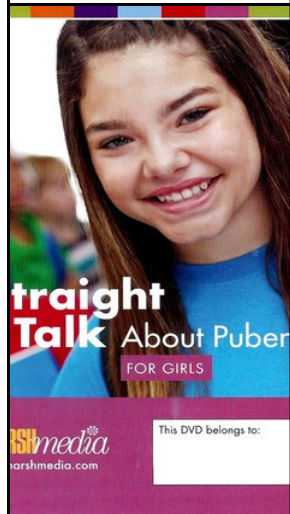


Meet the new you! For boys. Baltimore, MD : MARSHmedia, c2013. 1 videodisc (19 min.) + 1 teaching guide.

SUMMARY: Designed as an introduction to puberty, this program includes just enough information to prepare your youngest student for the changes coming soon for boys. This fresh, new program introduces students to the following topics; When to expect the onset of puberty; Physical and emotional changes; The importance of good hygiene, nutrition, exercise and sleep; Self-esteem; Body image.

Audience: Grades 4—6.

[**BOOKING #DVD1656**](#)

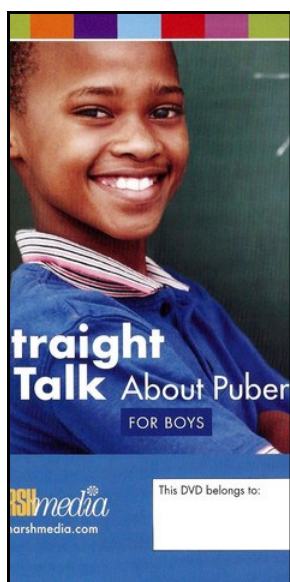


Straight talk about puberty for girls. Shawnee Mission, KS : Marsh Media, 2012. 1 videodisc (18 min.) + 1 teaching guide.

SUMMARY: As an alternative to story-driven programs, this new title is streamlined and trimmed down to “just the facts” - which makes it slightly shorter and definitely crisper and more to the point. Girls in this grade range 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 of puberty; Importance of exercise and good nutrition.

Audience: Grades 4—8.

[**BOOKING #DVD1717**](#)



Straight talk about puberty for boys. Shawnee Mission, KS : Marsh Media, 2012. 1 videodisc (18 min.) + 1 teaching guide.

SUMMARY: Companion to the program for girls, but designed to be show to boys alone, this DVD is equally clean and fresh in its approach. Some new, and appropriate, material just for boys is included in this new title. Boys in this grade range 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 of puberty; Importance of exercise and good nutrition. This program will help answer many of those important, but often not asked, questions that maturing boys always have.

Audience: Grades 4—8.

[**BOOKING #DVD1715**](#)



Am I ready for sex? (how will I know?) Southington, CT : Mazzarella Media ; Vaughn, ON : Visual Education Centre [distributor], c2011. 1 videodisc (22 min.).

SUMMARY: Everyone talks about sex, TV shows, movies, magazines, friends and family. But in the midst of all that talk, it can be very confusing and difficult for teens to work out what's true or what information they need to know before making a decision about becoming sexually active. The program outlines the things to consider. Just about everyone asks themselves, am I ready to have sex? Unfortunately, for most people it's never a definite "yes" or "no". This program suggests that a good question to ask yourself is "am I doing this because it is something I want to do?" Viewers will learn that everyone has a reason to have or not to have sex, and not to give into the pressures. It is emphasized that the decision to have sex has got to be one your own terms, and for your own reasons.

Audience: Grades 9 and up.

[**BOOKING #DVD1713**](#)



Understanding sexual consent : (the physical and legal consequences) Southington, CT : Mazzarella Media, c2011. 1 videodisc (22 min.).

SUMMARY: 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. In this program students will learn that consent is not passive. Consent is a behaviour that clearly shows that the person agrees to the sexual activity at the time. Viewers will come to understand that giving in is not the same as giving consent and you can't assume consent. The video points out that many people are manipulated into doing things they're not ready or willing to do. The program shows examples of how manipulators use insults and threats to get what they want and manipulations is not consent. Teens will learn that saying yes one time does not imply ongoing, unlimited consent and that they have the right to change their minds and say no anytime for any reason. Students will come to understand what consent IS and it is NOT. They will come to realize that a misunderstanding can cause physical, emotional and legal consequences that can impact the rest of their life.

Audience: Grades 9 and up.

[**BOOKING #DVD1719**](#)

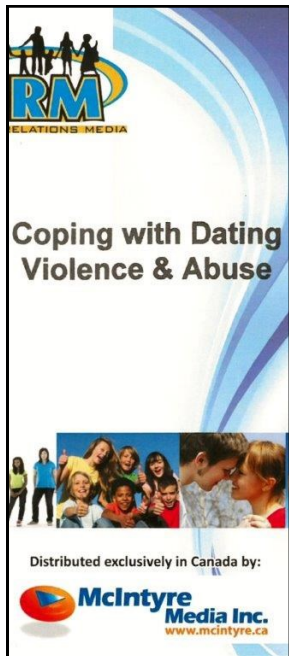


The sex talks you must have (before you decide to become sexually active) Am I ready for sex? Southington, CT : Mazzarella Media ; Vaughn, ON : Visual Education Centre [distributor], c2011. 1 videodisc (22 min.).

SUMMARY: For a teen, deciding to become sexually active IS a big deal. This program is designed to make students aware of the physical and emotional health risks of having sexual relations. The overall message to the viewers is that if you're afraid to have these important discussions about sex and you're unwilling to get tested, you may want to reconsider your decision to become sexually active. The program also emphasized that abstinence is the only birth control method that is 100% effective in preventing pregnancy and protecting people against STDs.

Audience: Grades 9 and up.

[BOOKING #DVD1718](#)

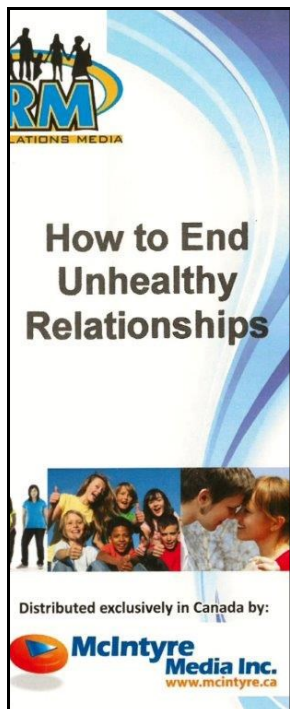


Coping with dating violence and abuse. Mount Kisco, NY : Human Relations Media, [2015]. 1 videodisc (20 min.) + 1 teaching guide (44 p.)

SUMMARY: Dating abuse is on the rise in high schools and colleges--it is a serious problem that affects many teens, female and male. This program listens to the experiences of four girls and one boy who vividly describe their experiences and offer advice on what to do if you are being abused and how/where to get help. Program describes five types of dating abuse: physical, emotional, verbal, sexual, and social media based. Particular attention is paid to Internet dating which is gaining in popularity and has its own unique dangers. Viewers learn the warning signs of potential abuse situations and how to help others who are caught in abusive relationships.

Audience: Grades 9 and up.

[BOOKING #DVD1816](#)



How to end unhealthy relationships. Mount Kisco, NY : Human Relations Media, [2016]. 1 videodisc (20 min.) + 1 teaching guide (48 p.).

SUMMARY: This program offers teens insight on how to honestly assess the health of relationships, particularly romantic relationships and intense friendships, and then presents concrete steps to help viewers end unhealthy relationships. Real teens share their experiences covering a broad spectrum of unhealthy relationships from a once good friendship that has gone bad, to a romantic relationship that has become abusive. Social workers Amy Edelstein and Eri Kim offer insight on how to end a relationship safely and effectively. The experts also present a model for students to use to help evaluate their current relationships and discuss what to do if a friend is in an unhealthy relationship.

Audience: Grades 7 and up.

[**BOOKING #DVD1817**](#)

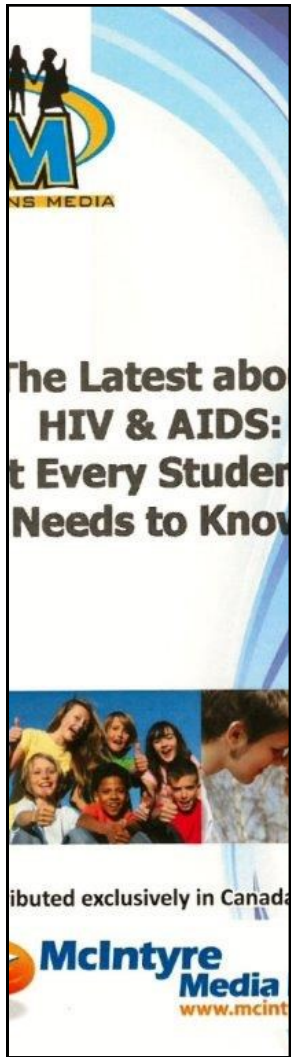


Highs, lows & in between of puberty. Mount Kisco, NY : Human Relations Media, [2016]. 1 videodisc (16 min.) + 1 teaching guide (36 p.).

SUMMARY: Puberty is a time of emotional change as well as physical change. With the insight of real kids going through puberty, a psychologist, and a pediatrician, this program helps students understand that their changing emotions may be confusing and intense, but are absolutely normal. Viewers examine the many elements of emotional growth in puberty: what causes mood swings; the role of hormones in how you feel; the need for extra sleep; how new responsibilities can create stress at home and at school; the impact of new friendships, including romantic crushes; the quest for independence from parents; and the desire to fit in with peers. The kids and doctors talk about how kids in puberty can learn to cope, communicate, and compromise to make a smooth transition to young adulthood.

Audience: Grades 4-6.

[**BOOKING #DVD1818**](#)



The Latest about HIV and AIDS. : what every student should know.
Mount Kisco, NY : Human Relations Media, 2012. 1 videodisc (24 min.)
+ 1 teaching guide (42 p.).

SUMMARY: There is still no cure for AIDS, and teens and people in their 20s account for most of the new cases of HIV infection. Using crisp animations, the program clearly details how HIV invades CD4 cells and weakens the body's immune system and can lead to AIDS. Program debunks myths about how the virus is transmitted and identifies those behaviors that do—and do not—put people at risk of HIV infection. Program reviews the most recent information on HIV testing and stresses the importance of treatment for protecting your health and the health of others. A variety of HIV-positive people describe how they got infected, why they got tested and how their lives have been affected by the virus. A separate, optional segment on the DVD includes two short, condom demonstrations: one for the male condom and one for the female condom. You may choose whether or not to show them, depending on your school's HIV curriculum and community standards.

Please note this is a U. S. resource. H.I.V. testing is free and confidential in Manitoba. Please see www.teenclinic.ca and/or www.getsomecondoms.com for teen friendly information & teen service.

Audience: Grades 7 and up.

[BOOKING #DVD1820](#)

KITS



Deluxe birth control kit, grades 7 to 9. Calgary, AB: Body Image Works, [2005?]. 1 book, 1 wooden penis model, 1 speculum, 1 female condom, 1 contraceptive foam, 1 vaginal contraceptive sponge, 1 vaginal contraceptive film, 1 contraceptive patch, 1 lubricant, male condoms, 1 plan B emergency contraception package, 1 oral dam, 1 coil spring diaphragm, 1 vaginal ring and pamphlet, 1 IUD, IUD information sheets, 1 Depo Provera vial, pregnancy testing strip, birth control pills, 3 double-sided charts, 1 gestation wheel, various pamphlets.

SUMMARY: Young people who are engaging in sex or who are considering it, need to know the risks of disease and pregnancy, and how to protect themselves and their partners. Young people frankly discuss their sexuality, and counsellors encourage them to think about sexual issues before situations present themselves. They also discuss ways to show affection without sexual intercourse and outline a variety of birth control methods, and how to use them, and the effectiveness of each method. Note: US video—all methods discussed in this video may not be available in Canada.

Audience: Grades 7 - up.

[**BOOKING # KIT1384**](#)

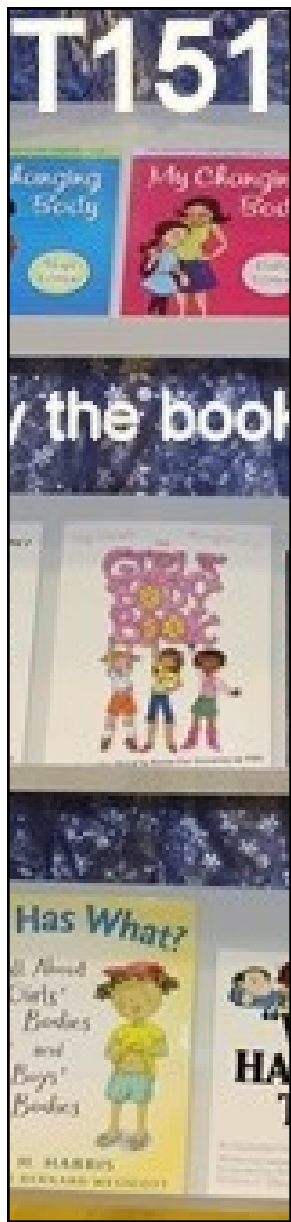


I am who I am sexual orientation awareness kit. Shippagan, NB : Productions la différence, c2004. 1 teacher's guide, 1 videodisc, 1 computer disk, 3 posters, 1 pamphlet, bookmarks.

SUMMARY: Designed to assist teachers in group discussions of sexual orientation with students. It is aimed at promoting awareness and challenging preconceived ideas. A documentary video, some life experience accounts and guided discussions will provide students with a broader vision of sexual orientation. They will learn the difference between gender identity, sexual orientation and gender roles.

Audience: Grades 7 - up.

[**BOOKING # KIT1305**](#)



Growing up by the book kit. 17 v. + 3 sheets. Asking about sex and growing up : a question-and-answer book for boys and girls / Joanna Cole -- Body talk : the straight facts on fitness, nutrition & feeling great about yourself / Anne Douglas, Julie Douglas -- Boys, girls & body science : a first book about facts of life / Meg Hickling -- The care & keeping of you : the body book for girls / Valorie Lee Schaefer -- Changing bodies, changing lives a book for teens on sex and relationships / Ruth Bell -- Growing up : it's a girl thing : straight talk about first bras, first periods, and your changing body / Mavis Jukes -- How was I born? / Lennart Nilsson -- It's a girl thing : how to stay healthy, safe, and in charge / Mavis Jukes -- It's perfectly normal : a book about changing bodies, growing up, sex, and sexual health / Robie H. Harris -- It's so amazing! : a book about eggs, sperm, birth, babies, and families / Robie H. Harris -- Made with love : how babies are made / Kate Petty -- My body, my self for girls : the "what's happening to my body" workbook / Lynda Madaras -- "What's happening to me?" : the answers to some of the world's most embarrassing questions / Peter Mayle -- The what's happening to my body? book for boys : a growing-up guide for parents and sons / Lynda Madaras -- The what's happening to my body? book for girls : a growing-up guide for parents and daughters / Lynda Madaras -- "Where did I come from?" : the facts of life without any nonsense and with illustrations / Peter Mayle -- Your body from head to toe.

SUMMARY: Contains recommended books for classroom use with students to support Family Life Education.

Audience: Grades 7 - up.

[BOOKING # KIT1291](#)



Growing up by the book, kit number 2 [kit] : sexuality education resource kit

Boy's body book / Kelli Dunham -- GLBTQ : the survival guide for gay, lesbian, bisexual, transgender, and questioning teens / Kelly Huegel -- Girl in the know : your inside-and-out guide to growing up / Anne Katz - - Girl's body book / Kelli Dunham -- It's not the stork! : a book about girls, boys, babies, bodies, families, and friends / Robie H. Harris -- It's perfectly normal : a book about changing bodies, growing up, sex, and sexual health / Robie H. Harris -- My changing body : boy's edition / Linda Picone -- My changing body : girl's edition / Linda Picone -- Ready, set, grow! / Lynda Madaras -- Sex, a book for teens : an uncensored guide to your body, sex, and safety / Nikol Hasler -- Sex education dictionary : the A's through the Z's of the birds and the bees / Linda Picone -- What's happening to me? : the answers to some of the world's most embarrassing questions / Peter Mayle -- What's happening to my body? : book for boys / Lynda Madara -- What's happening to my body? : book for girls / Lynda Madaras -- Who has what? : all about girls' bodies and boys' bodies / Robie H. Harris.

Recommended by WSD Health Education Consultant.

Audience: Grades 4 - up.

[**BOOKING # KIT1516**](#)

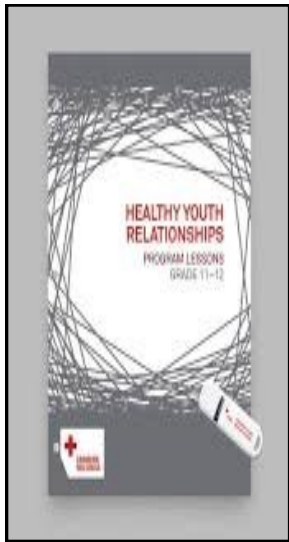


Magnet family planning educational aid. Tokyo, Japan : Japan Family Planning Association, [200-]. 1 folding illustrated display panel, 1 wood display stand, 1 metal panel stabilizer, 1 string, 35 magnetic illustrations, 1 IUD plastic insertion model, 1 IUD, 1 handbook ; in nylon carrying case.

SUMMARY: Family planning educational kit contains a metallic panel and numerous interchangeable magnetic pieces to illustrate reproductive biology, fetal development and contraception. The reproductive biology and fetal development components are appropriate for older Elementary students (Grades 4-6), while the contraceptive portion can be added for Junior (Grades 7-9) and Senior (Grades 10-12) levels.

Audience: Grades 7 - up.

[**BOOKING # KIT1229**](#)



Healthy youth relationships program lessons Grade 11-12. 1 binder of lessons + 1 USB. Ottawa : The Canadian Red Cross Society, [2015]

Summary: Teacher resource providing six comprehensive, ready-to-go lesson plans that educate grade 11 and 12 students on how to have safe and respectful dating relationships, recognize vulnerable situations, develop personal safety plans, define where to get help, and create positive change in their school and community. Includes a USB flash drive with supporting PowerPoints, video clips, and printable handouts and templates.

Recommended by WSD Health Education Consultant.

Audience: Grades 11—12.

[BOOKING#KIT1552](#)



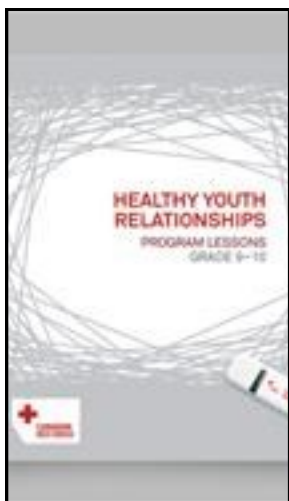
Healthy youth relationships program lessons Grade 7-8. 1 binder of lessons + 1 USB. Ottawa : The Canadian Red Cross Society, [2015].

Summary: Teacher resource providing eight comprehensive, ready-to-go lesson plans that educate grade 7 and 8 students on how to have safe and respectful dating relationships, recognize vulnerable situations, develop personal safety plans, and define where to get help. Includes a USB flash drive with supporting PowerPoints, video clips, and printable handouts and templates.

Recommended by WSD Health Education Consultant.

Audience: Grades 7—8.

[BOOKING# KIT1550](#)



Healthy youth relationships program lessons Grade 9-10. 1 binder of lessons + 1 USB. Ottawa : The Canadian Red Cross Society, [2015].

Summary: Teacher resource providing seven comprehensive, ready-to-go lesson plans that educate grade 9 and 10 students on how to have safe and respectful dating relationships, recognize vulnerable situations, develop personal safety plans, and define where to get help. Includes a USB flash drive with supporting PowerPoints, video clips, and printable handouts and templates.

Recommended by WSD Health Education Consultant.

Audience: Grades 9—10.

[BOOKING # KIT1551](#)

WEBSITES

Graphics for lessons in Family Life Education Resource (Gr. 4-6 & Gr. 7-10 are available:

WSD Home > Departments & Services > Professional Support Services > Health Education > Family Life

https://portal.wsd1.org/Departments_Services/PSSP/HealthEducation/Pages/Family-Life-Teacher-Training.aspx

Getsomecondoms.ca www.getsomecondoms.com Aimed at Winnipeg teens, this friendly site informs teens of how condoms offer protection from pregnancy and STIs, as well as offers other practical sexual health and contraception suggestion. Short videos, articles, and FAQs provide accurate current information; a searchable map shows teens where they can pick up free condoms and access teen health clinics throughout the city. The site is operated by the **Winnipeg Regional Health Authority**. 21 Dec. 2015

Growing up OK! : (grades 4 –7) Download at www.gov.mb.ca/healthychild/publications . A puberty booklet developed primarily for children ages 9—12. It provides accurate, non-judgmental information and will support middle years children in making the important developmental transition between childhood and adolescence. 21 Dec. 2015

Safe and caring schools—a resource for equity and inclusion in Manitoba schools (MB MYGSA) www.gov.mb.ca/healthychild/mcad/growingupok.pdf Resource is intended to support students, teachers, administrators develop and maintain safe, caring and inclusive learning environments. This resource provides valuable information and strategies that will help Manitoba schools become safer and more inclusive from the perspective of diversity of sexual orientation and gender identity. 21 Dec. 2015

Sexuality Education Resource Centre (SERC) www.serc.mb.ca This centre is a community-based, non-profit, pro-choice organization dedicated to promoting sexual health through education. SERC staff work with all groups of people, of every sexual orientation, gender, and place in life, along their individual sexual journey. SERC resources include articles, research and a lending library to support sexual health education in immigrant families and youth, for aboriginal families and youth, for LGBTTQ youth and adults and for young people looking to understand puberty, readiness for sexual activities, healthy relationships and more. 21 Dec. 2015

SexualityandU.ca. www.sexualityandu.ca An initiative of the **Society of Obstetricians and Gynaecologists of Canada**, the site's mandate is to provide guidance and advice to help individuals develop and maintain a healthy sexuality. Sexuality and U is committed to providing accurate, credible and up-to-date information and education on sexual health to parents, teachers and health care professionals. 21 Dec. 2015

Teachingsexualhealth.ca www.teachingsexualhealth.ca Featuring both a teacher portal and parent portal, this **Alberta Health** resource aims to enhance excellence in education by providing teachers with evidence-based sexual health education and delivery methods, lesson plans and activities, and comprehensive resources. 21 Dec. 2015