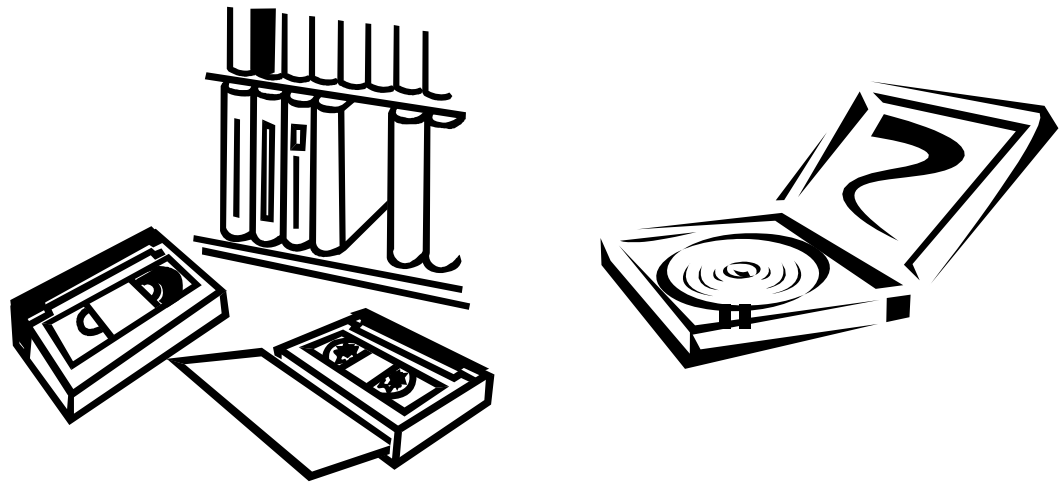


COUNTY OF BERGEN
KATHLEEN A. DONOVAN, *County Executive*

Health Promotion Resource Center

2010-2011 AUDIOVISUAL CATALOG



BOARD OF CHOSEN FREEHOLDERS

John Driscoll, Jr., *Chairman* • Maura DeNicola, *Vice Chairwoman*

John D. Mitchell, *Chair Pro Tempore*

John A. Felice • David L. Ganz • Robert G. Hermansen

Bernadette P. McPherson

Health Promotion Resource Center

Bergen County Department of Health Services

327 E. Ridgewood Avenue, Room 301 • Paramus, New Jersey 07652-4895

www.bergenhealth.org • (201) 634-2704

healthdept@co.bergen.nj.us

HEALTH PROMOTION RESOURCE CENTER

2010 VIDEO CATALOG:

WELCOME	1
POLICIES AND PROCEDURES	1
WHO MAY USE THE CENTER.....	1
HOURS.....	1
DESCRIPTION OF VIDEOS	2
AIDS/HIV	2
Alcohol/Drugs.....	3
Asthma	6
Bicycle Safety	6
Cancer	7
Chronic Disease	7
Communicable Disease.....	8
Dental.....	8
Diabetes.....	9
Environmental.....	9
Fire Safety/Burn Prevention	10
Food Allergies.....	11
Handwashing/Disease Prevention.....	11
Injury Control.....	13
Lead Poisoning.....	14
Lice	15
Life Cycle.....	15
Lyme Disease.....	16
Miscellaneous	17
Nutrition.....	17
Physical Fitness.....	21
Puberty/Hygiene	22
Rabies.....	24
Self-esteem.....	24
Smoking	25
Stress	28
Sun Safety/Skin Cancer	28
TITLES FOR ELEMENTARY SCHOOLS	29

Health Promotion Resource Center

Bergen County Department of Health Services

327 E. Ridgewood Avenue • Paramus, New Jersey 07652-4895

www.bergenhealth.org • (201) 634-2709

healthdept@co.bergen.nj.us



WELCOME

The Health Promotion Resource Center, established in 1998, supports health education activities and serves research needs among staff and contracting communities. The Center offers materials such as audiovisuals and educational materials on a wide range of health issues, as well as books and periodicals.

POLICIES AND PROCEDURES

You may request materials by phone (201-634-2709) or email (mdoremus@co.bergen.nj.us). School personnel may call to arrange for videos to be dropped off at or picked up from a school address. Some town libraries will also arrange drop off and pick up. For other options, contact the Center at 201-634-2709.

If you prefer, you may visit the Resource Center and browse the various resources that are offered. Please call ahead to ensure access.

Patrons may borrow up to two videos at one time for a period of 10 business days. A \$50 check or voucher is required as a deposit for each video borrowed, unless the borrower is an employee of a local health department or school. The check or voucher will be returned when the video is returned.

WHO MAY USE THE CENTER

Teachers, youth group leaders, program chairs of community groups and other residents of contracting towns interested in providing updated and accurate health information to their groups are invited to use the center. Call 201-634-2709 to confirm that your town has made the Resource Center available to residents. Only towns contracting with Bergen County Department of Health Services for health promotion have access. Currently these towns are Allendale, Alpine, Cliffside Park, Cresskill, Dumont, East Rutherford, Edgewater, Fairview, Franklin Lakes, Glen Rock, Harrington Park, Haworth, Little Ferry, Lodi, Lyndhurst, Maywood, Moonachie, North Arlington, Norwood, Oakland, Oradell, Park Ridge, River Vale, Rockleigh, Rutherford, Saddle Brook, Teterboro, Woodcliff Lake, and WoodRidge.

Resources are also available to Bergen County employees, including school nurses employed under contract with the Bergen County Department of Health Services.

HOURS

The Center is open weekdays from 9 a.m. - 4:30 p.m. and is closed on legal holidays.

DESCRIPTION OF VIDEOS

AIDS/HIV

AIDS: Facts for Kids

AV DVD A02

Gives a straightforward message for younger students: "Protecting yourself from HIV and AIDS is your own responsibility." Beginning with the basics, students learn about HIV and how it disables the immune system. Students learn that HIV is transmitted in two ways: by having sex with an infected person or by allowing infected blood to get mixed with your own. Offers straightforward advice: don't have sex; don't use illegal drugs; and guard against any activity that might result in the mixing of blood. (Produced by Marsh Media.)

Two classes were embarrassed by the "sex" word. Others were engrossed in the subject matter. I would certainly use this DVD

Grades 4-6

Updated 2009. 9 min. 15 sec.

DVD

Educating Our Children: Discussing HIV/AIDS in our Community

AV A17

How to educate children about HIV/AIDS. Introduction by Magic Johnson shortly after his diagnosis. Shows interactions of children with parents. For children 5-9, emphasizes transmission by contact with blood of an infected person. For children 9-12, also includes transmission by needles, sexual contact and passing to an unborn child. (Produced by The Segal Youth Education and Health Foundation and the Pediatric AIDS Foundation.)

Adults, parents

1993

20 min.

HIV AND AIDS: Staying Safe

AV A27

Explains how HIV affects the immune system. Emphasizes the ways that people can NOT contract HIV as well as ways that they can. Helps children realize that they are ultimately responsible for their own health.

A teacher's guide and black-line masters are available for use with the video.

(Produced by United Learning.)

Grades 4 - 6

2001

15 min.

In Our Own Words: Teens and AIDS

AV A25

Profiles five young people who contracted HIV as teenagers through unprotected sexual intercourse. An introduction to HIV and AIDS is recommended prior to viewing the video. An educator's discussion guide is available.

(Produced by Family Health Productions, Inc.)

Grades 9 - 12

1995

20 min.

Sharing Help, Sharing Hope: New Jersey's Minority HIV/AIDS Sharing Network

AV A28

Interviews family members of persons who have died of AIDS. Discusses the role of community-based outreach programs in decreasing disparities in health care. Four sharing network organizations are highlighted.

(Produced by the Office of Minority and Cultural Health, NJ Dept. of Health and Senior Services.)

Community Organizations

2002

12 minutes

Understanding HIV and AIDS

AV DVD A01

"What's the difference between HIV and AIDS? How do you get it? Is there a cure for HIV?" This program arms students with the facts about biology of the HIV virus plus means of infection, treatment and protection. Sends a clear message that abstinence is the only 100% effective option for avoiding the transmission of the HIV virus. Includes a dialogue with middle school students and two HIV positive young people on the impact on their lives.

Black and white masters for activity and fact sheets. Interactive quiz on the DVD.
(Produced by Human Relations Media.)

Grades 5-9 2006 20 min. DVD

Alcohol/Drugs

Avoiding Trouble: How to Say No to Drugs

AV D14

Teaches refusal skills to children in grades 4-7. Paced to allow for practicing and interaction between steps in the refusal techniques. Should be used with the accompanying family activity book.

Use with "Preparing for the Drug-Free Years." WM270 DRPI 1998

(Produced by Developmental Research and Programs, Inc. and King Broadcasting Co.)

Grades 4 - 7 & Parents 1987 20 min.

Body Building, Body Breaking: Steroids

AV D01

Discusses abuse of anabolic steroids, including health risks and ethical concerns.

(A MTI Film Video, a Simon and Schuster Company.)

Grades 7 - adult 14 min.

Chug. Too Much of Anything is No Good

AV AL09

The Chug is a creature that helps children learn that too much of anything can be harmful. The video explains what alcohol is, how it affects the body and behavior. Relates drunken driving to alcohol and the need for street safety.

A lesson plan and a connect-the-dots handout of Chug are available.

(Distributed by Film Loops, Inc.)

Grades K - 2 10 min.

Date Rape Drugs: What You Need to Know

AV D17

Both teen and adult victims of drug-facilitated rape discuss how easily this crime can be accomplished and the importance of self-protection. Includes information on ecstasy, GHB, rohypnol and ketamine. Practical tips provide ways to decrease risks.

A lesson plan has handouts on the drugs, ways to reduce risk and suggested actions for victims.

(Produced by The Idea Factory.)

Grades 9 - adults 2001 22 min.

Educate: Creating Inhalant Abuse Awareness Together

AV D16

Designed for parents. Describes commonly inhaled products, harmful effects and signs of use. Explains that because inhalants are legal products, law enforcement can not help. Includes case studies of children who have been involved with inhalant use.

(Distributed by the U.S. Consumer Product Safety Commission.)

Parents 1998 15 min.

Growing Up Isn't Easy

AV AL15

Helps students recognize what they can and can't change. Encourages them to be responsible for their own decisions, but not to accept blame for what others do. Relates this to alcoholism in the family and to decisions concerning alcohol consumption.

On the same tape as "Michael's Journey." It's the second segment.

(Produced by the Office of Substance Abuse , US Dept. Health and Human Services.)

Grades 5 - 8 1992 12 min.

Hana's Year

AV D08

Demonstrates the importance of resisting peer pressure and taking responsibility for ones own actions.

Story book included with the video.

(Produced by Marsh Media.)

Grades K and up 1994 14 min.

How to Raise a Drug Free Child

AV D03

Discusses the current drug problem and how parents help their children remain free of drugs.

A lesson plan is available for adults and parents of youth 10-19 years of age.

(Produced by Ambrose Video.)

Parents 1987 32 min.

If You Change Your Mind...

AV D24

Distinguishes between drug abuse and addiction. Describes the effect of drugs on brain function and distinguishes between physical and physiological addiction. Includes many interview segments with 4 young adults who were addicts and a large amount of information about drugs. Winner of the 1992 CINE (Council on International Nontheatrical Events) Award. Written by students.

(Produced by the National Institute on Drug Abuse.)

Grades 7 - 9 1991 31 minutes

Make the Right Choice

AV DVD D01

The hazards of using anabolic steroids are dramatically depicted using a variety of interviews and stories regarding steroid use including interviews with retired Indianapolis Colts head coach Tony Dungy and then Kansas City Chiefs quarterback Trent Green. The DVD contains 2 10-min. videos. The first is directed toward coaches and students; the second toward parents.

(Produced by the National Federation of State High School Associations.)

teens, coaches, parents 2005 10 min. DVD

Marijuana: Weeding Out the Hype!

AV D23

Viewers will learn some of the latest facts about marijuana including trends in use of the drug, the strength of today's marijuana, its effects and the encouraging efforts being made in prevention and treatment. Very straight forward and factual.

An accompanying booklet includes questions and answers, resources and suggestions for use.

(Produced by the Substance Abuse and Mental Health Services Administration-SAMHSA.)

Adults, Community Organizations 2002 30 minutes

Michael's Journey

AV AL15

Follows two African-American boys who exemplify different coping styles of children of alcoholics. Designed to help children discover less destructive coping strategies.

On the same tape as "Growing Up Isn't Easy." It's the first segment.

(Produced by the Office of Substance Abuse Prevention, US Dept. of Health and Human Services.)

Grades 5 - 8 1992 30 min.

My Way Sally: Learn to be a Leader

AV D11

Illustrates key problem solving and critical thinking skills to help youngsters understand how they can use leadership positions to make a positive difference.

A story book is available for use with the video.

Marsh Media

Grades K-2 1994 19 min.

Painfully Obvious

AV CD D01

The CD includes a guide for a program on prevention of prescription drug abuse. Pages in the guide can be viewed "full screen" for a presentation. Information pages are included for students, parents and leaders. Evaluation forms are also included. The supporting website offers psa's, as well as desktop images and icons.

(Produced by Purdue Pharma L.P.)

Grades 9 - Young Adults CD

Ready or Not: Talking with Kids about Alcohol

AV AL18

A timely, innovative common sense program for parents and other adult supervisors of children. The program fosters a positive, no-fault environment where it's easy to ask questions and get answers.

20 situation cards provide discussion starters.

(Produced by the Century Council, Boys & Girls Clubs of America.)

Middle School Students 1995 30 min.

Yoo Hoo

AV D04

Yoo Hoo is a puppy who has to learn how to keep out of trouble by learning about things that could be harmful. Emphasis is on drugs and alcohol, but other health aspects such as diet and rest are included. Demonstrates refusal skills.

(Produced by NJ Video; a NJ Network Project Tape.)

Grades 1 - 3 1988 14 min.

You Have to Live It

AV D22

Relates assets to increased academic performance and decreased risk-taking behavior. Emphasizes reframing attitudes to highlight positives. Specific programs and activities are presented in: relationships; environment; and programs and practices. Video discussion guide includes suggestions for setup and discussion. (Produced by the Search Institute.)

School faculty and staff 1999 27 min.

Asthma

Breathing Freely: Controlling Asthma Triggers

AV MCH45

Identifying triggers and limiting exposure is an important step in managing asthma. Both indoor and outdoor triggers are included. Practical tips for limiting exposure are included. Multiple copies are included on one tape.

The video can also be downloaded or viewed online at <http://www.archive.org/details/gov.epa.402-c-06-001.e>

(Produced by the U.S. Environmental Protection Agency)

Parents and caregivers of children with asthma 2006 10 min.
Video and DVD

Health at Home: Controlling Asthma

AV MCH30

Focuses on decreasing exposure to the 5 main triggers for asthma attacks in the home. Includes information on the incidence of asthma, populations at higher risk, and other potential triggers. Both English and Spanish versions are on the tape.

(Produced by the U.S. Environmental Protection Agency and the American Lung Assn.)

Asthmatics; Parents of asthmatics 12 min. 30 sec.

Quest for the Code

AV CD MCH1

Students learn about asthma and key asthma management concepts. In this action game, they must attempt to stop the asthma villains as they learn the information they need to win. Resources for parents are available on the CD. Both a Spanish and an English version are included.

(Produced by Starbright)

Ages 7 - 15 years 2002 CD

Bicycle Safety

Be Head Smart: It's Time to Start

AV IC27

Stresses the importance of wearing a helmet when bicycling and following safe practice. (Produced by the U.S. Department of Transportation.)

Grade 7 - adult 18 min.

Bicycle Safety Camp

AV IC12

Five kids at bike safety camp must demonstrate rules of safe biking to pass the course. Covers helmets, bike maintenance and selecting bikes as well as safety. Much of the music is rap. Triaminic does have a brief commercial at the beginning and at the end.

(Produced for TIPP, The Injury Prevention Program, of the American Academy of Pediatrics by Triaminic.)

Grades K - 4

1989

25 min.

I'm Safe! On Wheels

Everyone loved it! Music was great! PreK-K

AV DVD IC01

Ride along with Kip and Kayla as they learn how to be safe on their bikes, skateboards, scooters, and all types of wheels! This video covers: Why, when and how to wear helmets; how children can check their bikes; how to be a smart bike rider; and how to stay in sight.

(Produced by Child Safety Solutions, Inc.)

Ages 3-8

2003

10min.

DVD

Cancer

Instructions for Breast Self-Examination

AV MCH27

Describes the procedure for a complete breast self-examination. Also mentions the triple approach of mammography, clinical examination and self-examination for early detection of breast cancer.

(Produced by the American Cancer Society.)

Grades 9 - Adult

1997

9 min.

Instructions for Breast Self-Examination (Spanish)

AV MCH28

The Spanish version of AV MCH27, "Instructions for Breast Self-Examination." Includes instructions for breast self-examination and health routine for the early detection of breast cancer.

(Produced by the American Cancer Society.)

Grades 9 - Adult

1997

9 min.

Testicular Self-Examination

AV MCH22

Demonstrates technique of testicular self-examination. Explains the importance of the self-exam and the groups most at risk for testicular cancer. NOTE: The video starts with an actual exam, so an audience introduction is necessary.

A lesson plan and printed quiz are available.

(Produced by the American Cancer Society.)

Grade 9 - Adults

1995

5 min.

Chronic Disease

Stroke: When Minutes Matter

AV MCH39

The importance of calling 911 immediately is stressed. The signs of stroke are described: sudden numbness or weakness of the face, arm or leg; sudden confusion, trouble speaking; sudden blurred or double vision; sudden trouble walking, loss of balance; and sudden severe headache with no known cause. To be effective, treatment must start as soon as possible.

A leader's guide has suggestions for use as well as a reproducible fact sheet.

(Produced by the American Stroke Association.)

Adults and senior adults

2001

8 minutes

Communicable Disease

Neato Mosquito

AV CD MCO1

Five lessons are designed to be viewed in order, including information on the life cycle of mosquitoes, their relationship to disease and specific information on LaCrosse encephalitis. The CD also includes a curriculum guide with a vocabulary list, math problems, fun facts, crossword puzzles, a description of the slides and color images.
(Produced by the Centers for Disease Control and Prevention.)

Grade 4

2000

CD

Dental

Adventures of Wiggly Tooth

AV ND03

Children learn the importance of taking care of baby and permanent teeth, oral hygiene, healthy snacks and of trips to the dentist. Cartoon characters are mixed with real children representing a variety of ethnicities.

(Produced by Colgate-Palmolive.)

Grades K - 1

1991

12 minutes.

Bright from the Start: A Story about Baby Bottle Tooth Decay

AV ND09

Includes health consequences of putting an infant to bed with a bottle. Includes specific suggestions for the use of bottles, introducing cups and meeting an infant's need to suck.
(Produced by the Research and Education Foundation, District of Columbia Dental Society.)

Parents

1990

12 minutes

Brillante Desde El Principio: Una Historia de los Dientes de su Hijo

AV ND10

Spanish version of "Bright from the Start (AV ND9). Includes health consequences of putting an infant to bed with a bottle. Gives specific suggestions for the use of bottles, introducing cups and meeting an infant's need to suck.

(Produced by the Research and Education Foundation, District of Columbia Dental Society.)

Parents

1990

11 minutes

Brushing with Dudley & DeeDee

AV ND11

Dudley, a cartoon dinosaur, entertains his little sister DeeDee with magic tricks. He shows her how to brush her teeth properly. Other topics include dental floss, plaque, the importance of good teeth, eating a healthy diet and visiting the dentist.

(Produced by the American Dental Association.)

PreK

1994

6 min.

Dudley's Classroom Adventure

AV ND12

Students must write a report using complete sentences. Dudley chooses "Keeping Your Teeth Healthy" as his topic. Topics he learns about include diet, flossing, mouth guards, sealants, fluoride toothpaste and molars.

A teacher's guide accompanying the video is available.

(Produced by the American Dental Association.)

Grades 2-3

1991

9 minutes

Dudley's Visit to the Dentist

AV ND04

Dudley, an animated dragon, visits a dentist for the first time. He familiarizes the audience with the procedures, equipment and dental instruments. Good dental hygiene is also presented.

A lesson plan and sample handouts are available.

(Produced by the American Dental Association.)

Grades PreK - 1

8 min.

Geena's Tremendous Tooth Adventure

AV ND08

Geena, a cartoon giraffe, has just gotten her first permanent tooth. She learns good dental and dietary habits to help her permanent teeth last a lifetime.

(Produced by Proctor and Gamble Company.)

Grades K - 1

1997

8 minutes

Toothbrushing with Charlie Brown

AV ND01

Charlie Brown demonstrates proper toothbrushing techniques and the use of disclosing tablets to check for complete removal of plaque. Flossing is recommended and the role of plaque in tooth decay is explained.

(Produced for the American Dental Association.)

Grades 2 - 3

5 minutes

Diabetes

Diabetes: Teens Fight Back

AV DVD MCH2

Looks at the disturbing rise in diabetes cases. Follows two young men through their daily routines. Will, a high school student with Type 1 diabetes, maintains a rigorous injection and blood-glucose monitoring schedule while excelling in soccer and remaining focused on school and his social life. Justin, age 12 with Type 2 diabetes, talks about his struggle with weight control and his triumphant loss of about 18 pounds.

(Produced by Cambridge Educational.)

High school, adults

2006

10 min.

DVD

Environmental

Down the Drain

AV ME19

A drain comes to life and teaches a youngster about topics including pollution, the water cycle, water treatment, and proper disposal of toxic substances. Emphasizes that communities differ in sources of water and water treatment procedures.

Exploring Water Pollution Issues (CG ME19) provides activities, resource lists and worksheet masters.

(Produced by NJIT/UMDNJ.)

Grades 3 - 5

1989

22 min.

Keep Your Paws Off Mercury

AV DVD ME01

Explains how to safely respond to a mercury spill. Includes information about what mercury is and why it is dangerous. Introduces Clancy, a dog trained to identify mercury spills.

(Produced by the U.S. Environmental Protection Agency.)

Grades 9-12

2007

3 min.

DVD

Keeping the Lid on Air Pollution

AV ME05

A friendly computer helps Terry learn about air pollution. Topics include the history of air pollution, types of air pollutants, how pollution affects the lives of Terry and his friends and several methods of Keeping the Lid on Air Pollution.

(Produced by Rutgers/UMDNJ.)

Grades 4 - 6

1990

20 min.

The Inside Story on Air Pollution

AV ME07

A friendly computer helps Terry explore the importance of good quality indoor air, sources of air pollution, and actions the students can take to reduce indoor air problems. Same series as "Keeping the Lid on Air Pollution," AV ME5.

(Produced by Rutgers/UMDNJ.)

Grades 4-6

1991

19 min.

Fire Safety/Burn Prevention

Austin's Story: Messages from a Teenage Burn Survivor

AV DVD IC02

This brief video emphasizes the dangers of playing with gasoline and targets a teen and tween audience. Austin Bailiff is a teen who is severely burned after experimenting with fire and gasoline. Austin has endured months of surgeries, skin grafts and therapy and has missed out on playing football, wrestling and his 8th grade graduation. Warning: video contains images that might be disturbing to younger audiences. Can also be viewed on YouTube.

(Produced by the Shriners Hospitals for Children.)

Grades 8-12

2008

5 min.

DVD

Be Cool about Fire Safety

AV IC42

Presents children with basic fire safety rules. Shows a fireman in uniform and emphasizes the importance of not hiding. NOTE: The deputy fire marshal kit is no longer available.

(Distributed by the New Jersey Division of Fire Safety.)

Grades K - 3

1996

15 min.

Donald's Fire Survival Plan

AV IC08

Donald and his nephew explain fire survival techniques including exit drills in the home and stop drop and roll.

(Produced by Disney Educational Productions.)

Grades 3-6

1990

11 min.

Planning and Practicing of Home Fire Drills

AV IC25

Shows how to teach children fire safety skills through the use of a fire prevention trailer.

(Produced by Duncan Associates, Inc.)

Adults

1991

8 min.

Smokey the Rapper: Fire Safety Video

AV IC26

Smokey teaches children how to protect themselves in a fire.

(Produced by the NJ Division of Fire Safety.)

Grades 2-4

15 min.

An Ounce of Prevention. Keeps the Germs Away. **AV MCO15**
 Explains how minor to acute diseases may be prevented by the following: washing hands, cleaning surfaces, handling food safely, getting immunized, etc.
 A one-page flyer summarizing the seven steps is available in limited quantity.
 (Produced by the Centers for Disease Control and Prevention.)
 Grade 11 - adult 1998 29 min.

Hands Down on Germs **AV MCO29**
 Bobby's hand is having a nightmare! Dr. Hands-A-Lot brings his germ goggles to see the germs on Bobby's hands. Bobby learns when he needs to wash his hands and how.
 (Produced by the Oregon Department of Education.)
 Grades 2-4 10 min.

Hands Together **AV CD MCO3**
 Scientists estimate that people are not washing their hands often or well enough and may transmit up to 80% of all infections by their hands. Germs are "highlighted" to show how easily they spread. The correct procedure for handwashing is demonstration and when to handwash is discussed. The video may also be viewed online on the CDC's website.
 Designed to be played on a computer.
 The script of the CD is available.
 (Produced by the Centers for Disease Control and Prevention.)
 High school, adults, seniors 2008 3 1/2 minutes CD

Handwashing Close Up **AV DVD MCO06**
 The doctor talks about handwashing techniques and about taking responsibility for not spreading germs to others. Features "Hot Zones" which are areas likely to be sources of germs. Demonstrates step by step handwashing procedures. Uses glitterbug lotion to show how many germs are missed with improper procedures. The 10 chapters and the extra can be selected individually. Available in English and Spanish. The English version has Korean subtitles.
 (Produced by Brevis Corp.)
 Grades 9 - adults 2006 26 min. DVD

Sink a Germ **AV DVD MCO05**
 For health care workers, especially aides, orderlies and other nonprofessional staff. As the PR person learns from his computer about ways to prevent the spread of infection, he develops a campaign to promote handwashing in the hospital. Note that it promotes the use of alcohol-based hand wipes and gels as a replacement for traditional handwashing. On the same DVD as All Hands on Deck.
 (Produced by Brevis Corporation.)
 Healthcare workers 1986 17 min. DVD

The Handwasher's Brigade Presents: How to Wash Your Hands! **AV DVD MCO03**
 Sgt. Soap of the Handwasher's Brigade teaches kids how to wash their hands, why it's important and when it's important.
 (Produced by PKIDS.)
 Grades 1-4 1999 13 min.

The Trail of the Invisible Yuck

AV DVD MCO03

School age children need more than Mom's reminder "Wash your hands." They need a reason why! This DVD captures the answer in compelling video coverage of his classmates passing through the cafeteria line. A dramatic reminder of why handwashing is so important in controlling the spread of illness.

(Produced by the Handwashing for Life Institute.)

Late elementary - middle school grades

2004

2 min. DVD

The Why, The When, and the How

AV MCO28

Video only with 3 modules developed for training the why, when and how of handwashing. Three segments, each only 90 segments long. Special "glowing" effects show hands contaminated by virus and then show how quickly contamination can spread from one employee to another, from utensils to food and eventually to the finished plate served in a restaurant.

(Produced by The Handwashing Leadership Forum)

Foodservice Workers

2001

5 min.

Wash Your Hands

AV IC13

Big Bird stars in a musical video about the importance of proper hand washing.

(Produced by the Children's Television Workshop.)

pre K - Grade 1

1985

6 min.

DVD

Why Don't We Do It In Our Sleeves?

AV DVD MCO1

This DVD punches out a serious message that people will remember. Use this video to educate your school staff, and subsequently your students, on the importance of using your elbow to cover coughs and sneezes to prevent the spread of germs and illnesses like the flu.

OtoRhinoLounsburgology Products; distributed by the Maine Medical Association

High school, Adults, Seniors

2006

5 minutes

DVD

Injury Control

Beltman

AV IC02

A superhero emphasizes the importance of seat belts. Demonstrates proper back seat belt placement. Emphasizes that children should ride in the back seat.

The accompanying lesson plan includes handouts for pre-K - grade 3.

(Produced by Film Loops, Inc.)

PreK - grade 3

1988

6 min.

Cooling a Hot Situation

AV IC34

A tool for provoking discussion, the two separate programs can be used individually. Stop points in each provide breaks. Welcome to Earth deals with why people become angry.

Cooling a Hot Situation gives tips to prevent fights and avoid unsafe situations.

(Funded by Metropolitan Life Foundation.)

Ages 7 - 10

1996

15 min.

Make the Right Call -911

AV IC32

Reinforces the use of 911 to activate the emergency medical services.

(Produced by the Emergency Medical Service.)

Grade 5 - adult

9 min.

Protecting your Newborn

AV IC35

Intended to help educate parents about safety transporting their newborn babies.
Instructor's guide (CG IC35) is available for use with the video.
Produced by the US Department of Transportation and Ford Motor Company.)
New parents 1997 29 min.

Rage on the Road: 48 Hours

AV IC40

Examines the relationship between aggression, rage, and road fatalities. Called "The Drunken Driving of the 90's," the increase in aggressive driving is linked to the increase in traffic and competitive behavior.

See the accompanying educational kit (CG IC38).

(Produced by CBS, Inc.)

High School 1997 45 min.

ReduceYour Risk: Carjacking

AV IC17

Explains how to practice precautions to avoid victimization.

(Produced by the National Safety Council.)

High School - Senior Adults 15 min.

Road Rage: Dateline NBC

AV IC39

Describes the road rage syndrome that begins with engagement and escalates to confrontation. Includes statistics on the results of aggressive driving and suggestions to protect yourself.

(Produced by National Broadcasting Company, Inc.)

High School 1997 15 min.

Lead Poisoning

Lead Paint Poisoning: The Thief of Childhood/ Childhood Lead Poisoning Prevention Program

AV IC22

Explores the dangers of childhood lead poisoning and it's affects on the community.

Provides information and practical advice on protecting children from poisoning

(Produced by the Childhood Lead Poisoning Prevention Program.)

Adults 1995 20 min.

Lead Safe Home Improvement: Practical Methods for Reducing Lead Hazards

AV IC36

Shows safe practical ways of keeping you and your family safe from lead poisoning.

Covers such procededures as removing carpets, removing exterior paint, and replacing old windows.

(Produced by Upper Swede Hollow Neighborhood Association.)

Adults 42 min.

Prevent Lead Poisoning

AV IC44

Describes the dangers of lead poisoning and the importance of testing young children. Practical suggestions for protecting children from lead poisoning are presented. Available in both VHS and DVD format.

Words to the Stop Lead Poisoning "rap" are available.

(Produced by the N.J. Department of Health and Senior Services.)

Parents of children under 6 years 2002 4 min. Video and DVD

Sesame Street: Lead Away!

AV IC41

Teaches children four tips for keeping lead out of their bodies. Stars Elmo, Rosita, Maria and Oscar the Grouch.

A booklet, "Lead - The Silent Threat," is available in English and Spanish.

(Produced by the Children's Television Workshop.)

PreK and K 1996 15 min.

Lice

Advice on Lice

AV MCO12

Cartoon lice patrol children's hair and discuss the behaviors that do and do not affect the lice. The issue of embarrassment is addressed. A complete treatment is outlined.

(From the Disney Educational Media Company.)

Grades 4 - 6 1985 13 min.

Head Lice: An Itchy Problem

AV MCO30

Armed with facts, students can help stop the spread of these pesky critters. Answers important questions about what lice are, how lice are transmitted, how to get rid of lice and why early detection is important. Emphasizes that anyone can get head lice.

(Produced by Marsh Media.)

Grades K-6 1998 13 min.

Life Cycle

Hope is Not a Method

AV M53

Takes place in a family planning clinic. Two couples and one woman who came to the clinic with a friend talk with counselors about various methods of birth control. Detailed information explains how each method is used correctly.

A teacher's guide and black line masters on methods of contraception are available.

(Produced by United Learning.)

Grades 9 - Adults 2002 19 min.

Quality of Life: Nutrition Makes a Difference

AV N39

Reviews nutrition problems of the elderly. Includes loss of appetite, chewing, dementia and others. Emphasizes nutrition as a factor in quality of life. Mentions Ensure as a high-calorie supplement. Set in a day care.

(Produced by Ross Products Division, Abbott Laboratories.)

Adult care-givers 1999 10 minutes

Triggering Positive Health Choices

AV M55

Includes 6 distinct programs, each of which could be used alone. Big Brother (5 min.) - a preteen is offered beer by her brother's friend. The Shack Club (6 min.) - a club's initiation is illegal and dangerous. Blind Date (6-1/2 min.) - a small party becomes 2 couples. Secrets (5-1/2 min.) - family problems interfere with school and a young girl has no one to trust. The Champ (6-1/2 min.) - training to become a champ forces personal choices. Smoke and Fire (6 min.) - the decision on whether to smoke is affected by peer pressure.
(Produced by the Metropolitan Life Foundation.)

Young adolescents, 10-13 years 1991

Yes, Let's Not

AV MCH25

Discusses 4 steps students can take when asked to do something they don't want to do. They are Say No, Tell Why, Sell Another Idea and Leave. Sample situations include tobacco use and unsafe traffic behaviors. On screen slides are labeled "Pause." They allow discussion, but would be awkward if no discussion was planned.

(Produced by the American Cancer Society.)

Grades 4 - 6 1994 14 min. 46 sec.

Lyme Disease

Lyme Disease: Facts for Kids

AV MCO16

Luis from Sesame Street and muppets present two segments, Dr. Ticked-Off & His Tick Patrol for K-4 and WTIK: Do A Tick-Check for 5-8. Both are also included in Spanish. Includes preventing tick bites, tick removal and information about lyme disease.
(Distributed by the Lyme Disease Foundation, Inc.; produced in conjunction with the Centers for Disease Control and Prevention.)

Grades K - 8 1997 18 min. each

Lyme Disease: Operating a Self-Help Group

AV MCO26

Explains the benefits of a self-help group and presents suggestions on how to organize one that is effective. Uses the stages of grief as an example of a topic that may have benefit for many.

(Produced by the Lyme Disease Foundation.)

Community organizations 1997 24 minutes

Lyme Disease: What You Should Know!

AV MCO21

Provides information on ticks, transmission, diagnosis, symptoms, treatment, tick removal, personal protection, and property management. Gives a LOT of information. Supplemental material to summarize and reinforce the topic would be helpful.

Handouts: Lyme Disease in New Jersey; Lyme Disease. Tips for Personal Protection.

(Produced by the Lyme Disease Foundation.)

Grades 11 - Adult 1997 25 min.

Lyme Disease: Workplace Awareness and Prevention

AV MCO25

Presents the two-step plan of educate and protect. Includes information on the ticks, symptoms, diagnosis, treatment and protection. Pictures of ticks and rashes are very helpful. A community education guide and slide show are also available.

(Produced by the Lyme Disease Foundation.)

Adults in workplace settings 1994 16 minutes

Miscellaneous

The Story of Me

AV P04

All the choices that we make determine our life stories. Pictures from a child's past illustrate choices. Four segments are included on one tape.

(Produced by the American Cancer Society.)

PreK - 1 1987 7 min.

Nutrition

5 A Day Adventures

AV CD N03

Includes 8 modules to teach the 5 A Day message in a fun manner.

Teacher resources are included on the CD.

(Produced by Dole, Inc.)

Grades 3 - 5 2000 CD

A Crash Course on Calcium

AV N31

A documentary format follows three teens as they report on teens, calcium and bone health. Discusses soft drink intakes, osteoporosis, and also stress fractures. Includes cameos from many sports figures. Does NOT address lactose intolerance.

(Produced by the National Fluid Milk Processor Promotion Board.)

Preteens 1998 22 min.

A Matter of Balance: Easy Steps for Good Nutrition

AV N17

Emphasizes that choices over time achieve a balanced diet and that no food is good or bad. A target fat intake per day is calculated using the nutrition facts on labels. Includes some specific examples.

(Produced by Kraft General Foods with technical assistance by the American Dietetic Assn.)

Grades 9 - Adult 1991 10 min.

Body Culture

AV N41

A diet for athletes is outlined and examples of meals illustrated. Includes a training diet, pre-game meal and pos-game refreshment. Describes food groups in terms of their nutrient contribution to the total diet. Provides a simple formula for calculating caloric needs.

(Produced by the National Livestock and Meat Board.)

Grades 9 - 12 1989 7 minutes

Dietary Management and Fats and Cholesterol

AV N07

Explains HDL, LVL, and the diet recommended to reduce blood cholesterol.

(Produced by Milner-Fenwick.)

Adults, Seniors 12 min.

Eating Healthy for Weight Control

AV N09

Gives nutrition tips aimed at reducing calories and fat intake in various settings. Stresses the importance of exercise as part of the weight loss process.

Adult 1990 223 min.

Fit for a King: The Smart Kid's Guide to Food and Fun.

AV N32

The kids in story land learn to have a healthy lifestyle by eating a variety of foods of low fat content and by keeping moving. Emphasizes the importance of smart choices and links a healthy lifestyle to a healthy heart.

A leader's guide and reproducible activity sheets are also available. (CG N32)

(Produced by the American Academy of Pediatrics.)

Grades 3 - 5 1997 9 min.

Heart Health: The First Step is Diet

AV N14

Emphasizes controllable risk factors and the role of decision-making in decreasing the risk of heart disease. Information explains dietary fat, cholesterol and calories. NOTE: The old nutrition label that is shown. Omits Step II diet recommendations.

(Copyright by Best Foods, A Division of CPC International Inc.)

Adult; Seniors 1990 18 min.

Heartwise for Healthful Dining/ Pascack Vally/NJ healthy Heart Program

AV N13

Describes heartwise program for healthful dining. Gives tips for cooking, dining out and substitution.

Pascack Valley/NJ Healthy Heart Program

Adult, Seniors 1990 8 min.

KidStrong: Inside & Out

AV N33

To look good now and in the future, good health decisions are important. A strong skeleton is important for physical activity and decreases the risk of osteoporosis. Quizzes reinforce concepts of diet, exercise and not smoking, drinking or taking drugs.

A detailed curriculum guide is available. (CG N33)

(Developed by the New Jersey Dept. of Health and Senior Services.)

Grades 5 - 6 1998 20 min.

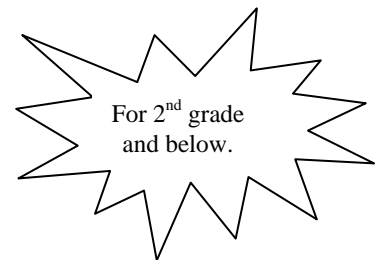
Max's Magical Delivery: Fit for Kids

AV DVD N05

Josh, Nick, Elena and Ashlyn are playing video games at Josh's when Max the Deliveryman shows up with a giant, mysterious crate. Soon they're on a wild ride on the Foodmobile and taking pictures with a crazy camera that shows how their breakfast makes them feel. Steps for healthy living include both healthy eating and increasing physical fitness.

(Produced by the U.S. Dept. of Health and Human Services.)

Ages 5-9 2004 28 min.



DVD

MVE-TV: The Channel for Moderation, Variety and Exercise **AV N24**

A "channel surfing" technique is used to highlight nutrition and exercise messages. The accompanying curriculum guide combines the visual messages with activities to be completed in the classroom. The pace is fast and designed to appeal to teenagers. The curriculum guide (CG N24) includes activities and reproducible handouts. (Produced by the National Livestock and Meat Board.)

Secondary Grades 1994 10 min.

My Pyramid Blast Off Game **AV CD N4**

Students fill their rocket ship with the correct quantities of food and the right amount of exercise to "blast off." A mission report tells how to change selections to get enough fuel. Students can print a certificate of achievement when they are successful and the daily choices that they had selected. The CD loads the game onto the computer.

(Produced by the U.S. Department of Agriculture.)

Elementary students 2005 CD

Obesity: Not Me! **AV N43**

With a young host as narrator, helps viewers recognize the three things that cause obesity: eating too much, eating foods high in sugar and fat, and not being active enough. Explains what a balanced diet is and how to use the Food Guide Pyramid as a guide to healthy eating. Includes health food choices at fast-food restaurants, food labels and the crucial importance of exercise.

Teacher's Guide with suggested activities and worksheets is available.

(Produced by Sunburst Visual Media.)

Grades 3-5 2006 19 minutes Video and DVD

Real People: Coping with Eating Disorders **AV N03**

Anorexia, bulimia and compulsive overeating are explored by people who have experienced the disorders. Includes the emotional and physical consequences as well as treatment options.

(Produced by Sunburst Communication.)

Grades 7 - Adult 1989 28 min.

Smart Selections for Health Eating **AV N28**

Explains the nutrition information found on food labels and how to use this information to choose appropriate foods. Includes descriptors, health claims, nutrition facts and uniform serving sizes.

(Produced by Campbell Soup Company and Public Voice for Food and Health Policy.)

Adults, Seniors 1993 6 min.

Smart Supermarket Shopping **AV N29**

Illustrates how to practice smart shopping with smart label reading. Includes information on supermarket layouts and shelf placements, impulse buying triggers, comparing competitive products and much more.

(Produced by the National Health Video.)

Grades 9 - Seniors 1994 19 min.

Snack Smarts**AV N44**

Ricardo and Lynette take a trip to the grocery store to find snacks for a school project. Viewers will learn how to choose foods and drinks that help them get enough water, fiber, calcium and other nutrients that contribute towards feeling, looking and smelling good. The 12-page teacher's guide includes a video worksheet, a food labels exercise, handouts on beverages and snacking and fat and calories worksheets.

Learning Zone Xpress

Grades 6-12

2006

18 min.

Super Size Me: A Film of Epic Portions**AV DVD N04**

Filmmaker Morgan Spurlock embarks on a journey to find out if fast food is making American fat. For 30 days he can't eat or drink anything that isn't on McDonald's menu; he must eat three square meals a day, he must eat everything on the menu at least once and supersize his meal if asked. He treks across the country interviewing a host of experts on fast food and a number of regular folk while downing McDonald's to try and find out why 37% of Americans are now overweight. Spurlock's grueling diet spirals him into a metamorphosis that will make you think twice about picking up another Big Mac.

High School, Adults

110 min

DVD

Teens Eating for Energy and Nutrition at School**AV N36**

As a class assignment, a student interviews 5 classmates about their eating habits. Intended to be used with the curriculum guide (CG N36) as a basis for evaluating the diets of the 5 students and using the same procedures for self evaluation.

Request accompanying curriculum guide (CG N36).

(Published by the Learning Zone Express.)

Grades 7 and 8

1998

17 min.

The Food Groupie Adventures**AV N34**

The food groupies come to life to help youngsters learn to eat from all the food groups. For each group, other foods in the group and the functions of that group are highlighted.

A storybook about the food groupies and an action figure of each food group are available.

(Produced by Food Groupie, Inc.)

PreK - Grade 1

1991

15 min.

The Lean Life Foods ... to Know Them is to Love Them**AV N26**

Emphasizes the fat and calorie content of meals and illustrates practical ways to reduce them. Explains that fat is a concentrated source of energy and that tastes can be changed.

NOTE: The nutrition label is the old format, but information is correct.

(A Nutrivisuals presentation.)

Grades 9 - Adult

1989

25 minutes

The New American Plate**AV CD N02**

This CD includes a slide show presentation on nutrition, emphasizing the proportion of foods included on "the New American Plate" and portion size. A script is also included. Both documents are stored as pdf files. Instructions for viewing the slides in the "full screen" option are included.

(Produced by American Institute for Cancer Research.)

Grades 9 - adults

CD

The Real Scoop About Diet and Exercise

AV N30

Uses the Food Guide Pyramid as a guide for selection, emphasizing personal choice. Divides foods into "Anytime," "Sometimes," and "Seldom." Relates nutrition and physical fitness to a sense of well being as well as to chronic diseases.

(Produced by the Center for Science in the Public Interest.)

Preteens 1994 13 min.

To Your Health! Food Safety for Seniors

AV N38

Presents information on why seniors are more susceptible to food borne illnesses and why they are more of a problem now. At home steps for food safety focus on clean, separate, cook and chill. Tips on safe eating away from home are also included.

(Produced by the Food and Drug Administration and the U.S. Department of Agriculture.)

Senior adults 2000 14 minutes DVD

Winning Sports Nutrition: The Competition Diet

AV N16

Relates nutrition to athletic performance and gives specific tips on diet before, during and after competition. Describes glycogen loading. University athletes and coaches are featured. NOTE: Produced before the Food Guide Pyramid, it uses a V Food Guide.

(A Guidance Associates video.)

Athletes and coaches 1990 21 min.

Physical Fitness

Fitness

AV P07

Describes the benefits of being physically fit. Includes the 3 components of being fit - stretching muscles, aerobic exercises and strengthening muscles.. FIT = Frequency, Intensity, Time. Includes stages of change and implications for starting and continuing exercise programs.

(Produced by The Staywell Company.)

Adults 2000 10 min.

Get Moving. Get Eating. Get Fit.

AV P02

Addresses parents, teachers and parent coaches about helping children becoming fit through physical activity and nutrition. NOTE: Does not mention low fat dairy choices. The leader's guide mentioned is no longer available.

(Produced by the National Dairy Council.)

Grades 3 - 5; Adults 1988 7 min.

Getting Active with Jack the Apple

AV P09

Jack the Apple goes with a friend and his aunt as they learn that physical activity can be fun and has many health benefits. Activities develop both fine and gross motor skills.

Suggestions that parents and children can do at home are also included.

A facilitator's guide has program objectives, follow-up activities, parent hand-outs and resources.

(Produced by KNB Productions; distributed by AGC/United Learning.)

PreK - K 1999 11 min.

KIDNETIC.com Tap into the energy

AV CD P01

Healthy eating and active living games for kids. Four different interactive games. The games get kids moving and learning about nutrition and physical activity. The four games are Move Mixer, scavenger hunt, innerG, and Fitness Challenge.

A leader's guide is included on the CD.

(Produced by the International Food Information Council Foundation, IFICF.)

9-12 years old

CD

Puberty/Hygiene

Amazing Changes Inside & Out: Puberty for Girls

AV M51

Topics covered include body changes, hygiene, acne, hormonal changes, sexual development, changing family roles, and developing respectful relationships with the opposite sex. Includes a segment on puberty for boys.

Includes black line masters for reproductive organs, a crossword puzzle and test questions.

(Produced by AGC/United Learning.)

Grades 4 - 8

2001

22 min.

Clean Kids

The Clean Kids Club mobilizes to keep kids clean and safe from harmful germs. Topics covered include hand washing, bathing, dental hygiene, nail care and clean clothes.

(Produced by Marsh Media.)

K - 3

1999

15 min.



AV P06

Video and DVD

Clean Up Your Act

AV P01

A germ tells viewers about his life and family, including where they live and what they need to grow. Topics include kitchen sanitation, toothbrushing, laundry, showering, athlete's foot and more. The germ meets a tragic end.

(Produced by Churchill Films.)

Grades 1 - 4

15 min.

Growing Up! For Boys

AV DVD M03

Eases the growing pains as boys try to cope with physical and psychological changes that are a normal part of growing up. A look at the basics of male anatomy and development encourages boys to take pride in their uniqueness while realizing that people are often reassuringly alike. Points to sources of reliable information during these sometimes difficult times, and fosters the self-esteem that comes with accepting new responsibilities.

(Produced by Marsh Media.)

Grades 4-6

Updated 2010

11:55 min.

DVD

Growing Up! For Girls

AV DVD M04

Promotes self-confidence as girls face the challenges of change and growth. Clear, authoritative information about the female reproductive system, the emotional and physical transformations of puberty, and the importance of good health and hygiene is geared toward encouraging a positive body image and sense of personal worth. Takes a realistic look at the responsibilities of adulthood and promotes dialogue with trusted adults along the sometimes confusing path to maturity.

(Produced by Marsh Media.)

Grades 4-6

Updated 2010

14:34 min.

DVD

It's a Change Thing!

AV M54

Emphasizes that change is normal and that each individual is unique. Social changes related to puberty are included. Physiological changes are separated into "outside changes" and "inside changes." NOTE: The booklet and free product samples mentioned at the end are not available.

(Produced by Kimberly Clark.)

Girls, grades 5 - 6

1998

16 minutes

My Wonderful Body Machine

AV P04

Speaks of the body as a well-orchestrated machine, introducing anatomy and the five senses. Stresses habits that promote health. Four segments are included on one tape.

(Produced by the American Cancer Society.)

PreK - 1

1987

7 min.

The Adventures of Healthman

AV P04

Shows habits that make children grow up strong and healthy. Includes hygiene, exercise and diet. Emphasizes that habits are chosen, but that learning them can take time. Four segments are included on the same tape.

(Produced by the American Cancer Society.)

PreK - 1

1987

7 min.

The New, Improved Me: Understanding Body Changes

AV M49

"Boy into Man" and "Girl into Woman" are discrete parts of this video. Students learn that puberty is a natural and normal occurrence. Demystifies this often puzzling and frightening process.

A teacher's guide has discussion questions and activities.

(Produced by Sunburst Communications.)

Grades 5 - 9

1991

25 min.

We're Growing Up!

AV DVD M02

A co-educational program designed for both boys and girls. The narrators talk comfortably and matter-of-factly about human growth. They cover growth patterns (starting with a baby's rapid growth in the womb) and move quickly through childhood to adolescence. A review of male and female anatomy, sexual development and an emphasis on responsible choices will be points for classroom discussion.

(Produced by Marsh Media.)

Grades 4-7

Updated 2010

11:30 min.

DVD

Whatsa Hygiene?

AV DVD M01

When members of the band are confronted with a health assignment, they don't know where to begin. "Whatsa hygiene?" asks puzzled Milt, the bass guitarist for the group. The band members decide to answer this question with a song, and in the course of this entertaining presentation, they compose the words and music that will inspire young viewers to stay clean and healthy. Topics explored include bathing, handwashing, care of teeth, hair, and nails, and the importance of clean, neat clothing.

(Produced by Marsh Media.)

Grades 4-6

1999

18:06 min. DVD and VHS

Rabies

Tommy and Jake

AV ME09

Discusses preventative aspects of rabies by showing a child (Tommy) taking a dog (Jake) to a veterinarian. Emphasizes both the need to get pets vaccinated and the need to stay away from all wild animals. Tells children to tell a parent or responsible adult immediately if they are bitten.

(Produced by Educational Communication Center Marketing.)

Grades 2-4

1990

15 min.

Self-esteem

Assets Happening Here

AV D20

Shows the everyday lives of three teens. Narration adds an explanation of assets and how they benefit teens. Helps teenagers identify which asset is being illustrated in the lives of the three young people. The stories represent a range of lifestyles.

A leader's guide provides learning objectives and discussion questions.

(Produced by the Noodlehead Network.)

Grades 7 - 12

1999

17 min.

Clarissa

AV D25

Clarissa is just a plain brown cow--to herself and almost everybody else on the Larson farm. The story of how Clarissa rescues a troupe of prize animals and proves her own worth to herself and those around her is a blue-ribbon winner for every youngster who meets Clarissa and her tale.

A story book is available for loan with this video.

(Produced by Marsh Media.)

Grades K - 2

1992

13 min.

Feeling Good About Myself

AV P04

Emphasizes learning from mistakes and accepting yourself for who you are. Relates good health to good self-esteem. Four segments are included on one tape.

(Produced by the American Cancer Society.)

PreK - 1

1987

7 min.

Kylie's Song

AV D07

Shows young people how important it is to develop their own individual capabilities, since it is the differences in people that make them so special. Based on the book of the same name, first published through the Girls Club of Santa Barbara.

A lesson plan is available for use with the video. A story book is also available.

(Produced by Marsh Media.)

Grades K - 2

1988

12 min.

Good enrichment for lesson on using special talents. 2nd grade

Minou

AV D09

Minou, a Siamese cat, has never been alone and was glad for the security of the leash. When her owner dies, she has to learn to be independent and care for herself.

A lesson plan targets grades K-2. A story book is also available for use with the video.

(Produced by Marsh Media.)

Grades K and up

1989

18 min.

Smoking

Dusty the Dragon

AV S18

Children learn about the affects of smoking on health as an animated heart and lungs fight against villain

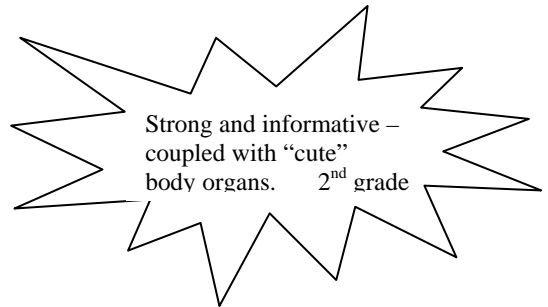
Nicky Teen for Dusty's allegiance.

(Distributed by ETR Associates Network Publications.)

Grade 2

1990

11 min.



I Can't Breathe: A Smoker's Story

AV S40

Pam Laffin, a 31-year old mother of two young girls, dies from emphysema. In this program, Pam tells why she started smoking and what it was like to learn she had emphysema.

(Produced by the CDC and the Massachusetts Department of Public Health.)

Students aged 11 - 14

2001

20 min.

McGruff's Kids Files: Tobacco

AV DVD S02

McGruff the Crime Dog and his teenage friend Jason utilize interviews with health experts and smokers to help students discover some "burning issues" about tobacco use.

Information is presented on how cigarette advertisers target young people in their ads and the dangers of secondhand smoke. Be sure and remind students that the legal age for tobacco sale in New Jersey is 19, not 18.

(Produced by AIMS Multimedia.)

Grades 4-8

2002

16 min.

DVD

SLAM!

AV S35

Tells the story of a young singer/songwriter and how she became active in a campaign against the tobacco industry.

(Produced by the CDC's Office on Smoking and Health.)

Grades 9 - adults

1999

15 min.

Targeted! How Tobacco & Alcohol Companies Try to Get You Hooked

AV DVD S03

Explores the phenomenon of targeting young consumers, and will surely be an eye-opener for students who may prefer to think that they're not being manipulated by ads and media images. Whether they're selling cigarettes or alco-pops, these industries are intent on convincing vulnerable teen consumers to risk their health and future by experimenting with these addictive and potentially deadly products. Unveils some of the most common "tricks of the trade" used to market these products.

Includes a pre-post test and black and white masters for student activities and fact sheets.

(Produced by Human Relations Media.)

Grades 7-college

2003

23 min.

DVD

The Coach's Final Lesson

AV S03

A terminally ill coach is filmed during the last year of his life. He frankly discusses the emotional cost of dying as well as the physical and emotional effects of treatment. He emphasizes that it's the first cigarette that starts the addiction.

(Produced by the American Lung Association.)

Grades 9 - 12

1987

17 min.

Think It Over: Kids Tell the Truth about Tobacco

AV S32

Made by middle school students to help educate others about the dangers of tobacco. Interviews with tobacco users provide evidence of the effects of diseases such as emphysema and laryngeal cancer. The students learn the facts about tobacco from experts. A study guide provides discussion questions, follow-up activities, a word search game and a quiz.

(Produced by Intermedia.)

Middle School Students

1999

30 min.

Tobacco: Just Say No

AV DVD S01

Teen narrators guide younger students through a lively question and answer format that delivers hard facts about tobacco: the drug nicotine addicts you, while the tar and other chemicals and toxins in cigarettes--arsenic, cadmium, formaldehyde, etc.--kill you.

Grades 5-9

2004

13 min.

DVD

Women and Tobacco: Seven Deadly Myths

AV S33

Presents serious health effects of smoking on women and discusses the myths that surround women and smoking. Some segments, such as the lung of a smoker, are graphic. Benefits of quitting are also described.

A facilitator's guide accompanies the video.

(Produced for the Centers for Disease Control and Prevention.)

Grades 9 - Adult; Women

2001

17 min.

Stress

Letting Go of Stress

AV P08

Introduces 4 techniques to help the viewer take control of tension and regain serenity: stretching; deep breathing; acupressure and self-massage; and progressive relaxation. (Produced by the Hazelden Foundation.)

Grades 9 - Seniors 1998 26 min.

Working with Stress

AV DVD P01

Prolonged stress affects chronic health conditions of workers. Stress occurs when job expectations don't match the skills or needs of workers. The model presented emphasizes the need to address work conditions such as lack of control, unrealistic deadlines, lack of supervisory support to decrease causes of stress. Stress management courses focus on the workers themselves and are easy to implement, but may not be long-term solutions to stress.

(Produced by the National Institute for Occupational Safety and Health, CDC.)

Supervisors and managers; all workers 2002 17 min. DVD

Sun Safety/Skin Cancer

Get It Checked: Why and How To Do Skin Self Exams

AV MCH36

Presents basic information about skin cancer, including types of skin cancer and risk factors. Describes sizes and shapes of types of moles. Procedures for a self-exam are demonstrated.

(Produced by the American Cancer Society.)

Grades 9 - Adults 2000 13 min.

The Dark Side of the Sun

AV DVD MCH1

Tells the story of college sophomore Millie who discovered a mole on her thigh. She underwent surgery, chemotherapy and radiation before her death at age twenty.

A lesson plan is available.

Mollie Biggane Foundation

Middle and High School 2005 15 minutes

TITLES FOR ELEMENTARY SCHOOLS

AIDS/HIV

AIDS: Facts for Kids	Grades 4-6	pg. 3
HIV AND AIDS: Staying Safe	Grades 4 - 6	pg. 3
Understanding HIV and AIDS	Grades 5-9	pg. 4

Alcohol/Drugs

Chug. Too Much of Anything is No Good	Grades K - 2	pg. 4
Growing Up Isn't Easy	Grades 5 - 8	pg. 5
Hana's Year	Grades K and up	pg. 5
Michael's Journey	Grades 5 - 8	pg. 6
My Way Sally: Learn to be a Leader	Grades K-2	pg. 6
Yoo Hoo	Grades 1 - 3	pg. 6

Asthma

Quest for the Code	Ages 7 - 15 years	pg. 8
--------------------------	-------------------------	-------

Bicycle Safety

Bicycle Safety Camp	Grades K - 4	pg. 8
I'm Safe! On Wheels	Ages 3-8	pg. 9

Communicable Disease

Neato Mosquito	Grade 4	pg. 9
----------------------	---------------	-------

Dental

Adventures of Wiggly Tooth	Grades K - 1	pg. 9
Brushing with Dudley & DeeDee	PreK	pg. 9
Dudley's Classroom Adventure	Grades 2-3	pg. 9
Dudley's Visit to the Dentist	Grades PreK - 1	pg. 10
Geena's Tremendous Tooth Adventure	Grades K - 1	pg. 10
Toothbrushing with Charlie Brown	Grades 2 - 3	pg. 10

Environmental

Down the Drain	Grades 3 - 5	pg. 10
The Inside Story on Air Pollution	Grades 4-6	pg. 11
Keeping the Lid on Air Pollution	Grades 4 - 6	pg. 11

Fire Safety/Burn Prevention

Be Cool about Fire Safety	Grades K - 3	pg. 11
Donald's Fire Survival Plan	Grades 3-6	pg. 11
Smokey the Rapper: Fire Safety Video	Grades 2-4	pg. 11
Sparky's Greatest Escapes	Ages 6-9	pg. 12
The Smoke Detectives	Grades K - 6	pg. 12

Food Allergies

Alexander, the Elephant Who Couldn't Eat Peanut	Ages 2 to 7	pg. 12
--	-------------------	--------

Handwashing/Disease Prevention

All Hands on Deck: True Confessions of a Filthy, Rotten, Disgusting GERM	Grades 2-5	pg. 12
Hands Down on Germs	Grades 2-4	pg. 13
The Handwasher's Brigade Presents: How to Wash Your Hands!	Grades 1-4	pg. 13
The Trail of the Invisible Yuck	Late elementary - middle school grades	pg. 14
Wash Your Hands	pre K - Grade 1	pg. 14
Why Don't We Do It In Our Sleeves?	High school, Adults, Seniors	pg. 14

Injury Control

Beltman	PreK - grade 3	pg. 14
Make the Right Call -911	Grade 5 - adult	pg. 14

Sesame Street: Lead Away!.....	PreK and K	pg. 14
Lice		
Advice on Lice	Grades 4 - 6.....	pg. 16
Head Lice: An Itchy Problem.....	Grades K-6.....	pg. 16
Life Cycle		
Triggering Positive Health Choices	Young adolescents, 10-13 years	pg. 17
Yes, Let's Not	Grades 4 - 6.....	pg. 17
Lyme Disease		
Lyme Disease: Facts for Kids.....	Grades K - 8.....	pg. 17
Miscellaneous		
The Story of Me	PreK - 1	pg. 18
Nutrition		
5 A Day Adventures	Grades 3 - 5.....	pg. 18
A Crash Course on Calcium	Preteens.....	pg. 18
Fit for a King: The Smart Kid's Guide to Food and Fun.	Grades 3 - 5.....	pg. 19
KidStrong: Inside & Out	Grades 5 - 6.....	pg. 19
Max's Magical Delivery: Fit for Kids.....	Ages 5-9.....	pg. 19
My Pyramid Blast Off Game.....	Elementary students.....	pg. 20
Obesity: Not Me!.....	Grades 3-5.....	pg. 20
Snack Smarts	Grades 6-12.....	pg. 21
The Food Groupie Adventures	PreK - Grade 1	pg. 21
The Real Scoop About Diet and Exercise	Preteens.....	pg. 22
Physical Fitness		
Fitness.....	Adults.....	pg. 22
Get Moving. Get Eating. Get Fit.	Grades 3 - 5; Adults.....	pg. 22
Getting Active with Jack the Apple.....	PreK - K.....	pg. 22
KIDNETIC.com Tap into the energy	9-12 years old	pg. 23
Puberty/Hygiene		
Amazing Changes Inside & Out: Puberty for Girls.....	Grades 4 - 8.....	pg. 23
Clean Kids	K - 3	pg. 23
Clean Up Your Act.....	Grades 1 - 4.....	pg. 23
Growing Up! For Boys.....	Grades 4-6.....	pg. 23
Growing Up! For Girls	Grades 4-6.....	pg. 24
It's a Change Thing!	Girls, grades 5 - 6.....	pg. 24
My Wonderful Body Machine.....	PreK - 1	pg. 24
The Adventures of Healthman.....	PreK - 1	pg. 24
The New, Improved Me: Understanding Body Changes	Grades 5 - 9.....	pg. 24
We're Growing Up!	Grades 4-7.....	pg. 24
Whatsa Hygiene?.....	Grades 4-6.....	pg. 25
Rabies		
Tommy and Jake	Grades 2-4.....	pg. 25

Self-esteem

Clarissa Grades K - 2 pg. 25
Feeling Good About Myself PreK - 1 pg. 25
Kylie's Song Grades K - 2 pg. 26
Minou..... Grades K and up..... pg. 26

Smoking

Dusty the Dragon..... Grade 2..... pg. 26
I Can't Breathe: A Smoker's Story Students aged 11 - 14 pg. 26
McGruff's Kids Files: Tobacco..... Grades 4-8..... pg. 26
Smoking Exposed Grades 5-9 pg. 27
Tobacco: Just Say No Grades 5-9 pg. 28