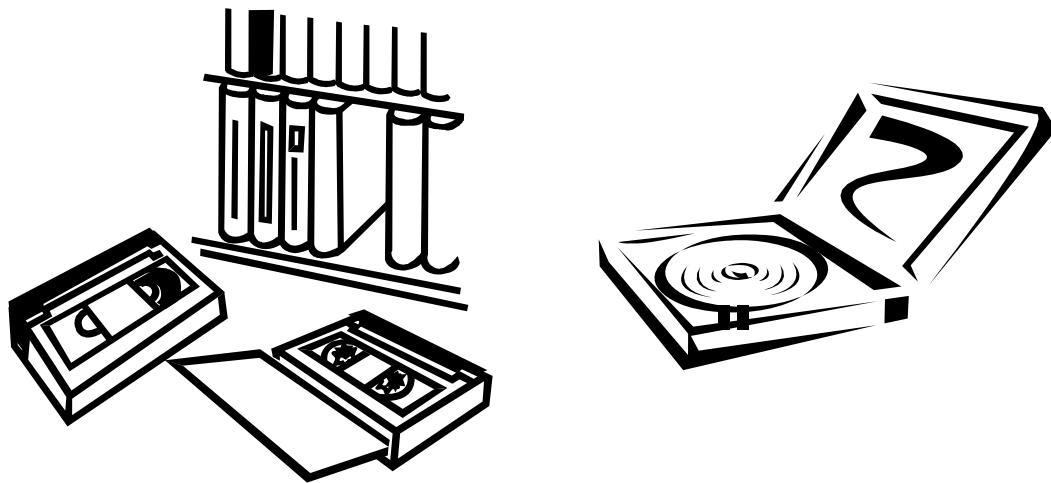


KATHLEEN A. DONOVAN, *County Executive*

HEALTH PROMOTION RESOURCE CENTER

**2011-2012
AUDIOVISUAL CATALOG**



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Health Promotion Resource Center

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HEALTH PROMOTION RESOURCE CENTER

2011-2012 VIDEO CATALOG

WELCOME	1
POLICIES AND PROCEDURES	1
WHO MAY USE THE CENTER.....	1
HOURS	1
DESCRIPTION OF AUDIOVISUALS.....	3
AIDS/HIV	3
Alcohol/Drugs	4
Asthma	7
Bicycle Safety	8
Cancer.....	8
Chronic Disease.....	10
Communicable Diseases	11
Dental	12
Diabetes.....	14
Environmental	14
Fire Safety/Burn Prevention.....	16
Food Allergies	17
Handwashing/Disease Prevention	17
Injury Control	19
Lead Poisoning.....	20
Lice.....	20
Life Cycle	21
Lyme Disease	22
Miscellaneous.....	22
Nutrition	22
Physical Fitness	26
Puberty/Hygiene.....	27
Rabies	28
Self-esteem	29
Smoking	29
Stress	32
Sun Safety/Skin Cancer.....	32
AUDIOVISUALS FOR ELEMENTARY SCHOOLS	33

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 AUDIOVISUALS

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.

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.

Adults, parents

1993

20 min.

VHS

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.

Grades 4 - 6

2001

15 min.

VHS

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.

Grades 9 - 12

1995

20 min.

VHS

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.

Community Organizations

2002

12 minutes

VHS

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.

Grades 5-9

2006

20 min.

DVD

<i>Growing Up Isn't Easy</i>			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.			
Grades 5 - 8	1992	12 min.	VHS
<i>Hana's Year</i>			AV D08
Demonstrates the importance of resisting peer pressure and taking responsibility for ones own actions.			
Grades K and up	1994	14 min.	VHS
<i>How to Raise a Drug Free Child</i>			AV D03
Discusses the current drug problem and how parents help their children remain free of drugs.			
Parents	1987	32 min.	VHS
<i>If You Change Your Mind...</i>			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.			
Grades 7 - 9	1991	31 minutes	VHS
<i>Intervention: The Responsibility of Friends</i>			AV L14
The major focus is stories of 6 interventions. Discusses economic and personal affects of alcohol abuse. Estimates that each alcoholic affects at least 3-5 other people.			
Grades 9-adult		16 min.	VHS
<i>Last Call: The Sobering Truth about F.A.S.</i>			AV AL22
Case studies present symptoms and lifelong complications of these completely preventable birth defects. Emphasizes that even low alcohol intakes can cause symptoms. Interviews mothers and children to highlight difficulties of living with the results.			
Grades 9 - adult	2001	26 min.	VHS
<i>Make the Right Choice</i>			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.			
Teens, coaches, parents	2005	10 min.	DVD

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.

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.

Grade 7 - adult

18 min.

VHS

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.

Grades K - 4

1989

25 min.

VHS

I'm Safe! On Wheels

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.

Ages 3-8

2003

10min.

DVD

Cancer

A Man's Guide to Testicular Care

AV MCH19

Stresses the importance of regular testicular exams, especially for young men. Discusses contributing factors. Rates of successful treatment are high for early diagnosis.

Grades 9 - Adults

1989

15 min.

VHS

B.S.E. for Teens

AV MCH07

Emphasizes that while the odds of being diagnosed with breast cancer as a teen are small, starting regular monthly breast self exams allows teens time to become familiar with their own breasts. Emphasizes that tumors caught early are more easily treated. Mentions mammography for older women.

Grades 9-12

1993

7 min.

VHS

Genetic Testing for Breast Cancer: It's Your Choice

AV MCH34

Examines both medical and personal issues related to genetic testing for breast cancer. Presents a balanced view of what tests do and do not tell. Interviews people who have chosen both for and against testing. Stresses the need for individual counseling.

Adults, young adults

1997

13 min.

VHS

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.

Grades 9 - Adult

1997

9 min.

VHS

Instructions for Breast Self-Examination (Spanish)

AV MCH28

The Spanish version of AV MCH27, "Instructions for Breast Self-Examination." 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.

Grades 9 - Adult

1997

9 min. VHS

Know the Facts. Know for Sure.

AV MCH37

Emphasizes the three prongs of early detection for breast cancer: self-examination, clinical examination and mammography. Shows what to expect from each procedure. Recommended guidelines for examinations are included. Points out that the majority of women who get breast cancer do not have risk factors.

Grades 9 - Adults

1999

12 min.

VHS

Making Healthy Choices. Prostate Health Awareness.

AV DVD MCH05

Dad gets scheduled for a prostate exam by his son who explains the risk for males and especially African American males. Following the story, questions on screen can be used to start a discussion with the audience. Answers to each question are also included in the presentation.

Adult males

12 min.

DVD

Mammography: Woman-to-Woman

AV MCH41

Addresses fears of women concerning mammography. Shows the procedure. Emphasizes the importance of early detection and stresses the importance of mammograms. Includes the role of self exams and physician exams in detecting breast cancer. The toll free number no longer has a list of accredited facilities. The American College of Radiology's web site (www.acr.org) provides a searchable list.

Grades 9 - Adults

1992

10 minutes

VHS

Parenting to Prevent Cancer

AV CH51

Includes the role of parents in protecting children from the risks of cancer from tobacco, second hand smoke and skin cancer.

Parents

5 min.

VHS

Quality Mammography Can Save Your Life: ACS Version. SPANISH **AV MCH47**

Describes the process of mammography and its importance to the early detection of breast cancer. Reviews guidelines for who should have a mammography and how often. Also mentions clinical and self-examinations as a part of a total screening process.

Grades 9-Adult

1997

9 1/2 min.

VHS

Coming Back: A Gift of Caring

AV MCH16

This video is about caregiving - what it's like to help a stroke survivor begin coming back from a stroke. The responsibilities commonly associated with this type of caregiving are discussed as well as the importance of setting limits and avoiding burnout.

Stroke survivors/caregivers 1996 18 min. VHS

Coming Back: Recovering From a Stroke

AV MCH17

Stroke survivors and their family caregivers need many resources to begin recovering after a stroke. The video stresses early rehabilitation, setting goals, striving for independence and continuous recovery, even after discharge from rehab.

Survivors/caregivers/families 1997 22 min. VHS

Coming Back: You're Not Alone

AV MCH15

Emphasizes the 3 R's for life after stroke: Recognize, Recover and Reduce risks. Emphasizes the importance of starting rehab early and continuing the course. The benefits of support groups are also emphasized. Explains the warning signs. The warning signs indicate a medical emergency; do not delay, call 9-1-1.

Stroke Survivors 1996 18 min. VHS

Living with Arthritis

AV MCH04

Hosted by Boomer Esiason, then active with the Bengals. Includes what arthritis is, the purpose of a health care team, the patients responsibility and joint protection. Emphasizes ACT (Analyze, Combine or eliminate, and Take advantage of aids) strategies for living with arthritis.

Adults with arthritis 1990 60 min. VHS

Stroke: What Every Person Should Know

AV MCH14

Lists warning signs and risk factors. Emphasizes the importance of reducing risk, early detection and emergency treatment. Presents recovered patients and discusses the difficulty in recovery. Current website is www.americanheart.org.

Adults, Seniors 1996 18 min. VHS

Stroke: When Minutes Matter

AV MCH43

With new medication, many strokes can be treated to decrease limitations. However, treatment must begin as soon as possible. Watch for sudden lose of function. Stroke is the third leading cause of death and the leading cause of long-term disability.

High school, adult, seniors 2005 10 minutes VHS

Communicable Diseases

Before It's Too Late, Vaccinate

AV MCO14

Explores reasons why parents don't have their children vaccinated or don't have them vaccinated at the recommended ages. Shows historical footage of disease and also contemporary stories of children who contracted diseases. Emphasizes that no time or trouble is comparable to the time and trouble of disease.

Parents of infants, preschoolers 13 min. Video

<i>Bright from the Start: A Story about Baby Bottle Tooth Decay</i>	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.	
Parents	1990 12 minutes VHS
<i>Brillante Desde El Principio: Una Historia de los Dientes de su Hijo</i>	AV ND10
Spanish version of "Bright from the Start (AV ND09). 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.	
Parents	1990 11 minutes VHS
<i>Brushing with Dudley & DeeDee</i>	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.	
PreK	1994 6 min. VHS
<i>Dental Care for Children</i>	AV ND13
Explains the importance of good oral health. Three steps for happy teeth are eat health foods, visit the dentist and brush and floss twice a day. The old Food Guide Pyramid is shown, but the message is not inconsistent with the current one. Includes use of mouthguards in sports. Video quiz is shown at the end.	
Grades 2-5	2002 14 min. VHS
<i>Dental Health and Pregnancy</i>	AV ND14
For pregnant women, emphasizes visiting the dentist, diet and brushing/flossing. Also discusses the effects of hormonal changes on dental health. Dental health for the newborn includes cleaning, visiting the dentist, the introduction of juice and baby bottle tooth decay. A video quiz is shown at the end.	
Pregnant women and new parents	2002 14 min. VHS
<i>Dudley's Classroom Adventure</i>	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.	
Grades 2-3	1991 9 minutes VHS
<i>Dudley's Visit to the Dentist</i>	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.	
Grades PreK - 1	8 min. VHS

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.

Grades K - 1

1997

8 minutes

VHS

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.

Grades 2 - 3

5 minutes

VHS

Diabetes

Diabetes Control: Five Communities Reach Out

AV MCH52

Community programs to support persons with diabetes are featured. Encompasses ethnicity, networking and social support, family and church.

Community Organizations

2000

22 1/2 min.

VHS

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.

High school, adults

2006

10 min.

DVD

The Debilitator

AV MCH44

An African-American male addresses his diabetes and the health complications related to it. The video includes symptoms, treatment, blood level measures and the importance of support. Discusses the rising rates of diabetes including the rate in the African American community.

A, S

2004

34 minutes

VHS

Women and Diabetes: Take Charge for Life

AV MCH50

Discusses diabetes issues at stages of the life cycle. Explains Type I and II, complications and risk factors. Emphasizes control of diabetes and that daily choices can have a dramatic impact on health.

Adult women

2004

20 min.

VHS

Environmental

A Greener Thumb

AV ME21

Provides specific suggestions for maintaining lawn and landscape while reducing the use of water, fertilizer and pesticides. Topics include: mulches, soil tests, types of grass and fertilizers, and composting. Relates specifically to New Jersey.

Adults, especially homeowners

1998

29 min.

VHS

Alu Man the Can

AV ME01

Alu Man is trying to find out where he belongs. He finds out that newspapers and bottles can be used over and over. After more searching, he finds the recycling center for aluminum.

Grades K-3

1987

15 min.

VHS

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.

Grades 3 - 5

1989

22 min.

VHS

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.

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.

Grades 4 - 6

1990

20 min.

VHS

Sam's Safety Star Award

AV ME03

Sam learns the risks of walking across the street, riding a bicycle, playing with hazardous substances and the importance of wearing a seat belt.

Grades 1-3

1988

15 min.

VHS

Taking Action

AV ME20

Describes the steps in establishing a committee to maintain indoor air quality in a school setting. Appears on the same tape as "Ventilation Basics." This is the first segment. The new phone number to order the Tool Kit is 800-490-9198; publication numbers are 402-K-07-008 (hard copy) and 402-C-05-001 (CD). The kit is now free of charge.

School Personnel; Adults

2000

14:30 min.

VHS

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.

Grades 4-6

1991

19 min.

VHS

Ventilation Basics**AV ME20**

Presents the importance of indoor air quality, discusses basic types of ventilation systems, and shows basic maintenance procedures. Appears on the same tape as "Taking Action." This is the second segment. The new phone number to order the Tool Kit is 800-490-9198; publication numbers are 402-K-07-008 (hard copy) and 402-C-05-001 (CD). The kit is now free of charge.

School Personnel; Adults 2000 15:06 min. VHS

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.

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.

Grades K - 3 1996 15 min. VHS

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.

Grades 3-6 1990 11 min. VHS

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.

Adults 1991 8 min. VHS

Smokey the Rapper: Fire Safety Video**AV IC26**

Smokey teaches children how to protect themselves in a fire.

Grades 2-4 15 min. VHS

Sparky's Greatest Escapes**AV IC43**

Three stories show fire escape plans for a single-family home, an apartment building and a high rise. All three develop a fire escape plan. Among the ideas emphasized are the need for two plans, practicing the plan, having a meeting place and never returning to a burning building.

Ages 6-9 1999 14 min. VHS

The Ouchless House**AV IC21**

Can be divided into four 10-minute segments: car seat safety, infant safety at home, CPR/choking for infants and children and toddler safety.

Grade 7 - adult 1992 40 min. VHS

The Smoke Detectives

AV IC18

The Smoke Detectives teach a friendly vampire the rules of fire safety. Topics include fire hazards, the importance of smoke detectors, EDIT (Exit Drills In The Home), and other fire safety skills.

Grades K - 6

1990

25 min.

VHS

Food Allergies

Alexander, the Elephant Who Couldn't Eat Peanuts

AV DVD MCH03

Alexander the Elephant can't eat peanuts because he's allergic to them. He talks to his mother about what it's like to feel different from his friends, to be teased by the other elephants and to be afraid of eating something he shouldn't eat.

Ages 2 to 7

2005

9 1/2 minutes

DVD

Handwashing/Disease Prevention

All Hands on Deck: True Confessions of a Filthy, Rotten, Disgusting GERM

AV DVD MCO05

A Benedict Arnold of the germ world, Xzzyxyz1391, comes clean by teaching the audience to "think like a germ" when it comes to handwashing. The reasons for handwashing are outlined and the proper technique is demonstrated along with suggestions for avoiding immediate recontamination before even leaving the restroom. The DVD offers 3 versions of the video (health care, food service and youth) in both English and Spanish. The visual, Sink a Germ, is also on the DVD.

Grades 2-5

2004

10 min.

DVD

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.

Grade 11 - adult

1998

29 min.

VHS

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.

Grades 2-4

10 min.

VHS

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 demonstrated 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.

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. An English version has Korean subtitles.

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.

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.

Grades 1-4

1999

13 min.

DVD

The Trail of the Invisible Yuck**AV DVD MCO04**

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 classmates passing through the cafeteria line. A dramatic reminder of why handwashing is so important in controlling the spread of illness.

Late elementary - middle school grades

2004

2 min.

DVD

The Why, the When, and the How**AV MCO28**

Video with 3 segments developed for training the why, when and how of handwashing. 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.

Foodservice Workers

2001

5 min.

VHS

Wash Your Hands**AV IC13**

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

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.

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.

PreK - grade 3

1988

6 min.

VHS

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.

Ages 7 - 10

1996

15 min.

VHS

Make the Right Call -911

AV IC32

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

Grade 5 - adult

9 min.

VHS

Preventing Road Rage: Anger Management for Drivers

AV IC46

Emphasizes that the angry driver can be anyone. Shows typical situations. Finishes with specific tips for drivers to avoid becoming a victim of road rage.

All drivers

1998

20 min.

VHS

Protecting your Newborn

AV IC35

Intended to help educate parents about safety transporting their newborn babies.

New parents

1997

29 min.

VHS

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.

High School

1997

45 min.

VHS

Reduce Your Risk: Carjacking

AV IC17

Explains how to practice precautions to avoid victimization.

High School - Senior Adults

15 min.

VHS

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.

High School

1997

15 min.

VHS

Road Rage: How to Protect Yourself.

AV IC45

Filmed in New Jersey, includes information on the problems that lead to road rage and how commonly fatalities are linked to rage. Includes strategies for avoiding escalating the situation.

All drivers

1998

16 min.

VHS

Lead Poisoning

Lead Paint Poisoning: The Thief of Childhood/ Childhood Lead Poisoning Prevention Program **AV IC22**

Explores the dangers of childhood lead poisoning and its affects on the community.
Provides information and practical advice on protecting children from poisoning
Adults 1995 20 min. VHS

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 procedures as removing carpets, removing exterior paint, and replacing old windows.
Adults 42 min. VHS

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.
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.
PreK and K 1996 15 min. VHS

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.
Grades 4 - 6 1985 13 min. VHS

Back to Normal Again!

AV MCO31

Shows step-by-step procedure for using a lice-killing shampoo and follow-up procedures. Includes steps on how to avoid contact with lice. Emphasizes that getting lice isn't a symptom of poor hygiene. Short commercial at end; although, the product is now owned by Bayer. Probably more useful for parents than students.
Parents and students, grades 1 to 5 5 min. VHS

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.
Grades K-6 1998 13 min. VHS

Life Cycle

Alzheimer's Disease...Let's Talk about It

AV M08

Through profiles of people diagnosed with Alzheimer's disease, the video reviews symptoms, probable causes, disease progression, expectations and treatments. The need for caregiver support is included.

Care givers 1996 15 min. VHS

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.

Grades 9 - Adults 2002 19 min. VHS

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.

Adult care-givers 1999 10 minutes VHS

Too Young

AV DVD M05

Too Young allows teen parents to share their stories and, in their own words, to offer their candid views about the difficulties they face. Their stories clearly link teen pregnancy to other problems. The video can also be downloaded from <http://www.thenationalcampaign.org/tooyoung/>.

Teens 5 min. DVD

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.

Young adolescents, 10-13 years 1991 VHS

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.

Grades 4 - 6 1994 14 min. 46 sec. VHS

<i>A Matter of Balance: Easy Steps for Good Nutrition</i>			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.			
Grades 9 - Adult	1991	10 min.	VHS
<i>Body Culture</i>			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.			
Grades 9 - 12	1989	7 minutes	VHS
<i>Dietary Management and Fats and Cholesterol</i>			AV N07
Explains HDL, LVL, and the diet recommended to reduce blood cholesterol.			
Adults, Seniors		12 min.	VHS
<i>Eating Healthy for Weight Control</i>			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.	VHS
<i>Fit for a King: The Smart Kid's Guide to Food and Fun</i>			AV N32
The kids in storyland 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.			
Grades 3 - 5	1997	9 min.	VHS
<i>Healthy Choices, Healthy Children 2002</i>			AV N45
Shows the hectic lifestyle of a family of five. Includes tips on providing a healthy diet for children and the importance of turning off the TV. Discusses how to offer food as well as which foods to offer. The family says grace twice during the film.			
Parents of young children	2002	13 min.	VHS
<i>Heart Health: The First Step is Diet</i>			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.			
Adult; Seniors	1990	18 min.	VHS
<i>Heartwise for Healthful Dining/ Pascack Vally/NJ Healthy Heart Program</i>			AV N13
Describes heartwise program for healthful dining. Gives tips for cooking, dining out and substitution.			
Adult, Seniors	1990	8 min.	VHS

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.

Grades 5 - 6

1998

20 min.

VHS

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.

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.

Secondary Grades

1994

10 min.

VHS

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.

Elementary students

2005

CD

Obesity: Not Me!

AV N43

With a young host as narrator, viewers are helped to 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 healthy food choices at fast-food restaurants, food labels and the crucial importance of exercise.

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.

Grades 7 - Adult

1989

28 min.

VHS

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.

Adults, Seniors

1993

6 min.

VHS

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.

Grades 9 - Seniors

1994

19 min.

VHS

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.

Grades 6-12

2006

18 min.

VHS

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

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.

PreK - Grade 1

1991

15 min.

VHS

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.

Grades 9 - Adult

1989

25 minutes

VHS

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.

Grades 9 - adults

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.

Grades 4 - 8

2001

22 min.

VHS

Clean Kids

AV P06

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.

Grades K - 3

1999

15 min.

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.

Grades 1 - 4

15 min.

VHS

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.

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.

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.

Girls, grades 5 - 6

1998

16 minutes

VHS

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.

Grades 7 - 12

1999

17 min.

VHS

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.

Grades K - 2

1992

13 min.

VHS

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.

Grades preK - 1

1987

7 min.

VHS

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.

Grades K - 2

1988

12 min.

VHS

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.

Grades K and up

1989

18 min.

VHS

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.

Grade 2

1990

11 min.

VHS

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.

Students aged 11 - 14

2001

20 min.

VHS

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.

Grades 4-8

2002

16 min.

DVD

Poisoning Our Children: The Perils of Secondhand Smoke

AV S42

Focuses on children and the serious health effects of exposure to secondhand smoke. Addresses the links between smoking in the home and the incidences of pneumonia, bronchitis, asthma and ear infections in children. English and Spanish versions alternate in a 1-hour loop.

Families and care givers

11 min. each segment Video

SLAM!

AV S35

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

Grades 9 - adults

1999

15 min.

VHS

Smokeless Tobacco: Basic Facts

AV DVD S04

If you think that smokeless tobacco is harmless just because it isn't inhaled, think again. This hard-hitting video shows graphic depictions of the terrible damage that is caused by a highly-addictive product.

Grades 8-12

2004

18 min.

DVD

Smokeless... NOT Harmless

AV S39

This video looks back at the many tactics used to sell smokeless tobacco over the past century. Like a virus, smokeless tobacco marketing has spread around the world, from Venezuela to India, and beyond. Slides of the physical effects of tobacco use are graphic.

High school students

2002

5 min.

VHS

Smoking Exposed

AV S41

Presents straight forward facts about virtually every harmful effect that smoking can cause in an effort to get teens to stop smoking before they start.

Grades 5-9

2000

18 min.

VHS

Smoking: I'm in Control?

AV S23

Follows a teenage smoker as she decides to quit smoking and continues to abstain. Features a realistic portrayal of the decision to quit smoking and negative aspects of smoking. Shows the underage girl buying cigarettes with no trouble at a local store.

Grades 7 - 10

1993

15 min.

VHS

Stop the Sale. Prevent the Addiction

AV S10

A multi-part video emphasizing the influences that lead young people to smoke cigarettes or use tobacco. The first part depicts young people as they are influenced by parents, peers, tobacco company advertising, stress and more. The second part discusses the importance of stopping sales to underage persons. Part three shows students conducting surveys of tobacco advertising in stores.

Grades 9 - adults

26 min.

VHS

Take 10. Start Talking So Your Kids Don't Smoke

AV S30

Gives specific suggestions for discussion, including why kids start smoking. Includes age guidelines and suggestions for children and parents who already smoke.

Parents

2000

8 min.

VHS

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.

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.

Grades 9 - 12

1987

17 min.

VHS

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.

Middle School Students

1999

30 min.

VHS

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.

Grades 9 - Adult; Women

2001

17 min.

VHS

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.

Grades 9 - Seniors

1998

26 min.

VHS

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.

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.

Grades 9 - Adults

2000

13 min.

VHS

The Dark Side of the Sun

AV DVD MCH01

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.

Middle and High School

2005

15 minutes

VHS

AUDIOVISUALS 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. 3

Alcohol/Drugs

Alcohol. The Unlabeled Drug	Grades 6-7	pg. 4
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
Straight Up	Grades 4-6	pg. 6
The Truth about Alcohol	Grades 5-6	pg. 7
Yoo Hoo	Grades 1-3	pg. 7

Asthma

A is for Asthma	Grades preK-1	pg. 7
Quest for the Code.....	Ages 7-15	pg. 8

Bicycle Safety

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

Communicable Diseases

Neato Mosquito	Grade 4	pg. 12
Respect Yourself. Protect Yourself.....	Grades 6-12	pg. 12

Dental

Adventures of Wiggly Tooth.....	Grades K-1	pg. 12
Brushing with Dudley & DeeDee	PreK.....	pg. 13
Dental Care for Children	Grades 2-5	pg. 13
Dudley's Classroom Adventure	Grades 2-3	pg. 13
Dudley's Visit to the Dentist.....	Grades PreK-1	pg. 13
Geena's Tremendous Tooth Adventure	Grades K-1	pg. 14
Toothbrushing with Charlie Brown.....	Grades 2-3	pg. 14

Environmental

Alu Man the Can	Grades K-3	pg. 15
Down the Drain	Grades 3-5	pg. 15
Keeping the Lid on Air Pollution.....	Grades 4-6	pg. 15
Sam's Safety Star Award	Grades 1-3	pg. 15
The Inside Story on Air Pollution	Grades 4-6	pg. 15

Fire Safety/Burn Prevention

Be Cool about Fire Safety	Grades K-3	pg. 16
Donald's Fire Survival Plan	Grades 3-6	pg. 16
Smokey the Rapper: Fire Safety Video.....	Grades 2-4	pg. 16
Sparky's Greatest Escapes	Ages 6-9	pg. 16
The Smoke Detectives.....	Grades K-6	pg. 17

Food Allergies

Alexander, the Elephant Who Couldn't Eat Peanuts Ages 2-7 pg. 17

Handwashing/Disease Prevention

All Hands on Deck: True Confessions of a Filthy, Rotten, Disgusting GERM Grades 2-5 pg. 17

Hands Down on Germs Grades 2-4 pg. 17

The Handwasher's Brigade Presents: How to Wash Your Hands! Grades 1-4 pg. 18

The Trail of the Invisible Yuck Late elementary-middle school grades pg. 18

Wash Your Hands Grades preK-1 pg. 18

Injury Control

Beltman Grades preK-3 pg. 19

Cooling a Hot Situation Ages 7-10 pg. 19

Make the Right Call – 9-1-1 Grade 5-Adult pg. 19

Lead Poisoning

Sesame Street: Lead Away! Grades preK and K pg. 20

Lice

Advice on Lice Grades 4-6 pg. 20

Head Lice: An Itchy Problem Grades K-6 pg. 20

Life Cycle

Triggering Positive Health Choices Young adolescents, 10-13 years pg. 21

Yes, Let's Not Grades 4-6 pg. 21

Lyme Disease

Lyme Disease: Facts for Kids Grades K-8 pg. 22

Miscellaneous

The Story of Me Grades preK-1 pg. 22

Nutrition

5 A Day Adventures Grades 3-5 pg. 22

A Crash Course on Calcium Preteens pg. 22

Fit for a King: The Smart Kid's Guide to Food and Fun ... Grades 3-5 pg. 23

KidStrong: Inside & Out Grades 5-6 pg. 24

Max's Magical Delivery: Fit for Kids Ages 5-9 pg. 24

My Pyramid Blast Off Game Elementary students pg. 24

Obesity: Not Me! Grades 3-5 pg. 24

Snack Smarts Grades 6-12 pg. 25

The Food Groupie Adventures Grades preK-1 pg. 25

The Real Scoop About Diet and Exercise Preteens pg. 26

Physical Fitness

Getting Active with Jack the Apple Grades preK-K pg. 26

KIDNETIC.com: Tap into the Energy Ages 9-12 pg. 26

Puberty/Hygiene

Amazing Changes Inside & Out: Puberty for Girls Grades 4-8 pg. 27

Clean Kids Grades K-3 pg. 27

Clean Up Your Act Grades 1-4 pg. 27

Growing Up! for Boys Grades 4-6 pg. 27

Growing Up! for Girls Grades 4-6 pg. 27

It's a Change Thing! Girls, grades 5-6 pg. 27

My Wonderful Body Machine	Grades preK-1	pg. 28
The Adventures of Healthman	Grades preK-1	pg. 28
The New, Improved Me: Understanding Body Changes ...	Grades 5-9	pg. 28
We're Growing Up!	Grades 4-7	pg. 28
Whatsa Hygiene?.....	Grades 4-6	pg. 28
<i>Rabies</i>		
Tommy and Jake	Grades 2-4	pg. 28
<i>Self-esteem</i>		
Clarissa	Grades K-2	pg. 29
Feeling Good about Myself.....	Grades preK-1	pg. 29
Kylie's Song	Grades K-2	pg. 29
Minou	Grades K and up.....	pg. 29
<i>Smoking</i>		
Dusty the Dragon	Grade 2	pg. 29
McGruff's Kids Files: Tobacco.....	Grades 4-8	pg. 30
Smoking Exposed.....	Grades 5-9	pg. 30
Tobacco: Just Say No.....	Grades 5-9	pg. 31