

## DVDs

### **Body systems and health [package]**

31598 DV

IJ 80 min 2008 McIntyre Media  
Using realistic examples, programs in this four-title package focus on the workings of various body systems, how to maintain their good health and how to avoid commonly associated problems. Two systems are featured in each program. Titles include: Healthy Circulatory and Respiratory Systems; Healthy Digestive and Excretory Systems; Healthy Nervous and Endocrine System; Healthy Skeletal and Muscular Systems. Designed to facilitate instruction and learning, the programs include onscreen script, captions that highlight vocabulary, chunked contents that conclude with review questions, appropriate pacing, and a final section with questions for assessment. Useful as an introduction to the topic or during the course of a unit, the programs also support ESL learning. Included are comprehensive teacher's guides that provide activities and assessment tools as well as the complete program scripts. (612)

Circulatory system; Digestive system—Study and teaching; Human anatomy; Human anatomy; Nervous system; Respiratory system; Science

### **Community character : rules and responsibilities**

35299 DV

P 20 min 2012 McIntyre Media  
Produced by McIntyre Media  
As a citizen of a community, we all have rights and responsibilities. In this program, students will join our hosts Kirstie and Sean to learn how and why communities make and enforce laws. The program reveals how rules are linked to safety and designed to support fairness, and explains why there must be consequences for breaking community rules. Students will also discover how rules in a classroom and at home are just as important as the rules in a town or city. Students also hear from the delightful coast Tsimshian First Nations Elder and Educator, Shannon Thunderbird who tells children of the Seven Sacred Teachings - love, respect, courage, honesty, wisdom, humility and truth. Shannon shares her wonderful storytelling ability in sharing with children how each of these rules from our First Nations culture can help us be better people.

Communities—Study and teaching.; First Nations; Social Studies; Social responsibility

### **Do unto otters : a book about manners**

32317 DV

P 10 min 2008 Weston Woods  
Directed by Galen Fott.  
This fast-paced production uses a lighthearted approach to deliver

lessons on manners and treating people with respect. Students will learn how to be a good neighbour and welcome newcomers to the community. The DVD provides the option of displaying English subtitles. This resource can be used to teach social responsibility and healthy relationships. (302)

Interpersonal relations; Manners and customs; Social skills

### **Get along monsters**

#### **Get along monsters : we all get mad (sometimes)**

33682 DV

P 13 min 2009 McIntyre Media  
Produced by Mazzarella Media  
This 13 min. engaging film combines both live characters and animation to give children the ability to recognize angry feelings and what happens to their bodies when they get angry, as well as learning to "Stop and Think" to help them get control of their angry feelings. Teachers can stop after each concept and reinforce in the classroom. This film addresses HACE learning outcomes for the K - Gr. 3 level. (303.69)

Anger; Conflict management; Social Studies

### **Hallmarks of good mental health**

34652 DV

JS 20 min 2010 McIntyre Media  
Produced by Human Relations Media Inc.

This program helps viewers recognize the six key qualities that define good mental health in adolescence: having satisfying relationships, being happy with one's academic achievements, maintaining clear and achievable goals, being capable of delaying immediate gratification, making good choices and resisting unhealthy peer pressure. Having a strong sense of self-esteem is especially highlighted: if you do not feel good about yourself, you are more likely to limit yourself and make bad choices. Each of the hallmarks is clearly demonstrated by real teens in a variety of settings, including at school, at home and at play. The peer-to-peer approach focuses students' attention on the key qualities that they should acquire as they make their way through adolescence. Includes: DVD, Teacher's Resource Book and Student Handouts. (302)

Decision making; Healthy schools; Psychology

### **Healthy touch, good boundaries, safe kids**

35978 DV

PI 34 min 2012 Kinetic Video  
Produced by RisingStar education.  
Safety is always a big issue, and this program seeks to help children recognize how they can be safe when it comes to inappropriate touching.

Good, bad, and wrong touching are covered in the 15-minute primary segment. Children are told that no one should touch any part of their body they would cover with a swimsuit without their permission. The adult hosts also discuss good and bad secrets, circles of comfort, and a three-step way to cope with potentially dangerous situations. This information is presented in a class setting with a group of involved students. Three vignettes offer viewers the opportunity to apply the information. There's also a video segment aimed at the adults teaching the unit. While the featured students are not very diverse, they do add a kid-friendly element to a sometimes scary topic. Useful for counselors and others teaching children about safety issues.

Safety education

### **The human body: how it works**

This series uses physiologic animations and illustrations, microscopic imaging, expert commentary, and footage of the body in motion to provide a thorough overview of the amazing human machine. Marvelously detailed, yet readily understandable.

### **Human development and the reproductive system**

33692 DV

JS 22 min 2009 McIntyre Media  
Produced by Films Media Group  
For use in teaching human reproduction and parts and function of the human reproductive system. Video also deals with puberty in males and females. Teacher's guide which includes overview, vocabulary, student projects, and short quiz with answers. (612.6)

Embryology; Reproductive system; Science

### **The internet and you : staying safe ; grades 5-9**

32287 DV

IJ 15 min 2007 Visual Education  
Sunburst Visual Media, School Specialty Inc.

Using a common sense approach, this video provides a good general overview of Internet use. It also presents pertinent terminology and potential dangers inherent in Internet use. Topics are chunked to allow teachers to start/stop for classroom discussions. Content is current, and the production would be most engaging to intermediate students who need to be aware of the dangers of using the Internet. As a general introduction to using the Internet, it could be a good resource for a parent night, and especially useful for concerned parents who want to set guidelines for their child's use of the Internet. (004.6780)

Health and guidance; Internet and children; Safety education

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### **It's your body : you're in charge!**

31200 DV  
PI 20 min 2006 Sunburst Visual Media  
Sunburst Visual Media.  
Young children are helped to distinguish situations where touch is appropriate from those where it is not. Children are encouraged to communicate with adults they trust when they believe a touch has been inappropriate. Concepts are presented in a sequential pattern, appropriate for chunking. This resource will be useful when discussing issues of personal health and safety around body awareness. The helpful guide provides the full script and supplementary exercises to support key concepts. (362.76)

Child sexual abuse—Prevention

### **Just around the corner for boys**

34299 DV  
I 12 min 2011 Distribution Access  
Produced by Marsh Media  
Designed for younger students, this program is grounded in fact, sensitive to young feelings, and reassuring about changes that are on the way. Younger elementary-level boys will appreciate this upbeat look at the changes of puberty. New narration and photography with lighthearted animated figures prepare boys for the momentous changes waiting just around the corner. These important topics are introduced: - When to expect the onset of puberty - The physical and emotional changes of puberty - The maturation of the male reproductive system - Common experiences of puberty, including voice changes, feelings of physical awkwardness, and nocturnal emissions - The importance of good hygiene and healthy habits - Maintaining health through good nutrition and exercise This is the ideal way to present human development information to boys in grades 3-5. (612.6)

Adolescence; Puberty; Sex education

### **Just around the corner : for girls**

34300 DV  
I 15 min 2011 Distribution Access  
Produced by Marsh Media  
This reassuring presentation includes the same cheerful theme song and clearly illustrated biology, enhanced with new narration and photography to help prepare your younger elementary-level girls for all of the changes ahead. Topics covered in this lively program include: - When to expect the onset of puberty - The physical and emotional changes of puberty - The maturation of the female reproductive system - Menstruation - The importance of good hygiene and healthy habits - Maintaining health through good nutrition and exercise (612.6)

Adolescence; Puberty; Sex education

### **Lesson booster guidance series for kids**

"Lesson Boosters" each present real-life scenarios demonstrating the feelings that young students experience, as well as present ways to cope with and handle these emotions. Students will learn the importance of respect, self-esteem, anger control, and problem-solving within a school setting.

### **Got a problem?**

35001 DV  
P 11 min 2010 Kinetic Video  
Produced by Cerebellum Corp.  
The GOT A PROBLEM program includes three episodes to help children find a solution to their problems. 11 minutes K to 3 Got A Problem? Keep Your Hands to Yourself In this segment children learn that hitting and poking does not solve problems, but can make the problems worse. Viewers see how using your words and talking about the problem can lead to a safe and happy solution. Got A Problem? Ask Questions This segment of the program gives viewers strategies to use when they face a problem. Children will learn that making assumptions and blaming makes other people angry and makes problems worse. Viewers discover how asking questions can help solve a problem before it begins. Got A Problem? Share Ideas Children learn that when you encounter a problem, you can come up with ideas to solve the problem. Viewers will also see that there may be many ideas that can solve a problem and you can work to find a solution that makes everyone happy.

Classroom management; Conflict resolution; Healthy schools; Peace; School violence—Prevention

### **Got empathy?**

35000 DV  
I 13 min 2010 Kinetic Video  
Produced by Cerebellum Corp.  
In the GOT EMPATHY Lesson Booster program children will learn to understand the meaning of empathy and its importance in these four programs. Got Empathy? Do Something - How do you show empathy? How do you show you care? Students learn that empathy is more than a feeling and that true empathy comes from our actions. Got Empathy? It's a Choice - Students learn that true empathy is when you are willing and able to put someone else's feelings and needs over your own. Got Empathy? Show It - In this segment students learn ways in which empathy can be demonstrated and realized in a variety of different situations. Got Empathy? What is it? Children need help in understanding what empathy is and why it's important. In this segment students

will learn how to identify empathy when they see it. The main message is before you say or do something that might hurt someone else - imagine being that person and think about how you would feel.

Applied design, skills and technologies; Classroom management; Conflict resolution; Healthy schools; Peace; School violence—Prevention

### **Let's just talk! : for boys**

31019 DV  
I 15 min 2006 Visual Education Centre  
Produced by Marsh Media.  
Topics in this program on puberty include hygiene, health and nutrition, the male reproductive system as well as related physical and emotional changes. Graphics are used to help explain concepts. Student interest is maintained by the use of peer interactions with a radio talk-show host. The boys portrayed are at different stages of puberty; more than one race is represented. This program lends itself to teaching various concepts through chunking. (613.9)

Adolescence; Boys—Health and hygiene; Sex education

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Adolescence; Girls—Health and hygiene; Sex education

### **The Mask You Live In**

40459 DV  
JS 90 min 2015 Virgin Films & Entertainment  
"The Mask You Live In follows boys and young men as they struggle to stay true to themselves while negotiating America's narrow definition of masculinity. Pressured by the media, their peer group, and even the adults in their lives, our protagonists confront messages encouraging them to disconnect from their emotions, devalue authentic friendships, objectify and degrade women, and resolve conflicts through violence. These gender stereotypes interconnect with race, class and circumstance, creating a maze of identity issues boys and young men must navigate to become 'real' men. Experts in neuroscience, psychology, sociology, sports,

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education, and media also weigh in, offering empirical evidence of the 'boy crisis' and tactics to combat it. The Mask You Live In ultimately illustrates how we, as a society, can raise a healthier generation of boys and young men"—Representation Project website. (90 min.).

Gender Stereotypes; Stereotype; Social Studies; Masculinity; Healthy relationships; Gender identity; Physical education; Boys—Counseling of; Gender role; Documentary films

### My changing life

As youngsters move towards, into, and through puberty many important changes will take place in their bodies. This variety of change once completed, will create their new and unique identity as adults. Learning to understand these physical changes as "normal" will greatly reduce angst and assuredly assist in the acceptance of self. A consistent and education-focused theme about puberty, normalcy, and acceptance.

### Boys : the complete guide to puberty

34997 DV  
IJ 16 min 2007 Kinetic Video  
Produced by Film Ideas  
Testosterone is the hormone that fuels the development in boys as they move into adulthood. Each boy will develop at his own pace. The reproductive elements of these changes are thoroughly discussed and detailed with the use of animations, cartoons, and live action. All the basics are covered. Boys learn that no matter how they develop it's "normal".

Puberty; Sex education

### Girls : the complete guide to puberty

34998 DV  
IJ 16 min 2007 Kinetic Video  
Produced by Film Ideas  
For young girls the many changes that occur in their body will happen over a span of several years. Some of these changes can be seen on the outside but many of the changes will happen inside. This program explores all facets of physical and reproductive development of the female body. The focus is on normalcy and acceptance of self.

Puberty; Sex education

### Rumors, gossip, and teasing : it hurts

35500 DV  
I 15 min 2012 Kinetic Video  
Produced by Guidance Systems and Cerebellum Academic Team.  
Harassment is when someone or a group of people target someone else with the goal of making them feel bad. Teasing and taunting might get you angry, but there are healthy ways to deal with it and how it makes us feel. Sometimes the best thing to do is just

ignore it. You can avoid people who say mean things. If you see others being bullied and picked on, you should say something to stop it. Helping the person being picked on will help you feel good about yourself, too.

Bullies; Bullying—Prevention; Communication; Healthy schools; Physical and health education; School violence—Prevention

### Think b4 u post : your reputation and privacy on social networking sites

34648 DV  
JS 22 min 2011 McIntyre Media  
Produced by Films Media  
A person normally wouldn't shout out the details of a secret hookup or give a credit card to a total stranger and say "Max it out for me." Yet as this video playfully points out, in effect that's what people do when they post indiscreetly on social networking sites or are duped by phishing scams. Think b4 u Post uses a light touch to deliver some very serious information on how people can protect their reputation and guard their privacy online while still having a good time using social networking sites. On the "reputation" side, viewers are advised to keep their postings positive, remember that "intended readers" (friends) are only a subset of "actual readers" (friends, teachers, prospective employers), and more. And on the "privacy" side, viewers are made aware of the consequences of cyberbullying and defamation as well as steps they can take to safeguard their personal information and avoid online/offline predators. Data mining is also discussed.

Internet—Safety measures; Library skills; Media literacy; Research; Social Studies

### The wild wild web

34626 DV  
IJ 26 min 2010 McIntyre Media  
Produced by Twisted Scholar Inc.  
A Student's Guide to Preventing Cyber Bullying provides a critical tool to educators, counselors and law enforcement agents to begin engaging young people on the subject of online harassment. The 26 minute DVD: - Establishes a common sense, three-rule code of conduct for the web. - Defines the broad range of behaviours that could be classified as cyber bullying. - Exposes the critical side of the bystander in a common bullying scenario. - Shares the real life story of an actual cyber bullying incident. - Features interviews with numerous experts in the field of cyber bullying. - And offers simple technical tips for documenting cyber bullying attacks. The program delivers the perfect combination of creative entertainment, practical advice and powerful strategies for coping with and reducing the frequency of cyber attacks.

Library skills; Media literacy; Research; Social Studies

### You're mean! : when words hurt us

31189 DV  
PI 25 min 2007 McIntyre Media  
Human Relations Media  
This well-paced program provides an overview of the effects of verbal abuse amongst peers at school and at home. Students identify bullying situations and suggest strategies for peaceful resolutions. This resource supplements social responsibility units on respect and getting along with others. Those working with Second Step programs would have to adapt the responses as 'I messages' are not discussed as part of the strategies. There is an extensive teacher's guide and ready-to-use package of classroom activities, including blackline masters. (302.3)

Anger management; Bullies; Invasive; Self control—study and teaching; Social responsibility